

FOR IMMEDIATE RELEASE

Polysleep dives into the Podcast universe

Polysleep has partnered with Somnolence+ to launch "Wake Up Call"—a series of podcasts that provides expert advice on achieving personal well-being through restorative sleep.

Montreal, March 6, 2023 - Polysleep, a leading company in the Canadian sleep industry, announces the launch of its new podcast series: Wake Up Call. Hosted by Jeremiah Curvers, co-founder of the company, and co-hosted for this first season by Dr. Sheryl Guloy, co-founder of Somnolence+, the podcast will feature 6 episodes of approximately 45 minutes, which will be broadcast once a week on Spotify, Apple Podcast and YouTube. The series is meant to provide listeners with the tools and knowledge they need to maximize their sleep recovery and cultivate a positive mindset.

Wake Up Call listeners can expect to learn more about various wellness and sleep-related topics through each episode. The first few episodes will cover topics such as the benefits of meditation and relaxation techniques, the role of technology and its contribution to restful sleep and understanding sleep disorders.

Jeremiah Curvers and Sheryl Guloy will be joined by various guest experts, including medical professionals, sleep technology experts, and wellness specialists who are well-versed in the topic. Each episode will provide listeners with the latest research, trends and insights on the sleep industry.

"As part of our commitment to wanting to support our consumers' wellness through a good night's sleep, we saw an opportunity to partner with Somnolence+ and help our audience establish new healthy sleep habits." States Jeremiah Curvers. "Our products are most frequently purchased during times of realignment in people's lives, whether it's a breakup, move out or the arrival of a new child. Our goal is to support our clients during these times of change by offering them new perspectives on sleep. Our podcast is not purely academic but rather designed to answer practical questions on sleep. We approach our content humbly, striving to make our audience feel heard."

The first episode of Wake Up Call will be available on March 6, 2023.

About Polysleep: founded in 2016, Polysleep is considered a leading company in Canada's memory foam mattress industry. Polysleep mattresses are designed to meet the needs of its most imperative sleep customers while contributing to the local economy and reducing its carbon footprint.

With innovative solutions such as integrated support contouring, antimicrobial foam and sleep recovery technology, Polysleep enables its consumers to enjoy healthier and more restful

sleep. The company distinguishes itself mainly by the quality of its materials, its ethical and local manufacturing methods and its caring philosophy.

Wishing to make a real difference in the lives of Canadians, Polysleep is proud to be socially committed by collaborating daily with several charitable organizations across Canada. This initiative allows us to support local projects that have the community's well-being and the environment at heart.

Visit Polysleep and their [press kit](https://polysleep.ca) at <https://polysleep.ca>

About Somnolence +: The organization brings together a dozen professionals and experts in the health, social and scientific fields to develop programs designed to support the sleep well-being needs of Canadians.

Their mission is to help individuals and organizations optimize personal and collective well-being by implementing innovative programs, technologies and policies that recognize the powerful impact of sleep on health. They work in both the community and private sectors. In addition, somnolence+ works with their customers through training, workshops, webinars and more to provide sleep management and sleep hygiene tips to help you achieve a better quality of life.

Featured in popular media outlets such as The Guardian, The New York Times, Oprah Magazine, International Business Times, Popular Science and Forbes, Somnolence+ has unparalleled expertise in sleep education coaching.

Visit Somnolence+ at <https://www.somnolenceplus.com/>.

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