



National Sleep Awareness Week Special

\$5 off coupon code expiring March 13, 2010: [2010NSAW](#)
March 7 to March 13, 2010 is National Sleep Awareness Week. We're celebrating by giving you a coupon to use!



Effects of Stress on the Body

Stress causes your body to produce adrenaline (the fight or flight response) and steroid hormones. Both hormones cause higher blood pressure, faster heart rate, and higher blood sugar. In addition, steroid hormones cause a bad immune system, osteoporosis, acne and skin problems, and higher stomach acid. So chronic stress leads to high blood pressure, diabetes, pimples, heartburn, and many other problems. In fact, almost every disease is made worse by stress.

In a study about the common cold, people were squirted with a cold virus. Those under less stress developed colds about 20% of the time. Those under more stress developed colds 45% of the time.

It's important to control stress, but there are stressors you can control and stressors you can't control. Examples of stressors you can't control would be a death in the family or an injury. But here are the things you can control: sleep, food and drink, physical activity, and attitude towards events and people.

Instead of staying up late worrying about the things you can't control, you can help yourself feel better with a good night's sleep. SleepPhones can help you with that. We have many CD's on our website that can help you fall asleep with

SleepPhones™
pajamas for your ears

RECENT BLOG ENTRIES

Feb 27th, 2010

New SleepPhones Website

Feb 19th, 2010

UPC Symbols

Feb 17th, 2010

Happy Valley Communications

SOCIAL NETWORKING

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FEATURED PRODUCTS



[Sleepy Time Hypnosis](#)

Price: \$14.95



[Homemade Lavender Soap](#)

Price: \$3.95



[Homemade Hand Cream](#)

Price: 6.95

less on your mind. [Order today!](#)



Sleepy Time Hypnosis CD Sale

On Sale! \$14.95 Normally \$19.95 [Dr. Gurgevich's Sleepy Time Hypnosis](#) helps you fall asleep safely yet quickly. The more you listen to the CD, the faster you will fall asleep over time. This is the CEO's favorite sleep CD, so she negotiated a special deal with Dr. Gurgevich for the sale. Dr. Steven Gurgevich works with Dr. Andrew Weil at the Arizona Center of Integrative Medicine and is the director of the Mind-Body clinic there.



SleepPhones Affiliates and Wholesalers

SleepPhones is looking to expand its market. We know there are many SleepPhones fans out there, but we've been too busy to work with the people who would like to help us. Well, now that we've upgraded our website, we are able to take on affiliates. We're still testing things out, but we plan to launch our affiliates program in the next 1-2 weeks. If you are interested, please send us an email, and we'll add you to the list to contact.

If you would like to buy SleepPhones wholesale, we'd love to talk to you! Just send us an email.

admin@acousticsheep.com

