

ESSENTIALS GUIDE TO BETTER SLEEP



JUVEA™

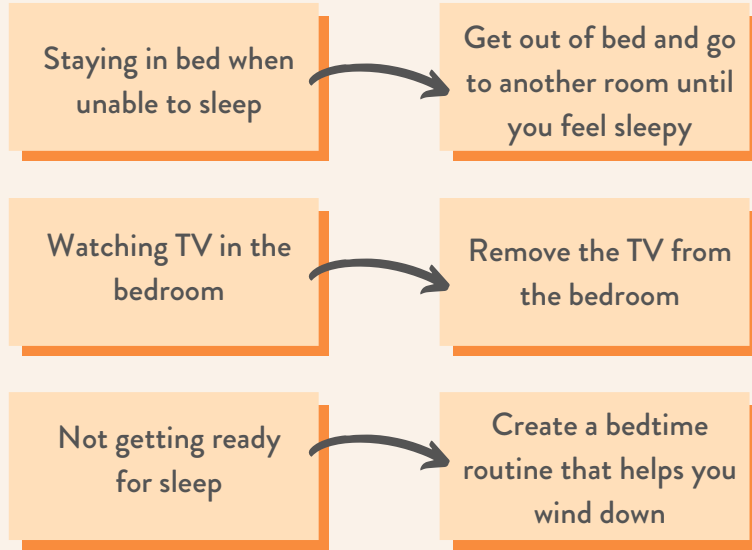
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Instead Of:

Try This:



Sleep Myths

-  Adults need less sleep as they get older.
FALSE! Poor or less sleep is not a normal part of aging.
-  If you remember your dream, you slept well.
FALSE! Just because we don't remember the dream, doesn't mean we didn't have restorative, restful sleep.
-  Being able to fall asleep anytime/anywhere means you have a healthy sleep system.
FALSE! It could actually mean that you're sleep deprived.
-  Eating right before bed won't have an affect on the quality of your sleep.
FALSE! After you eat, your body is focused on digestion so it is best not to eat within 2-3 hours of sleeping.
-  If I nap during the day, I won't sleep at night.
FALSE! Actually napping at the right time and for the right amount of time can improve your chances of dozing off sooner.



SLEEP TIP

Keep your sleep environment cool.

SLEEP SOLUTIONS FOR YOUR SIGN



Aries - Try a stress-reducing activity before bed like listening to your favorite song or meditating; your headstrong nature and excess energy can get in the way of a good night's sleep.



Taurus - Keep any conversations had before bed on the positive and light side; your tendency to argue can be disruptive to your sleep.



Gemini - Focus on your need for sleep and make it a priority every day by keeping a consistent bedtime; your curiosity and intellect can cause you to delay sleep.



Cancer - Focus on your sleep needs and what helps you best; you tend to worry about others and things beyond your control which can lead to restlessness and bad dreams.



Leo - Give yourself plenty of bed space in a peaceful environment; you love sleeping, but the circumstances need to be optimal.



Virgo - Create a 'Bedtime To-Do List' that includes having a cup of tea or taking a bath; you worry about getting everything on your list done during the day, so having a list for bedtime will help prioritize your sleep.



SLEEP TIP

Eliminate light
from your
sleep environment.



SLEEP SOLUTIONS FOR YOUR SIGN



Libra - Prioritize your sleeping environment by making your bed every morning; you cherish your sleep but can't sleep just anywhere.



Scorpio - Schedule "early nights" each week so you can relax and recharge with a full night of rest; you tend to be a night owl and would rather do anything but put yourself to bed.



Sagittarius - Take naps to recharge; you are a social being who thrives off of others and loves adventure so sleep becomes a low priority.



Capricorn - Establish bedtime rituals you enjoy, like watching your favorite show or reading; you tend to be a workaholic and see sleeping as a waste of time, so enjoying the bedtime process will help.



Aquarius - Unplug at least an hour before bedtime; you can get distracted easily by technology and planning the next thing so keep your phone, laptop and tv out of your reach at night.



Pisces - Practice bedtime meditation; you feel deeply and can get overwhelmed easily, so focus on clearing your mind to get quality sleep.

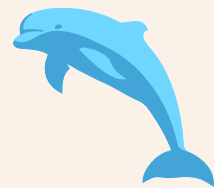


SLEEP TIP

Include more physical activity in your daily routine.



WHAT IS YOUR SLEEP ANIMAL?



BEAR:

- Enjoys a good nap
- Sleep & wake patterns linked to solar cycle
- Often wakes up disoriented
- Snacks throughout the day

LION:

- Early Risers
- Wake up full of energy
- Most productive in the morning
- Make great business leaders

WOLF:

- Energetic and productive at night
- Often don't fall asleep until after midnight
- Like to sleep in
- Creative risk-takers

DOLPHIN:

- Has difficulty falling asleep
- Nervous worriers
- Continuously tired
- Intelligent perfectionists



SLEEP TIP

Get to know your sleep chronotype.

SUMMER SLEEP REMINDERS

TIP FOR BETTER Sleep



Draw the shades.

Keeping the sunlight out of your sleep environment will help keep things cool, while also keeping it dark to help you sleep longer.



Set your thermostat to 60-67°F.

Might sound a bit too cool, however a setting in this range will help your body maintain its natural core temp. for restful sleep.



Wear lightweight clothing to avoid overheating.

Choose bedclothes that work for you, but keep in mind that your clothing can elevate your body temp. during the night!



Keep a glass of ice water close by.

Stay hydrated and get some cooling relief!



Use a bedside fan.

A box or window fan can help circulate air throughout your sleep environment. Bonus if it purifies the air!



Invest in the right pillow.

Natural latex pillows provide increased breathability and temperature control.

SUMMER SLEEP STARTER KIT

Lightweight PJ's



Cold or
Ice Water



Bedside Fan/
Air Purifier



Latex Pillow





SLEEP TIP



Don't exercise too close to bedtime - it can raise your body temp.






BACK TO SCHOOL SLEEP TIPS

-  Re-establish a healthy sleep schedule at least a few days before the start of the new school year.
-  Be aware of the amount of sleep needed for each family member.

Age Group		Recommended Hours of Sleep Per Day
Newborn	0-3 months	14-17 hours
Infant	4-12 months	12-16 hours
Toddler	1-2 years	11-14 hours
Preschool	3-5 years	10-13 hours
School Age	6-12 years	9-12 hours
Teen	13-18 years	8-10 hours
Adult		7 or more hours

-  Plan a specific schedule including consistent sleep and wake times.
-  Schedule a time to begin your bedtime routine every night, anywhere between 30 minutes to 2 hours before bed.

SCHOOL AGE CHILD BEDTIME ROUTINE

- 7:30 P.M. ~ Start time/Light snack 
- 7:45 P.M. ~ Bath
- 8:15 P.M. ~ Read a book 
- 8:30 P.M. ~ Bedtime
- 6:30 A.M. ~ Wake-up time 



SLEEP TIP

Avoid too many extracurricular activities.

Scan for link!



Light Up Pen & Journal

Keep a pen that lights up along with a journal to jot down any thoughts that may be keeping you up at night.



Essential Oils

Use essential oils like lavender and chamomile to help reduce anxiety and support a more restful night's sleep.



Sleep Mask

Reduce exposure to light while you sleep with a contoured eye mask.



Cherry Tart

100% organic tart cherry concentrate helps to support more restful sleep and combat insomnia.



Magnesium

Adding a magnesium supplement to your daily routine can help regulate sleep.

Our FAVORITE SLEEP PRODUCTS



SLEEP TIP

Keep a sleep journal to track your sleep patterns.



Our
FAVORITE SLEEP
PRODUCTS



Kids' Sleep Clock

Support your child's sleep with a kids training alarm clock, sound machine, room temperature gauge, and night light all in one.



Acupressure Mat

Try an acupressure mat to help improve circulation and relaxation to support quality sleep.



Yoga For Everybody Video On Demand

Practice yoga from the comfort of your home to help combat stress and improve circulation to support better sleep.



Oura Ring

Monitor your heart rate, get personalized health insights, and track sleep patterns with the Oura Ring.



JUVEA Pillow

Silk + Silver by Juvea infuses natural silver with Talalay Latex to create a beautifying regimen to add to your nighttime sleep routine.



SLEEP TIP

Try a natural sleep remedy.



A Sleep PLAYLIST

OCEAN EYES

Billie Eilish

FADE INTO YOU

Mazzy Star

I GO TO SLEEP

Sia

MR. SANDMAN

The Chordettes

*"Some kind of night
into your darkness,
Colors your eyes
with what's not there,
Fade into you"*

SEA OF LOVE

Cat Power

THE MOON SONG

Karen O

HALF THE WORLD AWAY

Aurora

GO AS A DREAM

Caroline Polachek



SLEEP TIP

Wind down to a
calming playlist.



SLEEP TIP

Enjoy a nighttime snack at least 2 hours before you go to bed.

Bedtime Snack SUGGESTIONS



1

Cherries

Studies show that regular consumption of tart cherries and tart cherry juice combats insomnia, resulting in a reported 90 more minutes of sleep per night.



2

Oatmeal

Oats contain magnesium as well as melatonin, the sleep hormone.



3

Yogurt

Yogurt is rich in calcium, which some research suggests can make it easier to fall asleep and lead to more restorative sleep.



4

Pistachios

Pistachios contain melatonin and tryptophan, both relating to sleep quality.



5

Chamomile Tea

Chamomile tea can help aid in relaxation and help you to fall asleep faster.

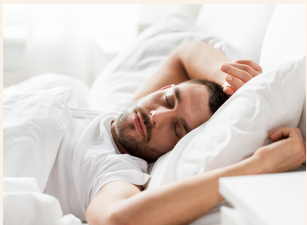


Our STORY

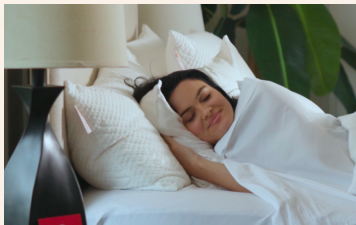
JUVEA was created to bring 100% natural Talalay latex products to you and continues to be singularly focused on providing the highest quality natural latex pillows and mattress toppers for you to achieve quality rest and relaxation, allowing you to wake up feeling rejuvenated and healthier. JUVEA products are made in the USA .

PILLOWS MADE PERFECTLY FOR YOUR SLEEP STYLE!

BACK SLEEPER



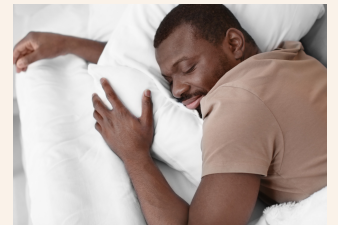
LUXURY SIDE SLEEPER



SIDE/BACK SLEEPER



STOMACH SLEEPER



JUVEA
*High Profile
King Pillow*



SILK & SILVER BY JUVEA
*Medium Profile
Queen Pillow*



JUVEA
*High Profile
Standard Pillow*



JUVEA
*Low Profile
King Pillow*





Contact Us!

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latest sleep tips!*

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 @sleepjuvea



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