



BARTOK DESIGN  
JAPANESE SOAKING TUBS

# THE KEY TO A GOOD NIGHT'S SLEEP

It starts with the perfect evening ritual.

## THE BARTOK DESIGN GUIDE TO SLEEP

*The health benefits of a good night's sleep are unrefuted. People who sleep well are proven to live longer, gain less weight, concentrate better and are generally happier.*

*By adding a bath to your evening ritual you can set yourself up for the perfect night of rest. Read our tips for maximum benefit.*



A hot bath has many advantages over a shower. Fully immersing your body in hot water improves blood circulation. There is even new research that suggests that a hot bath can help reduce blood pressure and improve cardiovascular function.

Aside from the physical benefits of relaxing tired muscles, a bath is beneficial mentally. If you're lucky enough to have a *hinoki* bath you'll realize extra benefits. *Hinoki* is calming and relaxing. *Hinoki* aroma relieves anxiety. It is also said to positively affect the unconscious nervous system which has huge health benefits. If you don't have a *hinoki* bath you can try adding your favourite essential oil to your regular bath instead.

The water temperature should be between 38 to 40 degrees celsius (86 -104°F) and filled up to chest level. It is recommended that you firmly immerse your shoulders for part of the time (but not the entire time if you have a weak heart). Remain in the bath for 15-30 minutes.

Don't forget to rehydrate after a hot bath with a cool drink, preferably water or something caffeine-free. You should feel quite sleepy when you emerge from the bath so head to bed quickly afterwards and enjoy your restful night.

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