

PRESS RELEASE

TEEN SLEEP: THE KEY TO EXAM SUCCESS.

17 August 2015, Johannesburg: Teenage years can be a tricky time in one's life. Not only do teenagers have to deal with fluctuating hormones, coming to terms with physical changes, and navigating their unique social territories, but they also have to face the pressures of succeeding at school exams. And whilst much of their experiences are out of our hands, Linda Breedt from leading mattress and base set retailers, Sleepmasters, believes that choosing the right bed for your teenager is a step in the right direction to surviving the most stressful year-end months of the school year.

“New findings reveal that proper rest plays a key role in how students absorb information whilst studying for exams. So choosing the right bed for your teen can make a huge difference in aiding them in achieving optimum wellbeing at a time when pressures are high,” says Linda.

Sleep on it

When it comes to studying, your teen's productivity can't simply be defined by the amount of hours spent working. One must also take into consideration the effectiveness of that time spent. “In the past, we might have thought that spending hours on end studying was the height of productivity, but new research brings to light that studying without adequate rest may be counter-productive, causing fatigue that results in poor concentration and thus lower results when it comes to tests and exams,” explains Linda.

Getting a good night's rest also plays a huge role in your teen's ability to cope under pressure and manage exam-time stress. “People tend to turn to sugar and caffeine to get energy levels up if they don't give their bodies the rest and support they deserve. But this is probably the worst thing to do during exam time as it creates extreme energy peaks and dips that wreak havoc with one's stress-coping mechanisms, and hinders one's ability to function at their best,” points out Linda.

Choosing the right bed, and creating a quiet and comfortable bedroom environment for your teen will ensure that they get the best quality sleep possible, negating the need to turn to artificial stimulants. Says Linda: “One needs to ensure that your teen gets at least eight hours of sound sleep the night before an exam in order to achieve optimal exam-time performance.”

In addition, sleeping helps with the absorption of information, particularly if one falls asleep relatively soon after receiving said info, explains Linda: “Research suggests that learning little by little, with structured rest periods in between, helps the brain consolidate the information it has received and enhances memory.” She recommends purchasing a bed manufactured by a reputable brand, such as Sealy, Restonic,

Sleepmasters and Edblo for example, all of which are available from Sleepmasters stores nationwide, in order to achieve maximum comfort to suit your teen's needs.

Sweet dreams are made of these

So how does one combat exam stress? The solution is simple says the mattress experts. "Sleepmasters, originally based in the UK, has earned the reputation of being an authority in the bedding industry," explains Linda, who shares her expert advice here:

- 1. Get all your ducks in a row:** Having a study schedule relieves exam-time stress as it helps students plan properly so as to avoid feeling overwhelmed and engaging in last-minute cramming. Make sure your teen has set realistic goals and priorities so they get the most important work done first.
- 2. Peace of mind:** Relaxation techniques help stressed-out students calm their nerves and enhance their overall wellbeing. Simply taking time to for a walk around a garden, taking a few deep breaths, or stretching one's shoulders can make a huge difference.
- 3. Sleep easy:** Getting a good night's sleep is one of the most important tools for doing well at exams. Visit Sleepmasters' in-store "Comfort Zone" so your teen can test the comfort level that suits his or her body. Once they have the correct bed, ensure that your teen sticks to a strict sleep routine so that their body becomes accustomed to knowing when it is time to rest and when it is time to work.
- 4. Health conscious:** Drinking enough water, eating regular healthy meals, and moving the body helps keep energy levels consistent throughout the day. Keep healthy snacks, such as nuts and fruit on hand during study time, and allow for periods of brief physical activity, such as kicking a ball around or going for a walk.
- 5. Hang out:** It is important to create balance in all areas of life, even during exam time. Chilling with friends in small doses is a great way for teens to relax, bounce ideas off each other, and blow off steam.

Linda concludes: "The points above are good rules to live by, especially during times when optimum performance is required. A good night's sleep is a key ingredient for anybody's overall wellbeing, so it is imperative that you have a bed that suits your individual comfort preferences to enhance the quality of sleep that you enjoy."

Visit www.sleepmasters.co.za to shop online or to find a Sleepmasters store closest to you, or call them on 0800 222 888.

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