

# Sleep Better... Naturally

---

*The age-old cure for sleeplessness (even before the word insomnia existed) was a warm bath. Research has shown that soaking in hot water before bedtime leads to better, deeper and more restful sleep... naturally.*

Immerse yourself for better sleep...



According to the [National Sleep Foundation](#) (NSF), a non-profit organization promoting sleep education, advocacy and research, somewhere **around 140 million Americas suffer from a sleep disorder** more than one night each week. Sadly, this number is on the rise and the number of sleep disorder centers is growing nationally. With added stress in our lives comes the necessity for greater relaxation to attain a healthy balance. Sleep deprivation has many adverse effects and can include battered nerves, grogginess, lapses in memory, depression, and even erratic mood swings.

To combat this, there seem to be a greater and greater number of sleeping aids, prescription drugs and other over-the-counter remedies. Many of these contain unnatural ingredients or alcohol, which may have other adverse side effects and can leave you feeling groggy in the morning.

The [National Sleep Foundation](#) preaches that you should "Establish a regular, **relaxing bedtime routine such as soaking in a hot bath or hot tub** and then reading a book or listening to soothing music. A relaxing, routine activity right before bedtime conducted away from bright lights helps separate your sleep time from activities that can cause excitement, stress or anxiety which can make it more difficult to fall asleep, get sound and deep sleep or remain asleep. Some studies suggest that soaking in hot water (such as a hot tub or bath) before retiring to bed can ease the transition into deeper sleep, but it should be done early enough that you are no longer sweating or over-heated."



The warmth of a fifteen-minute soak in warm water within 90 minutes of bedtime eases the pressures of the day away and while you are relaxing, the warm water will have risen your body's core temperature enough so it is still incrementally dropping later, when your head hits the pillow. This decline in body temperature triggers a physiological response that tells the body that it is time to sleep

and, as your temperature continues to return to your normal body temperature, **the body will fall deeper into a restful, revitalizing sleep.**

There is not a drug on the market that can rival the number of beneficial physiological effects of hot water hydrotherapy; a natural sedative that soothes and relaxes for a more restful sleep.

#### Excerpt from [National Sleep Foundation](#)

"Some studies suggest that soaking in hot water (such as a hot tub or bath) before retiring to bed can ease the transition into a deeper sleep. This may be due to a temperature shift.. or the sleep improvement may be related to the water's relaxing properties, which may also have sleep-promoting effects. A pre-bedtime bath may set the mood for children and adults alike. Why not try soaking in hot water to ease your journey to sleep?"

So, how much can a hot tub better the actual quality of your sleep? Researchers are still researching this. To help their efforts along, [HotSpring™ Spas](#), America's largest hot tub manufacturer, has teamed up with the National Sleep Foundation to help support sleep research, fundraising activities and community education programs.



**More info available at:**

[The National Sleep Foundation](#)

[www.sleepfoundation.org](http://www.sleepfoundation.org)