

8
EIGHT
SLEEP

KEEP IT COOL AT NIGHT

Did you know experts recommend sleeping in a room that's between 60 to 67 degrees for optimal rest?



YOU NEED TO COOL DOWN TO DRIFT OFF

Research shows a drop in core body temperature is necessary to fall asleep.



IT HELPS YOU TO WAKE UP MORE NATURALLY

Your body undergoes numerous temperature changes through the night. Feeling cool in the morning can aid your body's circadian cycle and help you to wake-up more refreshed.



IT CAN HELP FIGHT INSOMNIA

Many symptoms associated with insomnia have been linked to a high body temperature

TRY COOLER SLEEP

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