

What Science Knows about Sleep

SLEEP is probably the most "natural" of all the functions. To sleep *soundly* depends wholly on being normal—on normal nerves and the power to *relax naturally*.

Your day's work uses up energy, nerve force, body tissue. The one thing that will make you fresh and fit again is a *good sound night's sleep*—muscles relaxed, nerves composed, your whole body storing up energy anew.



© Simmons Limited, 1920

IF you have any trouble in sleeping soundly—probably your *bed* is at fault.

Wooden beds are apt to creak. Ordinary metal beds often rattle slightly—just enough to set your sleeping nerves on edge.

Or perhaps your *bed spring* sags or humps—keeps your muscles *tense* instead of relaxed.

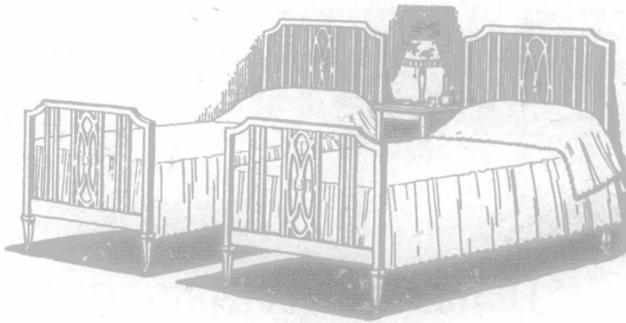
It may be that your mattress or pillows are lumpy or unsanitary.

The Simmons Metal Bed is *noiseless*.

Just as the *sleep-inducing Spring* is a Simmons "Waldorf," of specially tempered spring coils. Fine springs that fit the contour of the body and support the spine in a straight line, insuring perfect circulation and restoring the

energy used up in the fatigue of the day.

Simmons Felt Mattresses are the result of twenty-five years' study of equipment for sound, natural sleep. Made of pure, new cotton in clean, sun-lit fac-



THE "SHERATON"
Design 1967—In Twin Pair

Designed in the finest spirit of that wonderful period of which Sheraton was the acknowledged leader.—Simmons new Square Steel Tubing; seamless, smooth, beautifully enameled in the accepted decorative colors.—Simmons patented pressed steel *noiseless Corner Locks*. Easy rolling casters.—Your choice of Twin Pair and Double Width. Specially pleasing in *Twin Pair*.

Used in thousands of fastidious Canadian homes.

And Simmons Pillows, which rest the head and neck exactly as they need to be rested.

Simmons Limited is specializing in *Twin Beds*. One sleeper does not disturb the other, or communicate colds and other infections.

Simmons Metal Beds, Brass Beds, Springs, Mattresses, Pillows, Day Beds and Children's Cribs are the most popular sleeping equipment in the Dominion today—in stores of leading merchants all over the country.

Prices little if any higher than for the ordinary.

And when you are selecting your Simmons Beds with an eye to their appearance in the room, you will see that Simmons has for the first time established *beautiful and authoritative design* in Metal Beds.

Sleep is a big subject! Write us for the booklet, "What Leading Medical Journals and Health Magazines Say about Separate Beds and Sound Sleep." Free of charge.

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SIMMONS BEDS—Built for Sleep



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