

# The Secrets of The Satisfied Sleepers

By Ben McClure

They all laughed at me when I told them my bed moves up and down. But when I get up in the morning, well before anyone else, they all ask, "How does he do it?"

My friends all said, "Wow Ben, isn't a hospital bed for old people? What do you need the head and foot to move for? Nerd." Yep, that's me—sleep nerd. But is that really a bad thing? I care about my sleep and I have the best possible sleep system in my bedroom. Sure, my bed goes up and down, but that doesn't make me old and it doesn't mean I'm ill. It means I can customize my comfort to find the position that best suits my sleep needs. When I go to sleep, no matter how my body feels, my bed can adjust to me; I don't have to adjust to it. Very cool. I can even control my bed from my iPhone! Dork. But enough about me.

My passion for better sleep doesn't stop with my bedroom. I care about your sleep as well, and I'm passionate about helping my customers get the most out of their mattress every night, and wake up each morning feeling the best that they can. Let's face it, our day-to-day routines are rough on our bodies. Whether it's heavy lifting at work, being on your feet all day long, working on the endless list of household chores, or hauling the kids in and out of the van ten times a day, it takes a huge physical toll on our bodies. Some days you use muscles you didn't even know you had. And we've all had that nagging pain that takes days to go away. Your body needs a break at night. Your muscles need to relax, and your joints need to rest. Think about your current mattress. Do you feel refreshed in the morning?

Imagine being able to lie down in bed and have the bed adjust to you; move for you; feel amazing. All for you. Power adjustable sleep systems do what no other bed can do. Customizable support and comfort help you fall asleep quickly and stay sleeping throughout the night. When paired with the proper mattress, power adjustable sleep systems can do things most ordinary mattresses can only dream about. A power sleep system can adjust your body to a zero gravity position to improve circulation and reduce lower back discomfort. Power beds typically include massage vibration therapy to relax muscles. Like to read or watch television in bed? Adjust your bed into a comfortable elevated position instead of getting frustrated with shifting pillows. Some advanced power sleep systems include benefits such as a built-in clock with a massage wake-up alarm, in case you are prone to over-sleeping. There is even a base with a "snore-stop" function for someone who saws wood all night long!

Of course power sleep systems can aid numerous health issues. Raise your hand if you suffer from something on this list: back pain, leg, neck and shoulder pain, acid reflux and gastroesophageal reflux disease, hiatal hernia, poor circulation, sleep apnea, snoring, mobility issues, breathing restrictions, restless leg syndrome, or fibromyalgia. If you raised your hand, maybe you're the nerd. Just kidding. But seriously, it would be hard to find someone who didn't suffer from something on this list. I personally have difficulty breathing when I lay flat and also deal with some reflux issues. Being able to elevate my head slightly greatly reduces those issues. So naturally, my bed is not only great for me right now, but will continue to be a blessing as my body ages and other sleep needs arise.

As if it's not bad enough having my friends laugh at me, they fell on the floor when I told that about my investment in the other half of my sleep system, my Tempur-Pedic mattress. My reply was very simple and to the point. The investment in myself pays me dividends with increased energy, focus, and overall just plain feeling better. Tempur-Pedic mattresses offer a great amount of pressure point reduction and limited tossing and turning with their exclusive Tempur material. I figure I gain at least an extra hour of productivity each day as a result of my mattress and sleep system. At the end of the year this amounts to 365 hours. That is a little over two solid weeks worth of extra time that is a part of my life. My friends, of course, are having the energy sucked out of them on their \$399 special purchase, once in a lifetime, this week only, 50% off friends and family, close-out, limited time only, special purchase, super spectacular mattress.

With all that I get out of my sleep system, it is really silly to me that a grown person wouldn't want to invest in themselves, in something they do for a third of their life! Maybe it is because most don't like mattress shopping. Or maybe it is because most mattress stores follow a strict policy of "pumping and dumping" their customers into the most expensive mattress as fast as they can. Maybe it is the fact that you just need a place to truly try out a mattress in private without the pressure of a pushy salesperson. Well, and promise not to laugh at the obvious plug, my store Gardner's Mattress & More is the place that answers all of these common issues when looking to invest in a great night's sleep. I wrote a book to help you avoid common mattress buying mistakes. I also developed, by all accounts, the only place on the eastern seaboard to try out a sleep system in private in our exclusive "Dream Room." We are the only store that will allow you to select a mattress and try it out before you buy in our private mattress testing "Dream Room." You can see a video of this room on our website at [www.GardnersMattressAndMore.com](http://www.GardnersMattressAndMore.com). If you would like to get a copy of my book, please stop in at our store or go to [www.LancasterSleepExperts.com](http://www.LancasterSleepExperts.com) to get a free e-book download. 🐾

Gardner's Mattress & More (formerly Gardner's Bedrooms) is pleased to announce their Grand Opening through the end of this month. Furthering a 20-year tradition in Lancaster County, Ben McClure is excited to present his vision of a true sleep system mattress store. Complete with all types of mattresses, power sleep systems, platform beds, storage beds, and kids' furniture, Gardner's Mattress & More is truly the place to invest in your sleep.

Slumber

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*Ben McClure, owner, has been helping Lancaster County residents improve their sleep for the past 11 years. Gardner's Mattress & More has been Lancaster County's headquarters for premium mattress products and sound sleep advice since 1990. Gardner's has Lancaster County's largest Adjustable Power Bed display and has been an authorized Tempur-Pedic dealer since 2001.*

