



Tracking Sleep Is the New Thing Among Millennial Women, Research Suggests

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Calgary, Canada: As a part of their 2017 campaign on sleep awareness, Nutriden Inc, a company involved in creating high-quality nutritional supplements, has outlined a new research that highlights the rising trend of millennial women tracking their sleep habits.

Most people in the modern age are too taken up by their jobs and families to take care of their own health, especially when it comes to their sleep cycle. Millennials, on the other hand, are much more health as well as tech savvy with a constant urge towards optimizing their lives through the help of technology.

In a recent study conducted by the wearable tech company Lumoid, it was discovered that millennial women have a high propensity for tracking their sleep cycles. It was found that over 72% of millennial women were looking for a tracker solely to monitor their sleep, citing things like feeling tired in the morning and wanting to know more about their sleep patterns.

Says Tom Schumlich, CEO of Nutriden Inc., "Millennials want to personalize every experience, they enjoy the creating the adventure themselves and are better learned than previous generations. All of these

personal traits point to millennials seeking the best type of wellness they can whether it's by taking a natural sleep aid or just to track how their sleep patterns stack up against what is considered healthy for their age.?

Whether millennials want to study their sleep patterns to enhance their sleep schedule, or they are looking to take care of sleep problems that are keeping them from getting enough healthy sleep, using trackers is probably a good way to come to a decent understanding of it all. It is good to see the upcoming generation be actively involved in their sleep habits and wellness. 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 it's customers a brand Nutritional Supplements that is first and foremost safe and of the highest quality, potency, and efficacy.

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