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Tempur Sealy Strengthens Support of Sleep Science Education and Research, Partners with University of North Carolina School of Medicine

Platinum Partnership delivers innovative education and research programs, scholarships, product enhancements and consumer advice on how to improve sleep

LEXINGTON, Ky., March 2, 2015 /PRNewswire/ -- To kick off National Sleep Awareness Week, Tempur Sealy International, Inc. announced today its long term commitment to the study of sleep science and an exclusive partnership with the University of North Carolina School of Medicine's Neurodiagnostics and Sleep Science (NDSS) Program in the Department of Allied Health Sciences.



Tempur Sealy has been named the UNC NDSS program's exclusive Platinum Partner for 2015, in which the company provides funding for innovative courses in advanced Neurodiagnostics and sleep science. The results of the studies will be used in further development of the Tempur Sealy product portfolio and will continue the conversation with consumers on how to achieve their best night's sleep. As part of the partnership, Tempur Sealy also will be providing five academic scholarships for the 2015-16 year to students studying within the UNC NDSS program.

"Our mission at Tempur Sealy is to always deliver transformative, restful sleep to consumers. Working closely with leading authorities on sleep science at UNC Chapel Hill is a big part of making good on that promise each and every night," said Dan Query, Senior Vice President of Global Product Development at Tempur Sealy. "The faculty and students in the School of Medicine share in Tempur Sealy's desire to develop products, equipment and new ideas that enhance the science of sleep."

Tempur Sealy has worked to improve product offerings based on data from UNC NDSS studies and white papers. Researchers confirmed the necessity of keeping the spine in a neutral lumbar position during sleep, so Tempur Sealy reinforced its CoreSupport™ Center technology used in the center third of each mattress in the 2015 Sealy Posturepedic® product line. In addition, the new TEMPUR-Cloud® 'Soft and Loft' and 'Soft and Conforming' pillows were built with insights on proper cervical spine alignment from NDSS. No matter if a person is a back, side or stomach sleeper, the TEMPUR-Cloud pillows provide precise spine alignment as well as head, neck and shoulder support to ensure the highest degree of comfort during sleep.

"Now entering our fourth year with Tempur Sealy, we have seen great advancements made to the program here at NDSS in a way that benefits students, faculty, staff and most importantly, our patients," said Mary Ellen Wells, PhD, RPSGT, R.EEG T, R.NCS T., Clinical Assistant Professor and Department of Allied Health Sciences Director, UNC School of Medicine, University of North Carolina at Chapel Hill. "We are excited for the continued partnership and look forward to working with Tempur Sealy

to help people get their best night's sleep every night."

Throughout the duration of the partnership, the two organizations will also work together to regularly deliver tips and insights to consumers that will assist them in improving their sleep hygiene and overall wellness.

Tips on Preparing to "Spring Forward" for Daylight Saving Time

As the nation prepares to turn its clocks forward on Sunday, March 8 with the start of Daylight Saving Time, here are five tips to prepare for that lost hour of sleep from the UNC School of Medicine's Sleep Science Program and Tempur Sealy.

- **Reset Yourself** - Reset your clocks as early as Friday or Saturday night to allow your body to adjust to the time change. Doing so over the weekend with fewer social time constraints will ease you into Monday.
- **Hit the Sack** - Adults and children alike should go to bed a few minutes earlier each night the week before to help adjust to the time change. Those extra minutes can make a big difference!
- **All Natural** - Limit caffeine and avoid alcohol for a few days leading into and after Daylight Saving Time begins to ensure your body can naturally fall asleep.
- **No Interruptions** - To help ensure uninterrupted sleep, consider a mattress that reduces motion transfer and adapts to your personal body shape, weight and temperature.
- **Increase Vitamin D Levels** - Spending more time outside to soak in vitamin D nutrients from the sun has positive effects on regulating sleep / wake cycles. Just don't forget the UV protection!

About Tempur Sealy International, Inc.

Tempur Sealy International, Inc. (NYSE: TPX) is the world's largest bedding provider. Tempur Sealy International develops, manufactures and markets mattresses, foundations, pillows and other products. The Company's brand portfolio includes many of the most highly recognized brands in the industry, including Tempur®, Tempur-Pedic®, Sealy®, Sealy Posturepedic®, Optimum™ and Stearns & Foster®. World headquarters for Tempur Sealy International is in Lexington, KY. For more information, visit <http://www.tempursealy.com> or call 800-805-3635.

About the University of North Carolina School of Medicine

The Neurodiagnostics and Sleep Science program is part of the Department of Allied Health Sciences at the University Of North Carolina School Of Medicine. The UNC NDSS bachelor's degree, the first of its kind in the world, is offered by The University of North Carolina at Charlotte, with collaborative course work offered by The University of North Carolina at Chapel Hill. Graduates of the UNC NDSS program benefit from the unique curricula which reflect the ever changing nature of clinical practice and patient care. For more information visit <http://www.med.unc.edu/ahs/ndss>.

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