



SWEET DREAMS

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We all know the benefits of a good night's sleep and its importance in warding off chronic illnesses, managing stress, weight loss and aging, not to mention the infamous under-eye dark circles. A U.S. poll by the National Sleep Foundation claims that 63% of America's sleep needs are not being met. Although Canadians are supposedly better in bed ... or so we think, in this regard the stats are similar.

When insomnia strikes during the wee hours, our brains go into warp speed. Along with a million thoughts spinning in our heads, is the clock reminding us that every minute of elusive sleep, is yet another minute closer to a day spent yawning in the fog of lost slumber.

However, on a more positive note, an occasional night of disrupted sleep has been shared by some of the most brilliant minds of our time, who instead of fretting, chose to channel their hours of sleeplessness into creativity. Shakespeare, Antoine de Saint-Exupéry, Marcel Proust, Walt Whitman, Emily Brontë, and Robert Frost all experienced great bursts of inspiration during many a restless night.

So take comfort, you are not alone in periodic refusals to join the 'collective nod.' It's all how we choose to spin it. It's also all about 'quality' of sleep, not necessarily quantity. If you clock in 5 hours of quality, restorative sleep, consider your battery charged as compared to 8 hours of poor quality shut-eye.

Reducing factors that disrupt your sleep, such as light, noise, stress, snoring bedmates, alcohol, and caffeine, as well as second-rate bedding and pillows – can clear the way for VIE's editorial team of occasional insomniacs, to suggest a few tried and true products that may just help you find your way to embracing the task of "bed time" – and a night filled with sweet dreams!





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