

Published based on [A Tempur Pedic Darkening Sleep Mask is the Perfect Sleeping Aid](#)

# **A Tempur Pedic Darkening Sleep Mask is the Perfect Sleeping Aid**

Do you struggle to sleep because there are so many lights shining in your bedroom? Maybe you work nights and try to sleep in the brightest hours of the day. Or it could be that different digital gizmos in your bedroom, such as clocks, smoke alarms, and other gadgets, give off enough light to bother you while you're trying to sleep. Whatever the reason is for you being unable to sleep because of too much light, you should give a Tempur Pedic Sleep mask a try. People who have tried this product report that the device comfortably [improves sleep deprivation and reaction time](#).

Folks who have used these sleep masks have claimed that they much prefer them over other kinds of masks they have tried. The fabric and strap are snug velour, and the eye pockets are recessed leaving you in complete darkness. The material is contoured in such a manner that it holds it out of your eyes while blocking all light. The look of this actual mask conforms to the space around your nose so the material still fits up firmly round the eyes. Reviewers comment that they haven't found other masks that block light as fully as the Tempur Pedic one does.

These masks are pricey compared to other models on the market, but users say they are worth the additional cost. For one thing, it is created to be breathable so that excess heat and sweat don't build up under it while you are sleeping. If you are someone who wakens easily when you're too warm, you'll be in a position to use this mask and sleep well. One man even commented though he suffers from the insomnia that comes with fibromyalgia, this mask fits comfortably on his face helping him relax enough to get some really needed sleep.

If what you're attempting to find is the ultimate in comfort and complete darkness, people who have reviewed the product will endorse it to you. There are many online shops, such as [healthyback.com](#) and [relaxtheback.com](#), that offer the masks for around \$30. You have got to admit that it's a cheap price to pay for that undisturbed sleep your body regularly so desperately wishes for. You might also try [Tempur Pedic pillows](#) which can also offer you better sleep than you've ever experienced.

You can also find this article published on [A Tempur Pedic Darkening Sleep Mask is the Perfect Sleeping Aid](#), and on the tag pages [darkening mask](#), [mask](#), [room darkening](#), [sleep](#), [sleep mask](#), [Tempur Pedic](#).