



Seek **Together**™

How important is good sleep?

Sometimes getting enough quality sleep at the right time can be complicated. We need to remember that sleep plays a vital role in good health and well-being throughout our lives.

To celebrate World Sleep Day 2020, the Dow ComfortScience™ team put together a series of sleep facts to show that good sleep is indeed highly important.



THE FACTS OF SLEEP

Sleep champions of the world



Sleepless countries



We need less sleep as we age



Daytime naps are good for the brain



But good quality sleep is important

- Avoid caffeine after 3 p.m.
- Ensure your bedroom is a dark, quiet, cool place
- Practice relaxing activities before going to bed

Use the right pillow for your sleeping position

- Side sleepers may need a firmer thicker pillow
- Stomach sleepers may need a soft pillow
- Back sleepers may need a flatter pillow to keep head & neck aligned

ComfortScience™