

# SLEEP

## Chilisleep Cooling Mattress Topper



Price point: ~\$700-\$1,700

<https://www.chilisleep.com/>

Getting your bed to optimal "sleep temperature" is imperative for deep, restorative sleep. Each person can set their own, personalized sleep temp.

Personal note: The Chilisleep has been a gamechanger for me!

## Cozy Earth Bamboo Sheets

Price point: ~\$250-370

<https://cozyearth.com/>



Cozy? check. Airy? check. Dreamy? check.

Rated best overall sheets by SleepFoundation.org!



## Gravity Weighted Blanket

Price point: \$215

<https://gravityblankets.com/>

For some the added weight may help to reduce anxiety and, in some cases, relieve insomnia. For anyone worried about feeling trapped, this was voted "best airflow" by SleepFoundation.org.