

# Wake up to a Winter Bed

**British Summer time officially ends on Sunday 28th October and dark dreary mornings begin. If that signals the start of an even stronger pull from your bed springs when the alarm goes off, then the Sleep Council has some timely, tongue-in-cheek advice for leaving the warm and cosy comfort of your bed.**

- Don't be tempted to turn off the alarm until you are wide awake and well clear of the bed. If you do need an extra couple of minutes to come round, hit the 'snooze' button instead.
- Now hit the light switch, mentally preparing your eyes for the shock as you do so. A bedside lamp will do, but the full force of an overhead light will be more effective in acclimatising your brain to the idea of eventual movement.
- Begin mental preparation for the moment of final departure. Some people find a few undercover physical preliminaries helpful too - gentle opening and closing of the eyelids, raising and relaxing of the eyebrows and loosening of the finger joints.
- On especially difficult mornings, allow yourself the promise of a quick return to bed with a cup of tea or coffee - provided you nip out of bed and make it first. This can lessen the finality of wrenching yourself from the bedclothes and is a device much used by the most experienced and seriously reluctant risers.
- Once you have come round sufficiently to sit up, you may feel ready for the final pre-lift off activity: switching on the radio. Which station you choose will depend on your age/ time of waking/ early morning mental agility/ Local Radio humour threshold.
- You are now ready for the moment of truth. Those who have applied themselves thoroughly to the above checklist should experience little if any trauma when they throw back the bedclothes. Assuming the heating has come on in time to take the chill off the air, they can congratulate themselves on a successful start to the day. Those for whom the above advice is of little use should make an immediate examination of their bed. If it is too old/ small/ lumpy/ uncomfortable, no amount of gentle coaxing will persuade you to move in the mornings as you have probably had little or next to no sleep at all. If you take the Sleep Council's advice and invest in a decent new bed, you too could have to work at getting up in the morning and leaving your wonderful new bed.

For more information on how to choose a good bed or how to get a good night's sleep, visit The Sleep Council's website, [www.sleepcouncil.com](http://www.sleepcouncil.com) or call Freephone 0800 0187923 to request a copy of the Sleep Good, Feel Good Guide or the Bed Buyer's Guide.

