



## I'm Dr. Mehmet Oz

As a father of four, a surgeon, and a talk show host—I know about sleepless nights. But today, I'm here to introduce a better way to sleep. It's backed by science and innovation. It's steeped in comfort. And it's ready for you to take home today.

# **Taking a Hard Look at Sleep in America**

I don't need to tell you about the impact sleep has on your life. You know all too well what it feels like to wake up in the morning feeling more exhausted than when you went to bed last night.





DR. **OZ** GOOD LIFE





**50 Million**

**U.S. adults live with chronic pain**

I'm here to tell you that if you're experiencing the negative health effects of insufficient sleep, there is still hope for you. I've always believed that better sleep equals better results in every aspect of your life. And that belief is what drives me every day to improve how you sleep in order to transform the way you feel when you wake up.



A man in a white shirt and two women in a lab setting are gathered around a table. The man is holding a white cylindrical object, possibly a piece of medical equipment or a prototype, and is looking at it intently. The two women are also looking at the object, with one woman pointing at it. The background shows a modern office or lab environment with large windows and various pieces of equipment.

## Taking Medical Expertise Home

For years I've been listening to you share all the things that keep you up at night. I knew the solution was out there, but it would take a doctor's eye to develop the kind of products that could really make a difference.

So I rolled up my sleeves and headed into the factory to help design a line of products to take your sleep from suboptimal to incredible.





## **It All Starts with Science...**

The best solutions are grounded in ancient wisdom, then enhanced with the latest innovations. I've blended age-old remedies like antibacterial silver and allergy-inhibiting activated charcoal with incredible technological advancements like artificial intelligence and convenient mobile apps. The result? Scientifically-proven solutions to your nightly craving for satisfying sleep.





## ...And Ends with Comfort

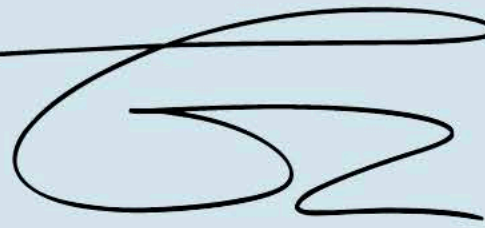
While science and technology were working hard to solve America's sleep problems, I knew that one essential ingredient to good sleep was actually very, very simple: comfort. So we combined botanical fibers like TENCEL™ lyocell with premium down fill and layered that with contouring, responsive foams to heighten the overall comfort experience.

Every last detail came together perfectly so you can enjoy ultimate comfort, plus proven innovation that's woven through every single product in the Dr. Oz Good Life™ line.



**I designed Dr. Oz Good Life™ for you. It's the first step to getting the sleep you've been craving for years. Now you can stop snoring, stop dreading bedtime—and start waking up with energy, focus, and confidence.**



DR. 



Join the Good Life™ Email Club

Email address



## Products

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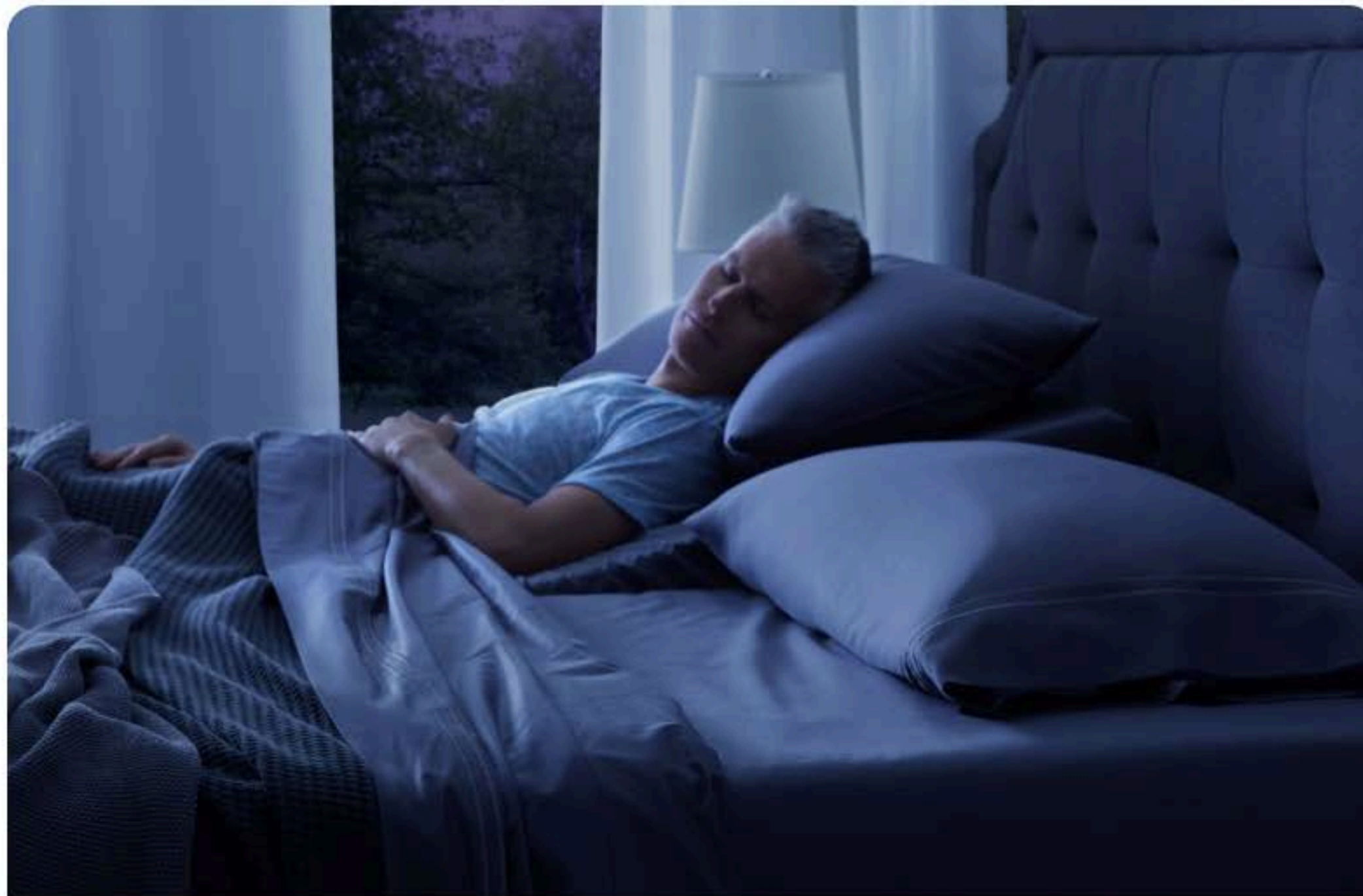
## Contact Us

1.888.412.0498

### Hours:

Monday – Thursday, 9 a.m. – 4 p.m. MST

Friday, 9 a.m. – 2 p.m. MST



## **3 Simple and Effective Tips to Help You Sleep Better As You Age**

*October 02, 2020*

Nearly [7 out of 10 adults](#) experience problems that affect sleep quality. As we age, natural changes in our sleep patterns can make a big impact on how we feel during the day.



We get sleepy earlier in the evening and wake up earlier in the morning. And even though we're sleepy, it can still be difficult to actually fall asleep. We also awaken more often during the night. Ultimately, we get less sleep and it's often lower quality rest.

On top of that, many people report that discomfort or pain are common reasons they wake up during the night. Chronic medical conditions like arthritis, depression, sleep apnea, restless leg syndrome, and acid reflux begin to contribute to disrupted sleep as we age.

That's why it's not surprising when people often believe that sleep problems are a normal part of aging—but there is a lot you can do to overcome nighttime discomfort and sleep disruption.

### **3 Tips for Better Sleep**

No. 1: If you suspect you may have a sleep disorder, the very first step is talking to your doctor so it can be properly diagnosed and treated. The support and expertise of your primary care physician can make all the difference. Don't suffer in silence any longer.

No. 2: Improve your [nighttime routine](#) so you can achieve more restorative sleep. It takes time and commitment but can make a big difference in your sleep success. From cutting caffeine to lowering your room temperature, small tweaks can make a huge difference.

No. 3: Investigate your discomfort. What about your sleep setup isn't working anymore? How old is your mattress? When did you last replace your pillows? If you've been neglecting your bed for a while, consider a [Good Life™ Sleep System](#) by Dr. Oz—designed to stop snoring and reduce back pain.

Great sleep and aging don't have to be mutually exclusive. Restless nights and exhausting days can be things of the past with a little help from your physician, a few small tweaks in your nightly routine, and a bedding refresh to increase your comfort.

Additional Reading:

[Aging Changes in Sleep by U.S. National Library of Medicine](#)

[Changes in Sleep with Age by Harvard Medical School Division of Sleep Medicine](#)



# Dust Mites Are the Real Culprit Behind Bedtime Allergies—But No More

*August 11, 2020*

Microscopic dust mites are the most common allergy trigger in bedding—and the most hidden. Known to cause rashes, sneezing, itchy eyes, and a runny nose, these allergy symptoms are often experienced year-round. Severe reactions sometimes even lead to asthma.

But you're in luck. Studies have shown that infusing activated charcoal into memory foam (think mattresses, pillows, and toppers) actually transforms your bed into an environment dust mites can't survive so you and your family can sleep dust-mite-free.

But what is activated charcoal?

Activated charcoal is a fine, odorless powder primarily made from wood. Dr. Oz Good Life™ uses sustainable bamboo as the source of our activated charcoal. That bamboo is exposed to extremely high temperatures in an airless environment, which activates its ability to bind to substances and particles like poisons and toxins.

Used for thousands of years as a treatment for poisoning, activated charcoal was first documented by the Egyptians in 1550 B.C. However, in recent years its application has broadened. Today you'll find it in toothpaste, water filters, skincare face masks, deodorant, and health drinks, to name a few.

One very exciting new application is the process of infusing activated charcoal in memory foam used in mattresses, pillows, and toppers. And recent studies have shown its powerful properties actively inhibit dust mites, specifically. This is great news for individuals suffering from dust mite allergies—a very common condition.

Another impactful memory foam infusion is CoolRelax™ gel. Known to pull heat away from the body, our gel-infused memory foam sleeps cooler than traditional memory foam. Paired with our powerful activated charcoal infusion, you can access clean and cool sleep.

If you're ready to sleep in a cleaner, cooler, healthier space, check out our Dr. Oz Good Life™ sleep products today.

**Additional Reading:**

[What are the Benefits of Activated Charcoal?](#)

[Activated Charcoal Suppresses Breeding of the House Dust Mite](#)

[Effect of Activated Charcoal Fibers on the Survival of the House Dust Mite](#)

[Dust Mite Allergy](#)



# What Is a Sleep System and Why Do I Need One Stat?

*September 17, 2020*

More than 37 million Americans are losing sleep every night to snoring. And an estimated 50 million people suffer from chronic pain that affects how well they sleep at night. If you find yourself waking up exhausted, it's time to consider a complete sleep overhaul.

America's sleep problem has kept Dr. Mehmet Oz up at night for years. In fact, it is the catalyst behind the Good Life™ sleep brand Dr. Oz just launched.

"Sleep is crucial for your overall health and well-being," shared Dr. Oz, world-renowned cardiac surgeon, author, and host of "The Dr. Oz Show."

"Americans are simply not getting enough. In fact, the negative effects of insufficient sleep are the No. 1 health problem people are now waking up to. I want to democratize high quality sleep by creating science-based solutions needed to live a good life."

## **Part 1: The Adjustable Bed Base**

Introducing the Good Life™ Sleep System—it combines cutting-edge technology and sleep science into an incredibly advanced solution to snoring and nighttime aches and pain.

It starts with an adjustable bed base, which introduces the revolutionary concept of sleeping at an incline. Studies have shown that sleeping with your head elevated may reduce snoring, improve sleep apnea, and decrease acid reflux and heartburn.

Elevating your legs at the end of a long day has been shown to reduce back, neck, and hip pain while decreasing swelling in tired legs and feet.

Other features include pre-programmed positions (Oz Spine Relief and Oz Anti-Snore) designed by Dr. Oz to help you find the perfect position to ease pressure points and to stop snoring. Download the free Dr. Oz Base™ app and access an incredible feature: Snore Detection.



The patent-pending Snore Detection feature in our app uses artificial intelligence to detect your snores, then seamlessly adjusts your bed. It's all automatic and hands-free, so your sleep is never disturbed.

The Dr. Oz Good Life™ adjustable bed bases were even tested by an independent lab study called SleepScore™. They found that 31 percent of the study participants reported being woken up by their own snoring almost every night. After sleeping in the Anti-Snore position, that number dropped to zero percent.

Participants also saw a statistically significant increase in sleeping through the night (up 24 percent), feeling well-rested in the morning (up 36 percent), and sleep satisfaction (up 53 percent).

And depending on which sleep system you choose, you can also access additional features like dual-zone massage, under-bed nightlights, and adjustable leg heights.

## **Part 2: The Mattress**

If you wake up often throughout the night with back pain, ask yourself: “How old is my mattress?” If your answer is a number larger than 8, you need to consider a new mattress.

When you choose a Good Life™ Sleep System, you receive both an adjustable bed base and a new, cutting-edge mattress. In each of our mattresses, we layer premium foam to create incredibly supportive and comfortable mattresses.

Every design detail of our Good Life™ mattresses supports airflow and cooling so you can stay comfortable—especially if you are a warm sleeper. Our Pro mattress even incorporates a base layer of zoned coils that enhances airflow while minimizing motion transfer so if your partner readjusts during the night, you won't feel a thing.

But what's especially interesting is the mattress cover. Our nano-silver treatment fuses silver ions onto our Good Life™ mattress covers to attract and destroy almost 100 percent of bacteria. Because we all know that sleeping in a clean, fresh environment has never been more important.



## Don't Wait, It's Time

Ultimately, you can't afford to miss out on good sleep any longer. Sleep is directly tied to your mental and physical health. Waking up exhausted takes a serious toll on every aspect of your life—and it's time to make a change. The Good Life™ Sleep System is that total sleep overhaul that brings comfort and science together for real solutions so you can start sleeping, and living, better.

### Read More:

[Elevated Posture for the Management of Obstructive Sleep Apnea](#)

[Effect of Bed Head Elevation During Sleep in Symptomatic Patients of Nocturnal Gastroesophageal Reflux](#)

[Using an Adjustable Bed for Back Pain](#)

[A Review of Antimicrobial Fabric Containing Nanostructures Metal-Based Compound](#)

[Wide-Spectrum Activity of a Silver-Impregnated Fabric](#)



## **Dr. Oz Announces Good Life Sleep Brand on The Dr. Oz Show**

● *October 20, 2020*

Since 2009, Dr. Mehmet Oz has hosted *The Dr. Oz Show*, an Emmy Award winning daytime TV program. In those 11 years, Dr. Oz has shared insights centered around health and wellness. But one essential topic has been a favorite of Dr. Oz: sleep.



America simply isn't getting enough. In fact, sleep is the most underappreciated habit for improving well-being. Now Dr. Oz is moving beyond educating his viewers about the importance of sleep and how to improve bedtime habits.

On September 23, Dr. Oz announced his new sleep brand: Dr. Oz Good Life™ to America. These science-based sleep products were expertly designed by Dr. Oz himself to help you fix your biggest sleep problems from snoring to back pain to overheating.

"It's been years in the making, listening to what's keeping you up at night that led me to roll up my sleeves and head into the factory to help design a sleep system with a doctor's eye to take your sleep from suboptimal to incredible."—Dr. Oz

[Watch Show Segment](#)



Rest Assured MATTRESS PROTECTION

Rest Assured MATTRESS PROTECTION

Rest Assured MATTRESS PROTECTION

Dr. Oz Good Life SLEEP PRODUCTS

Introducing

America's Doctor is releasing a curated assortment of high-quality products that will change how your customers sleep for the better.

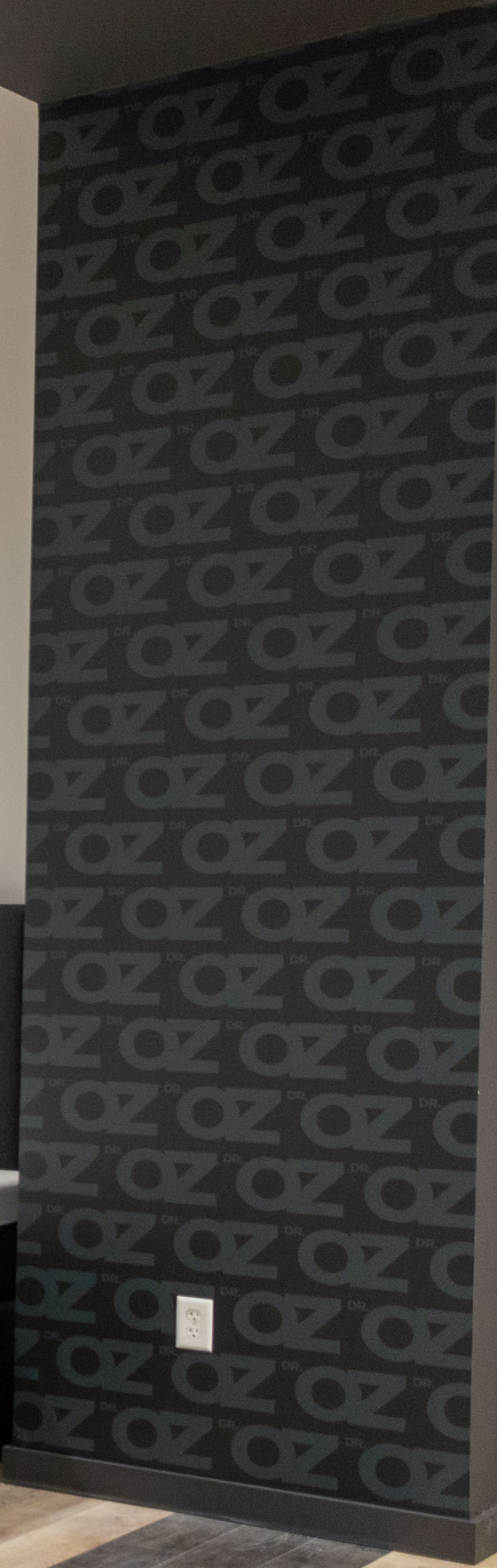
Straight to Sleep

Straight to Sleep

Drift Off

DR. **OZ** GOOD LIFE

JUST WHAT THE DOCTOR ORDERED





GOOD LIFE

“ The No. 1 most underappreciated barrier to health in America is poor quality sleep. ”

DR. MEHMET OZ

Introducing  
**Dr. Oz Good Life**  
SLEEP PRODUCTS

America's Doctor is releasing a limited assortment of high-quality products that will change how your customers sleep for the better.

DR. **OZ** GOOD LIFE





JUST  
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