



How The Air You Breathe Affects Your Sleep

According to the American Sleep Association, 30% of adult Americans experience short-term insomnia. Don't stress. Take a deep breath and read how not only your home's temperature but also its indoor air quality can help improve the quality of your sleep. Then learn more about the solutions Lennox has to offer.

Relax A Minute

Who ever thought relaxation could end up being such hard work? While it may be difficult to wind down after a hectic day, focused breathing exercises and meditation might just help you get the best sleep of your life. Medical writer Jennifer Leavitt recommends a technique called 3-Part Breathing. First, shut your eyes to shut out distractions, then: 1) Inhale deeply, 2) exhale completely and, once the pattern's established, 3) exhale twice as long as you inhale.

Dial the Perfect Temperature

SleepScore Labs reports that the best temperature for sleep is between 60- and 67- degrees Fahrenheit. But what if the perfect temperature for one member of your household isn't exactly ideal for another? Lennox offers this solution: The Ultimate Comfort System™, which includes the iComfort S30® Smart Thermostat and iHarmony® zoning, allows every member of the family to have individualized temperature control in their part of the home.

Clear the Air

Poor sleep has also been associated with the dust and pollen all around us. The journal *Allergy, Asthma & Clinical Immunology* reports that Allergic Rhinitis, an inflammation of the inside of the nose caused by allergens, affects 10 to 20% of the world's population and can result in "impaired health-related quality of life, sleep, and productivity." Consider the PureAir™ S Air Purification System from Lennox that removes over 99% of the virus that causes COVID-19* from the air**, as well as even smaller viruses, bacteria, and fungal spores. And unlike other air purification products on the market, the PureAir™ S system doesn't produce ozone as a by-product and even works actively to reduce this known lung irritant in your home's air.

How important is a good night's sleep? Maybe more important now than ever before. The American Sleep Association calls it a dynamic activity that may help the body conserve energy and other resources it needs to fight infection. So stop counting sheep and find more practical solutions. So stop counting sheep and find more practical solutions. Talk to your local Lennox dealer and see how they can help.

* Removal efficiency based on third party testing results using MS-2 bacteriophage (ATCC 15597-B1). Bacteria representative of virus-sized particles like SARS-CoV-2, the virus that causes COVID-19. November 2020.

** When used properly with other best practices recommended by CDC and others, filtration can be part of a plan to reduce the potential for airborne transmission of COVID-19 indoors.

