

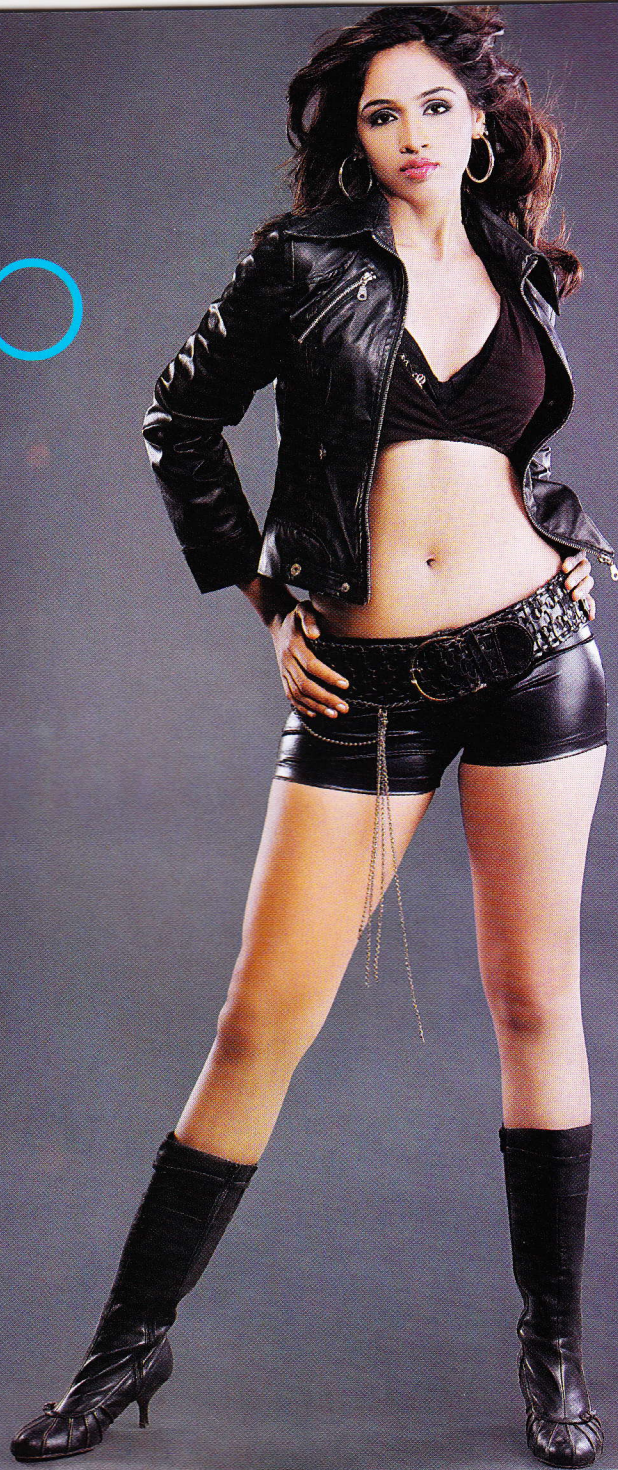
Sleep Well

Singer and TV actor **Mauli Dave** shares her sleep secrets with **Bhavana Doifode**

For me, sleep is blissful only when I sleep the entire night without waking up. I go to bed at around 1 a.m but I make sure I get enough sleep. I believe if we are working hard, our bodies need an equal amount of rest to recharge.

"Before sleeping, I watch TV to relax; it puts me in a different mood and diverts my mind from my daily work pressure. And no matter what the season, I just can't sleep without a blanket. I prefer sleeping on a mattress which is neither too soft nor too hard, and my pillow has to be like a 'soft cloud'. I'm also extremely finicky about maintaining my mattress; it has to be absolutely clean at all times.

"Finally, I feel one should lead a stress-free life and worry about work issues only after waking up... because nothing is going to happen or change overnight."



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Sleepwell TIP OF THE MONTH

Avoid smoking before going to bed as nicotine disrupts sleep.

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