

Sleep Well



Beachy Mom ABIGAIL says: I'm tired from a long weekend of children's birthday parties, fundraisers and general rushing about. When did the weekend become about longing for relaxation as opposed to fun and games? All I want to do after a long day with the kids is lie on my soft, luxurious bed, close my eyes, and rest.

I admit I have recently splurged on good mattresses and soft sheets for my family, and it really helps! My daughter first slept through the night on her new mattress -- finally. My son likes his bed now, and wakes up refreshed and ready for the day. I swear by these mattresses! Me, I'm just in need of more time in mine. Moms and Dads, update your beds and spoil yourselves -- it truly makes a difference.

For eco-friendly and truly special mattresses (just ask the Kennedys), check out [Somnium](#).

For comforters and pillows that are fluffy, warm and inviting, try [The Company Store](#), or [Tuesday Morning](#) for discounted yet very fancy sheets!

I also love these candles from [Wyndmere Aromatherapy](#) to ease into evening time.

After you've organized your new haven of joy, find some quality time to rest and rejuvenate. G'night!