



5 Cara Ter **Mudah** untuk Tidur Nyenyak Setiap Hari



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Home & Office Furnicenter



Can Not Sleep Well?

We at Subur Furniture have been selling mattresses for more than 35 years and dealing with many reputable national and international mattress factory in Indonesia and overseas.

From our experience with factories and from thousands of customer that purchased mattress from us, we have some good idea why people can't sleep well at night and how to make people easier to sleep every night.

In this ebook, we will give you five simple ways, everyone can sleep well everynight.

For more information , you can come to our showroom and try our display mattresses. or talk to our sales consultant.

Subur Furniture team.



Summary of the 5 ways



1 NO LIGHTS



2 NO EXERCISE



3 NO CAFFEINE



4 NO GADGET

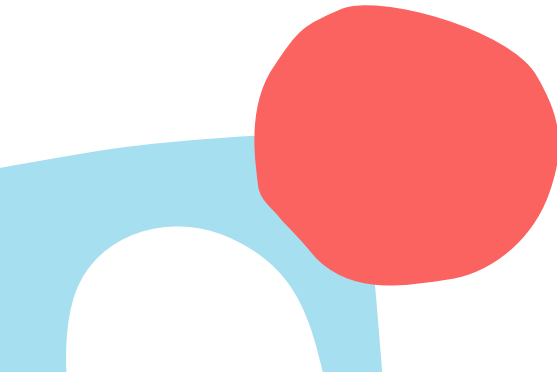


5 GOOD MATTRESS



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5 SIMPLE WAY TO SLEEP WELL EVERYNIGHT



No Lights

Research have prove that we will wake up if there is light , weather from the sun or light from the lamp. So before you sleep, make sure you turn off all lights, blinds, or any other source of light in your bedroom. Including your TV lights.



No exercise

Before sleeping, make sure you calm yourself, by not making any (heavy) exercise, that will pump your blood to your heart. You can make yourself sleep easier and peacefully at night by taking workout in the morning /daytime rather than before go to sleep.

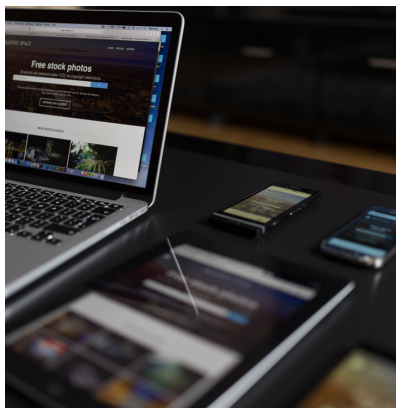


NO CAFFEINE

A Simple coffee / tea that contain caffeine can make your body and mind awake. So make sure you drink your coffee not at night time or minimal 2 hours before you go to bed.



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No gadget

Nowadays everyone have a gadget a t their own room. It used to be TV but now more like our mobile phone that distracts us and make us to sleep less slumberly at night. The blue screen will make you feels awake and make you difficult to sleep well.



Good Mattress

Remember to change your mattress if it is already more than 10 years. Most of springs inside your mattress and the foams already used to the max. Its time to change your mattress and have a good night rest.



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GOOD REPUTABLE SHOP

A good reputable shop will give you real information about your mattress selection and in the store there are many range of mattresses on display for you to test and feels them.



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