

# Craig Revel-Horwood presents: **HOW TO SLEEP LIKE LOG**

A guide produced in partnership with Log & Sleep Expert Sammy Margo



**Dreams**





# THE 'SLEEP LIKE LOG' GUIDE

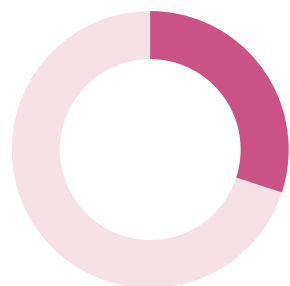
A huge 83% of Brits in relationships currently share a bed with someone who keeps them awake at night – so Dreams commissioned a survey of 2,000 couples to reveal the 10 most annoying 'types' to sleep with.

We've taken the results and put together this visual 'Sleep Like Log' guide, inspired by dance choreography and curated by Craig Revel-Horwood with Sleep Expert, Sammy Margo. Depending on the 'type' you share a bed with (or perhaps identify with yourself!), try our dance-inspired sleeping positions – we hope they help you Sleep Like Log!



# 3AM PHONE CHECKER?

## *Try the 'Paso Doble'!*



**30%**

**OF BRITS SHARE THEIR BED  
WITH A '3AM PHONE CHECKER'**



### **Sammy's tip**

Checking your phone in the night will disrupt your circadian rhythm and prevent you from getting into the deeper stages of sleep – so you'll feel lack-lustre the next day. Setting yourself a 'technology cut-off time' by 9pm could help improve the quality of your sleep – and your partner's.

### **Sammy's recommended position**

Try finding a sleep position where you aren't glaring at your phone. Turn over onto your other side and set yourself up with a pillow between your knees.

### **Craig says**

"The Paso Doble sleeping position gets you to turn your cheek away from your phone, while the slight lift of the leg helps with the temptation to turn back."

### **Log says**

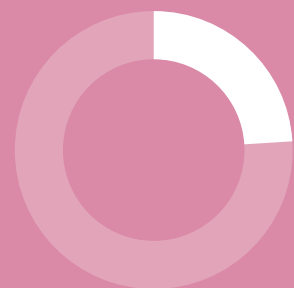
"If you're not careful, the blue light from your phone screen can keep you up even longer. It tells your body that it's daytime and you should still be outside photosynthesising or whatever it is you do".





# THROAT CLEARER?

*Try the 'Jive'!*



24%

SHARE THEIR BED WITH A  
'THROAT CLEARER'



#### Sammy's recommended position

Lie on your back with a pillow placed between your knees and one under your neck. This will help soften the lower back, whilst propping your head and neck up slightly, to help clear your throat.

#### Sammy's tip

Creating a wedge for your neck and head should help you clear your throat. However, you need to be careful with this one because if you have too many or too few pillows your head will be kinked towards one side, which could cause strain on your neck. You can add a pillow between your knees to keep your hips neutral.

#### Craig says

"Like the Jive, this sleeping position helps elevate the neck and open up the chest, which should help an annoying throat clearer!"

#### Log says

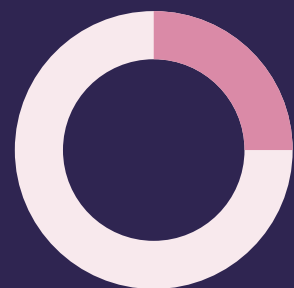
"It might not sound like a big deal, but nose breathing at night is incredibly important. It helps our body slip into rest mode."





# STARFISH?

*Try the 'Charlston'!*



**25%**  
SHARE THEIR BED  
WITH A 'STARFISH'



## Sammy's recommended position

If you tend to spread out your arms and legs like a starfish, a better position would be to 'cock' your leg up and quarter turn your body, which will help to keep your neck and lower back in better alignment.

## Craig says

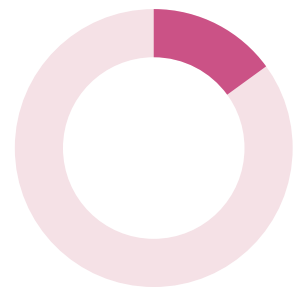
"Like the Charleston, this sleeping position is about keeping your body more streamlined, so you don't spread out like a starfish and take up most of the bed."





# SLEEP WITH AN ARM NUMBER?

*Try the 'Rumba Slumber'!*



15%

SHARE THEIR BED WITH  
AN 'ARM NUMBER'



## Sammy's recommended position

Sleep on your back with both arms up by your pillow, and with your legs sprawled. In this position your partner won't be able to lie on your arm and make it go numb.

## Craig says

"Like the Rumba, this sleeping position is about controlling your arms – so you can keep them away from an annoying Arm Number!"





# SNORER?

*Try the 'Tuck Jump' inspired by West Side Story!*



**57%**  
**SHARE THEIR BED  
WITH A 'SNORER'**



#### Sammy's recommended position

Sleeping on your back can increase snoring, so try side-sleeping, as it reduces compression on your airways. You'll be less likely to have disturbed sleep or wake up your partner.

#### Craig says

"The Tuck Jump sleeping position encourages side sleeping and should help an annoying snorer."

#### Log says

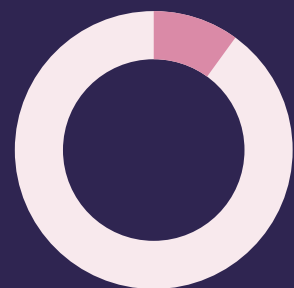
"Whether it's through your mouth or your elegant network of roots, staying well hydrated can help you sleep. Keeping everything nice and moist can also reduce snoring, so your partner can sleep too".





# SPOONER?

## *Try the 'Tango'!*



10%

SHARE THEIR BED WITH AN  
ANNOYING 'SPOONER'



### Sammy's recommended position

Maintain the same sleep position with a little 'social distance' between you and your partner, in case you want to snuggle up again.

### Sammy's tip

Spooning can help your body release 'happy hormones' such as oxytocin – but in this position your sleep may be disrupted, particularly from getting too hot. Your partner may give off body heat, which will increase your body temperature and suppress the release of your sleepy hormone, melatonin. Although spooning can release some 'feel good' chemicals whilst you are awake, this 'closeness' may cause an increase in your body temperature, which won't help your sleep. Therefore, I recommend keeping your bedroom cool and creating some distance between you and your partner.

### Craig says

"The Tango sleeping position is about creating some distance between your bodies, while remaining in the spooning position."

### Log says

"Your body temperature needs to drop a few degrees to fall asleep, a cool room helps. So can a hot shower, weirdly, as the blood leaves our core and cools our skin."





# SLEEP WITH A FLAILER?



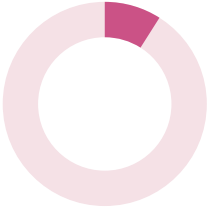
**15%**  
**SHARE THEIR BED  
WITH A 'FLAILER'**

**Sammy's tip**  
If you sleep with a Flailer, who thrashes their arms around in their sleep, my advice is 'the bigger the better'. Couples sleep better in bigger beds because, with more 'bed room', you'll be able to stretch out in between snuggling up. More space means you're less likely to disturb each other, so think about buying a new bigger bed or push two single beds together.



**Log says**  
"Getting up and moving about is a great way to tell your body it's daytime. And the more it knows when daytime is, the more it knows when night time is. I like to ask someone to roll me down a hill – that really gets me firing!"

# SLEEP WITH A TOP AND TAILER? *someone who turns 180 degrees in their sleep*

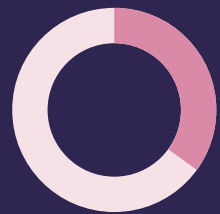


**9%**  
**SHARE THEIR  
BED WITH A 'TOP  
AND TAILER'**

**Sammy's tip**  
This is difficult to prevent, but a bigger bed with separate duvets can help – or you could place a pillow channel down the middle of the bed to stop your partner crossing over into your sleep zone! If this doesn't work, try pushing two single beds together and separating them when the going gets tough.



# SLEEP WITH A FACE BREATHER?



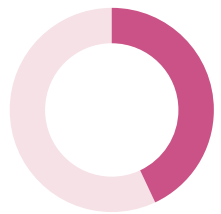
**35%**  
SHARE THEIR  
BED WITH A  
'FACE BREATHER'

**Sammy's tip**  
Face breathers can disturb your sleep so, where possible, turn over onto your other side or consider switching your traditional bed side.

**Log says**  
"Some intrepid sleep-o-nauts have been using specially designed tape that keeps the mouth shut during sleep. Perfect to keep you breathing through your nose and to stop you face breathing".



# SLEEP WITH A DUVET THIEF?

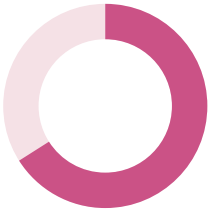


**43%**  
SHARE THEIR  
BED WITH A  
'DUVET THIEF'

**Sammy's tip**  
If a duvet thief is stealing your warmth, it may be time to consider getting another duvet. Having a cover each may put an end to the middle of the night game of tug of war.



# PETS



**66%**  
**OF PET OWNERS  
SHARE A BED WITH  
THEIR PET**

**Sammy's tip**  
Up to 2/3 of pet owners share a bed with their pet but to ensures minimum disruption when you sleep, I recommend having a bedtime that coincides with your own, as well as ensuring your pet is in a position in the bed that works for all parties.

Although pets will often find their own comfy position, I recommend guiding your pets between your legs, between you and your partner or to a spot at the end of the bed for the least disruption. Finally, make sure that your room is cool, calm, dark and quiet so that you can all have a good night's sleep!

We hope these dance-inspired moves and tips will help inspire you to get a better night's sleep but at Dreams we believe that your mattress will make the greatest difference. One type of mattress doesn't fit all so we recommend you find the perfect mattress that's just right for you. Drop into your local Dreams branch to try our state-of-the-art Sleepmatch service and find your ideal mattress in just three minutes.

**Log says:** "Make the enemy of sleep an ally. Try setting a second alarm that reminds you when bedtime is for you and your pet. You never know, it might go off just as the 'play next episode' countdown starts. WILLPOWER"







**Dreams**