



Sleep...Make it a Priority and Live a Healthier, Happier Life



According to the National Sleep Foundation (NSF), sleep is an essential part of a person's wellbeing and overall health. Yet, millions of people suffer from a lack of sleep. The exact number of hours of sleep varies based on a person's individual needs. However, most adults need an average of eight hours of sleep every night. It is the quality of sleep as well, that is important to rejuvenate your body and mind. Healthy sleep habits can lead to improved memory, a stronger immune system, reduced inflammation, a better mood and improve overall quality of life. At Hatch Furniture, we are committed to helping you get a better night's sleep. We don't sell mattresses, we sell sleep.

Improving Sleep Habits

1. Set consistent sleep and wake schedules stick to it, even on weekends.
2. Create a relaxing bedtime routine, your body needs to shift into sleep mode.
3. Create a sleep environment that is dark, quiet, comfortable, and cool.
4. Finish eating 2-3 hours before bedtime.
5. Avoid caffeine and alcohol close to bedtime.
6. Exercise regularly
7. Sleep on a comfortable mattress and pillow.

5 Signs you need a New Mattress

- Tossing and Turning
- Back Pain
- Sleeping Too Hot or Too Cold
- Partner Disturbance
- Mattress Roll-off or Sag

Comfort -

One Size Does Not Fit All

Purchasing a new mattress with today's choices can seem a bit overwhelming. The best way to shop for a new mattress in this sea of "fluffy white rectangles" is to go into a store and lay down on the mattresses. Chances are, your body has forgotten what it's like to sleep on a comfortable and supportive mattress. Lay on the mattress for several minutes

with a pillow designed for your sleeping position. Let your body feel the comfort and support of the mattress you are trying. One of our sales associates will be able to help you determine where to start by identifying your sleep issues in the initial conversation. You may also need to consider the additional health benefits of an adjustable base. At Hatch Furniture, we strive to find the right mattress for you.

Did you know?

Adjustable beds can make you healthier. The medical benefits are not just for hospital patients or the elderly. When you combine a compatible memory foam or hybrid mattress with an adjustable base, your sleep experience will improve greatly, despite age or health issues.

Our bodies are not flat, so why sleep on a flat bed? The most common sleep position for people is to lie on their side. However, the best sleep position for your body is to lie on your back. Sleeping on your side restricts lung capacity, which can cause problems with breathing and circulation. An adjustable bed will make it possible for side sleepers to sleep on their back.

Issues such as back pain, acid reflux, arthritis, asthma, snoring, swollen legs or feet, edema, headaches, insomnia, sciatica and more can be alleviated with the use of an adjustable base, comfortable mattress and pillow. This will lead to a much happier, healthier life for many people.

Other Features and Benefits

- Preset & Custom Comfort Settings
- Massage
- Bluetooth
- Alarm
- Split Bases for Couples

We have recently updated and expanded our mattress and sleep showroom. Come visit us for a comfort test and let us help you get a better night's sleep.

Advertorial submitted by Hatch Furniture

What's Next After Retirement?

Scores of people spend their working days dreaming of the moment they are eligible for retirement. They may have retirement counted down to the minutes and seconds, particularly if they've been in a job that hasn't been the most enjoyable. But many people find that once they retire they do not know what to do to fill their time. Boredom actually may be a side effect of retirement, and some people actually want to go back to work.

Much of the focus when planning for retirement concerns finances. All other factors take a backseat. Therefore, there may be emotional issues that arise during retirement, and retirees are not always prepared to deal with such issues. Having a post-retirement plan in place can mean the difference between happiness and having a hard time adjusting, according to experts. Here are some tips that can help anyone ease into the golden years.

- Establish goals. After working for years, the idea of setting goals can seem counterintuitive. But goals can give life direction and have you looking forward to



Getting out with friends or former coworkers can help banish boredom associated with retirement.

things in the future. Goals also motivate retirees to get up in the morning now that a commute to work isn't part of the daily schedule.

- Donate time or money. Giving back to others, whether to the community or to a charitable organization, can feel good and give retirees some structure. Volunteering your time at a place can give life some sort of purpose outside of a job.
- Start a home-based business. Just because you retire doesn't mean you have to fully retire. Now may be

the opportunity to start a business venture you have always dreamed about, whether that is something hands-on or just serving as a consultant.

- Try new things. Part of goal-setting is to add things to the list you've never done before, which can boost feelings of excitement. You may discover a new interest that

becomes a passion. Now that you have time to explore new hobbies, they might prove more rewarding.

- Meet with people. Part of what makes work fulfilling is the opportunity to get out of the house and interact with others who are not members of your family. It's easy to fall into a rut when you are not being mentally stimulated by conversation from different people.

- Realize it's alright not to love retirement. Just because the grass seemed greener in someone else's yard, doesn't mean it always turns out to be that way. It is OK to accept that maybe retirement isn't entirely what you expected and to make changes that can enable the experience to be better.

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Please call **665-0494 or 689-2222** to reserve seating which is limited.

Complimentary refreshments and pastries available.