

Courtney was just like you. Mid-career, successful, active, and yet frustrated. She felt forgetful, irritable, slow, unhappy, and above all, *so tired*. She wondered where all of this was coming from. After all, she should have been happy with her life. She ate a good diet, and she exercised often. Up until two months ago, that uncertainty always frustrated and confused her. And then, after reading an article from Nectar Sleep's blog, suddenly she had an answer: she was getting terrible sleep.

She knew this in general: we all strangely love to brag about how little sleep we got the night before, how often we wake up in the night, how tired we feel all the time. After hearing and saying these things so often, Courtney stopped taking them seriously and subconsciously decided that these things were ordinary and universal. But once she read about the side effects of chronically poor sleep and realizing that she checked every box, she knew she had to act. Since Courtney found these answers on Nectar Sleep's website, and after reading about how

Nectar Sleep leads the US in memory foam mattress sales with over 1 million happy sleepers, she figured she would start with us. She took the plunge and ordered a new Nectar mattress after customizing her order precisely to her liking. Courtney found the setup of the mattress surprisingly quick and easy. She simply had to remove the mattress from the box, unroll it onto a frame, and walk away. Twenty-four hours later, Courtney realized that the surprises were only beginning.

After the first night of sleep on her Nectar mattress, Courtney knew that something was different. The first thing that she noticed was that she didn't remember waking up much in the night. Was it only once? She guessed it could have been twice. Surely that couldn't be possible, since Courtney was used to waking up at least once an hour, frustration growing every time she checked her phone, and only 45 minutes had elapsed since she was last up. She filed away the possibility that she had actually just slept nearly the entire night through.

Courtney tried to remain cautiously optimistic, more cautious than optimistic. She slept on the mattress for the second night, and woke up on the second morning even more convinced that she had slept deeply for nearly the entire night, an act unheard of. The third morning is when Courtney started genuinely believing that poor sleep had been hampering her for years.

At work on the third day of sleeping on a Nectar mattress, Courtney started noticing the symptoms. The symptoms of *good sleep*. She was much more alert in the morning. Her morning coffee kept her sharp at least until 9, when she usually needed a second cup by 7:30. Marginal improvement, yes, but seeing these changes on only the third day left Courtney mystified and intrigued.

With Courtney becoming more and more excited to return to her Nectar mattress every night, this continued on, rather than going to sleep with the dread that precedes waking up to a groggy morning over and over. She found that she enjoyed mornings now. She woke up quicker, never needing to nap. She felt like the night's sleep refreshed and recharged her, rather than fought with her.

The long-term effects that Courtney started feeling after a month were just the cherry on top. She found that her memory was sharp as a tack like it used to be, giving her quick recall of

everything work-related and in her social life as well. Now, she felt alive and alert well past quitting time, eager to continue the day after getting home. She realized that with good sleep, she could fill the entire day from waking up to going to sleep, rather than just getting through it. With this improved alertness and awareness, Courtney's mood followed suit. She enjoyed her career's successes, and she reveled in the youth that she knew she should still be experiencing.

It is not hyperbole to say that getting adequate sleep changed Courtney's life. Poor sleep is arguably the most overlooked issue in modern professionals in the US, and the great news is that this issue is easily addressable. Nectar Sleep has done all of the heavy lifting for you, and all you need to do is follow Courtney's lead and give a Nectar mattress a try. Regaining joy in your life will be well worth the risk.