

# Invest in **Better Sleep**



Written by Jaime-Lynn Dyck

Image: [www.tempurpedic.ca](http://www.tempurpedic.ca)

Sleep has become more important than ever. With busy schedules, demanding workdays and increasingly full lives, people are recognizing that quality sleep isn't a luxury, it's an investment in their overall comfort, well-being and how they feel each day. And that makes choosing the right mattress more important than ever.

At Leon's in Brandon, the newly updated Sleep Gallery is designed to help customers find a mattress that fits their individual needs. With a wide selection of brands, materials and comfort levels, there is no one-size-fits-all answer when it comes to getting a good night's sleep.

"Let your body tell you what it wants," says Jon Hill of Leon's in Brandon. Rather than choosing a mattress based solely on the price tag or what looks appealing in the showroom, customers are encouraged to take their time, lie down and pay attention to how their body responds.

For those looking for pressure relief, foam can be an excellent choice. Leon's carries Tempur-Pedic and iComfort mattresses in

a variety of firmness levels, allowing sleepers to find the mattress that provides the right combination of support and comfort. With different options available, customers can explore which firmness works best for their individual sleeping style.

Leon's is also the exclusive seller of Tuft & Needle, offering another option for those who prefer the feel and benefits of a pillow top mattress. Tuft & Needle focuses on comfort and support, giving customers another choice to consider when finding the right mattress for their needs.

For those who appreciate traditional craftsmanship and innovative features, King Koil offers the Intimate Handcrafted line that combines handmade construction with modern sleep technology. Features include cooling technology, natural foam and fibres, and enhanced airflow.

Another option available at Leon's is Primo, featuring Ice Yarn technology designed to feel cool to the touch while helping wick away heat. For sleepers who tend to get warm during the night, cooling features can make a noticeable difference in creating



Image: [www.kingkoil.ca](http://www.kingkoil.ca)

a more comfortable sleep environment. Customers can also explore cooling technologies available in other mattress brands throughout the Leon's Sleep Gallery.

Of course, a comfortable mattress is only part of the equation. A good pillow is equally important because it helps support the head and neck and can complement the comfort and support of your mattress. Leon's carries a selection of pillows, including Tempur-Pedic foam pillows and Scrunch pillows that can be shaped and tucked to suit individual sleeping preferences.

One of the biggest innovations in a better sleep is adjustable mattresses; providing features such as lumbar support, massage/vibration functions, and independent lifting of the head and foot of the mattress. These systems can be controlled with a remote or, conveniently, through an app on your phone. The zero-gravity position is a must-try!

Ultimately, investing in better sleep starts with finding what works for your body. Whether it's pressure-relieving foam, cooling technology, handcrafted construction or adding an adjustable base to find your perfect position, Leon's Brandon Sleep Gallery offers plenty of options to explore.

Visit the newly updated Sleep Gallery at Leon's in Brandon and take the time to discover what your body has been asking for. Because when you invest in better sleep, you're investing in feeling better every day.



**That's comfortable.**

