



Survey: Consumers Are Losing More Zzz's This Year Than Last

--While Economy Slumbers Consumers Can't; Lack of Rest Impacts Quality of Life

LEXINGTON, Ky., June 1, 2009 /PRNewswire-FirstCall via COMTEX News Network/ -- The economy is asleep. Problem is, consumers aren't.

Many Americans (41 percent) have actually given up on regularly getting a good night's sleep, a troubling statistic spurred by the economic downturn. Many Americans are sleeping less than seven hours a night - and the impact is as jarring as a loud snore.

This sleep deficit reduces the chances of achieving both personal and professional success, according to Tempur-Pedic's 2009 Wellness Survey, an independent study that polled more than 1,000 adults from across the U.S. about the importance of a good night's rest.

Adults understand the importance of a good night's rest - they're just not getting it. What Americans think about restorative sleep, and its functional, emotional and social benefits, represents the core of the survey.

The survey asked participants to consider how sleep impacts their everyday health and the effect lack of rest has on their family, professional and romantic relationships.

Highlights include:

- Nearly one half (45 percent) say they're dissatisfied with the quality of sleep they get each night.
- One in three adults (32 percent) fails to achieve goals due to lack of sleep.
- More than three-quarters of adults know quality sleep impacts physical well-being (83 percent), stress levels (79 percent) and emotional well-being (77 percent).
- After a poor night's sleep, adults report feeling run-down (81 percent), stressed (53 percent), frustrated (80 percent) and unlike themselves (74 percent). Additionally, two-thirds (65 percent) report waking up sore or in pain after a poor night's sleep.
- Conversely, after a good night's sleep, adults say they feel energetic (70 percent), happy (62 percent) and productive (61 percent). In addition, the majority of couples (80%) use the bed to discuss important and intimate topics such as vacations, career goals and family planning.

"At Tempur-Pedic, we know that sleep is as essential to life as food and water. In addition, our research confirms that the foundation of a good night's sleep starts with a high quality mattress," Rick Anderson, president of Tempur-Pedic North America, said. "Consumers who own our sleep systems achieve a rejuvenating night's sleep and the positive impact on quality of life that comes with it."

For additional information on Tempur-Pedic's 2009 Wellness Survey and how sleep impacts your overall well-being, visit tempurpedic.com.

ABOUT TEMPUR-PEDIC

Tempur-Pedic International Inc. (NYSE: TPX) manufactures and distributes mattresses and pillows made from its proprietary TEMPUR(R) pressure-relieving material. It is the worldwide leader in premium and specialty sleep. The Company is focused on developing, manufacturing and marketing advanced sleep surfaces that help improve the quality of life for people around the world. The Company's products are currently sold in over 70 countries under the TEMPUR(R) and Tempur-Pedic(R) brand names. World headquarters for Tempur-Pedic International is in Lexington, KY. For more information, visit

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