



## **Nutriden Inc. Announces that Tracking Sleep Patterns Helps in Getting Better Sleep**

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Calgary, Canada: Nutriden Inc., the premier nutritional supplements company has announced that tracking one's sleeping patterns can help a person to get better sleep a part of its ongoing campaign on insomnia and sleep awareness.

People are starting to get more health-conscious, which has led to the rise of Fitbits and Apple Watches along with other fitness apps that help people track their fitness goals such as the number of steps taken in a day to the number of calories burned. But these apps are now able to track one's sleep as well.

According to Tom Schumlich, President of Nutriden Inc. "While nutritional supplements can help improve a person's sleep cycle, tracking sleep patterns would be a great way for users to quantify by exactly how much things have improved for them".

The Fitbit Charge 2, an upgraded version of Fitbit, can now not only track one's sleep hours but also track the pattern of how much light, deep, and REM sleep one gets. The Jawbone UP3 and UP4 measures how much REM, light and deep sleep one gets each night and offers smart alarms, a feature that gives a person the

option to wake up during periods of light sleep.

The Apple Watch does not have any sleep trackers built in, but it is fully equipped to estimate sleep patterns with its accelerometer, heart rate sensors, and gyroscope. Add to that the ability to download sleep tracker apps that will make use of the accelerometer and sensors and one has a fully equipped sleep tracker.

Care should be taken while selecting the right gadget/app. The tracker should be able to tell one when they were sleeping, how long they slept, how long each of their sleep cycles - REM, light and deep sleep - were. It should also be able to tell one if they woke up and how long they were awake. Keeping this information for future reference against other nights data is optimal for seeking the true answer to one's sleep issues.

While taking a mild sleep aid is the most common option for people who get intermittent sleep issues, tracking one's sleep patterns is a great way to truly understand the quality of one's sleep and the steps required to improve it. For more information on improving sleep habits, log onto Nutriden's official website or visit its Amazon storefront.

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### **Nutriden Inc**

*Nutriden Inc. is a privately held company committed to providing its customers a brand Nutritional Supplements that is first and foremost safe and of the highest quality, potency, and efficacy.*

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