



HOW THE REST OF THE WORLD SLEEPS

AMERICANS ARE SIMILAR TO BRITS BUT TEND TO PREFER THINGS ON THE LARGER SIDE SO AMERICAN BEDS TEND TO BE SLIGHTLY

WIDER



PROUD TO BE AN AMERICAN
1/3

OF AMERICANS SLEEP ON

KING SIZE BEDS

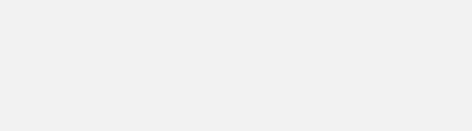
PROUD TO BE AN AMERICAN
2/3

OF AMERICANS SLEEP ON

QUEEN SIZE BEDS



Americans are more likely to sleep with their pets than any other nation. We wondered whether it's one of the reasons why they prefer bigger beds?



TOP USA MATTRESS



WINNER!



Posturepedic

SEALY POSTUREPEDIC IS THE BIGGEST SELLING BRAND IN THE UNITED STATES



President Abraham Lincoln

SLEEPY FACTS

U.S. President Abraham Lincoln was known to suffer from insomnia during the Civil War years and insisted on imposing sleepless nights on his colleagues and personal aide too.

HOW DO PEOPLE IN OTHER COUNTRIES SLEEP...



SLEEPING LIKE A MEXICAN



MEXICO, SIMILARLY TO SPAIN, HAVE AFTERNOON SIESTAS

WHERE MOST SHOPS CLOSE BETWEEN 1PM – 4PM AS MEXICANS

TAKE HALF AN HOUR TO NAP AFTER LUNCH.

On average per day, Britons sleep for ...



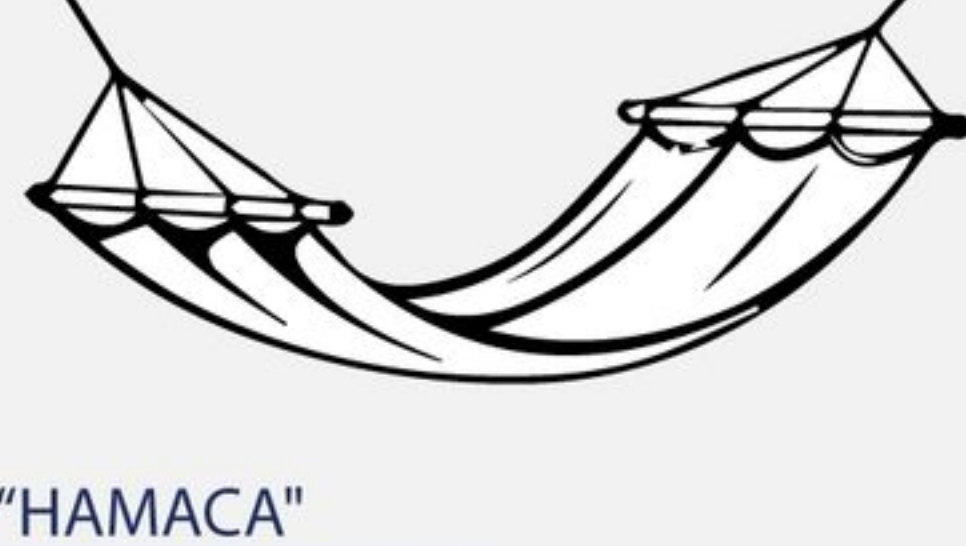
7 hours 20 minutes

while Mexicans are reported to have the highest average of sleep which is...



8 hours 15 minutes

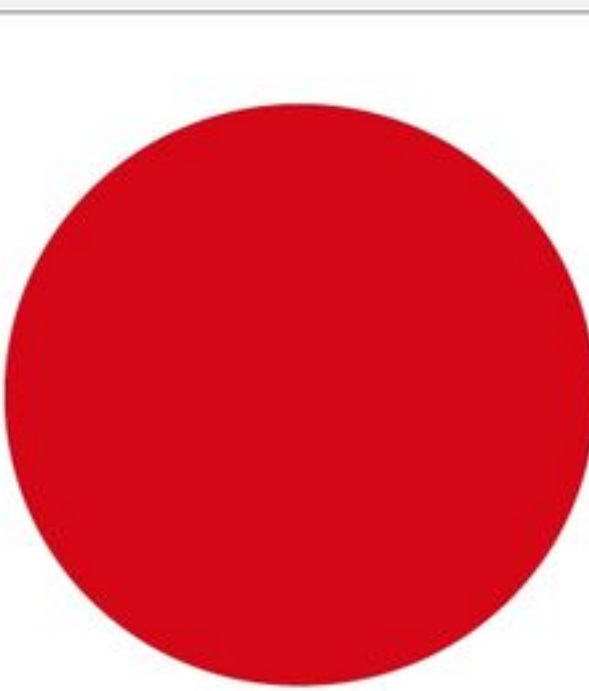
that is 1 hour more than Brits, which is 2 extra weeks in bed each year!



Mexican Mayan "HAMACA"

SLEEPY FACTS

People from the Yucatan region of Mexico sleep in hammocks throughout their entire lives and are often conceived and born in these traditional hand woven slings.



THE JAPANESE WAY OF SLEEPING

眠っている



TODAY, A LOT OF JAPANESE CHOOSE TO SLEEP IN WESTERN STYLE BEDS...

60%

SLEEP IN WESTERN STYLE BEDS LIKE SILENTNIGHT



COMPARED TO

40%

WHO INDICATED TO SLEEP IN JAPANESE STYLE FUTONS



SLEEPY FACTS

Napping at work isn't acceptable in the UK but it is in Japan! Their culture recognises 'inemuri', sleeping on the job, as the outcome of working very hard, for which the worker is then praised.

JAPANESE "POWER NAPS"

SLEEPING OUT OF THIS WORLD

WORLD



ASTRONAUTS CAN PRACTICALLY SLEEP ANYWHERE IN A SPACECRAFT, AS LONG AS THEY TETHER THEMSELVES TO SOMETHING: THE FLOOR, WALLS OR THE CEILING



Announcement of a 70 Day Sleep Study

The National Aeronautics and is researching sleep in space! memory foam that we now are now looking for participants



Space Administration agency Not only have NASA invented use in our mattresses, but they to check Facebook without getting

out of bed for any reason for 24 hours!

SLEEPY FACTS

While orbiting the earth, astronauts experience 16 sunsets every 24 hours and a new "day" approximately every 90 minutes. While 16 stunning sunsets is a treat for the astronauts, it's a challenge to maintain a regular sleeping pattern!

BEDS | CARPET | LAMINATE | RUGS | VINYL www.carpetright.co.uk



Source:
http://www.ehow.co.uk/how_6865189_do-sizes-american-bed-sizes_.html
<http://pets.webmd.com/features/pets-in-your-bed>
<http://www.us-mattress.com/brand-info.html>
<http://sleepbetter.org/poll-by-national-sleep-foundation/>
http://www.mexihammocks.com/history_of_hammocks.php
<http://www.japan-guide.com/topic/0105.html>
<http://www.silentnight.co.uk/>
<http://uselessk.com/knowledge/japanese-power-nap/145>
<http://science.howstuffworks.com/sleep-in-space1.htm>
<http://rt.com/news/nasa-pay-bed-study-065/>
http://www.asc-csa.gc.ca/eng/astonauts/living_sleeping.asp