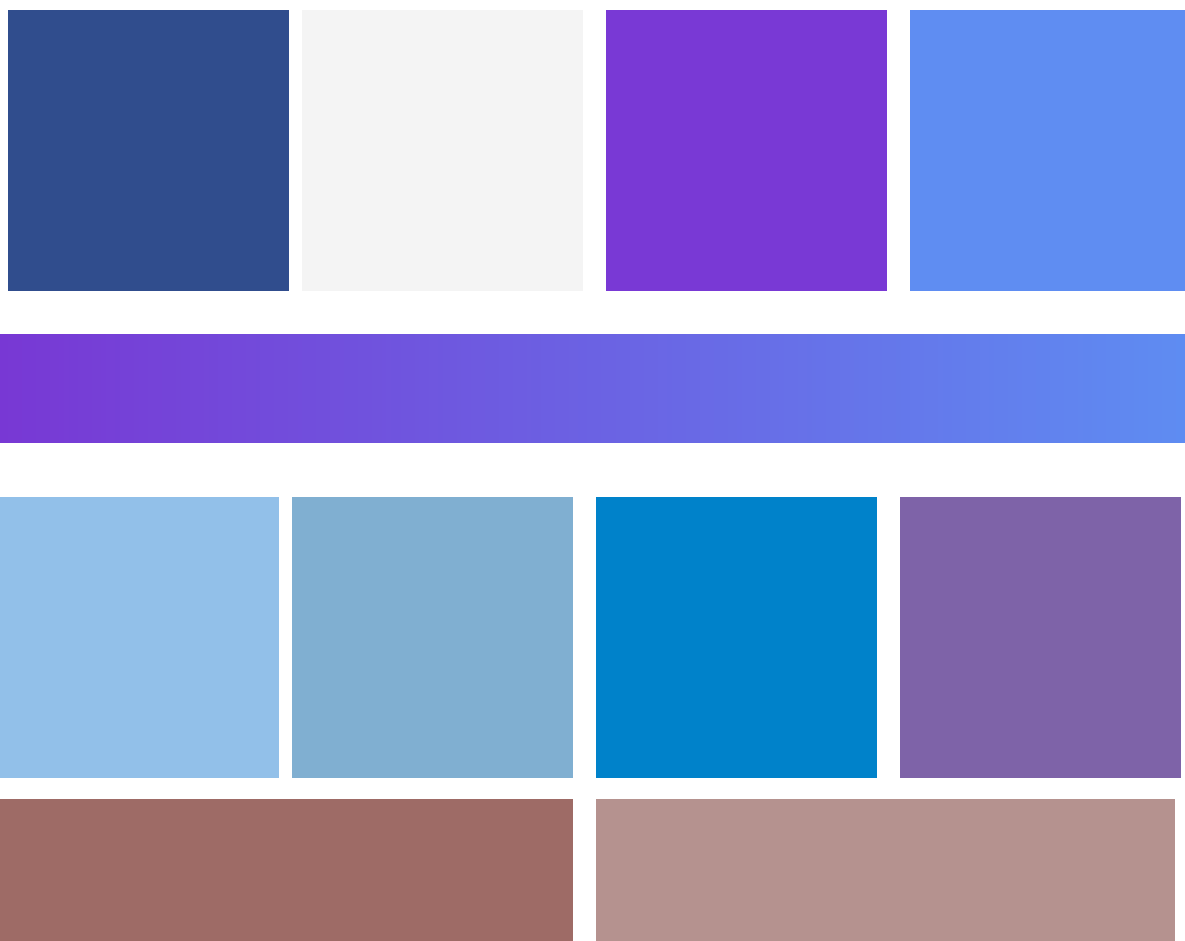


Fonts for Content.

# DM Serif Display

## Poppins

Colors:



zeal 

NEW LOOK + SAME PRODUCT



## BRAND FONTS

# Hatton

(Ultralight, Light, Regular, Medium, Semibold, Bold, Ultrabold, Black)

### Regular

ABCDEFGHIJKLMNOPQRSTUVWXYZ  
abcdefghijklmnopqrstuvwxyz  
0123456789

### Bold

ABCDEFGHIJKLMNOPQRSTUVWXYZ  
abcdefghijklmnopqrstuvwxyz  
0123456789

### Medium

ABCDEFGHIJKLMNOPQRSTUVWXYZ  
abcdefghijklmnopqrstuvwxyz  
0123456789

### Semibold

ABCDEFGHIJKLMNOPQRSTUVWXYZ  
abcdefghijklmnopqrstuvwxyz  
0123456789

### Black

ABCDEFGHIJKLMNOPQRSTUVWXYZ  
abcdefghijklmnopqrstuvwxyz  
0123456789

# Averta

(Extrathin, Thin, Light, Regular, Semibold, Bold, Extrabold, Black, Extrathin Italic, Thin Italic, Light Italic, Regular Italic, Semibold Italic, Bold Italic, Extrabold Italic, Black Italic)

### Light

ABCDEFGHIJKLMNOPQRSTUVWXYZ  
abcdefghijklmnopqrstuvwxyz  
0123456789

### Regular

ABCDEFGHIJKLMNOPQRSTUVWXYZ  
abcdefghijklmnopqrstuvwxyz  
0123456789

### Semibold

ABCDEFGHIJKLMNOPQRSTUVWXYZ  
abcdefghijklmnopqrstuvwxyz  
0123456789

### Bold

ABCDEFGHIJKLMNOPQRSTUVWXYZ  
abcdefghijklmnopqrstuvwxyz  
0123456789

### Black

ABCDEFGHIJKLMNOPQRSTUVWXYZ  
abcdefghijklmnopqrstuvwxyz  
0123456789

— Sutera

# social media

Jan25



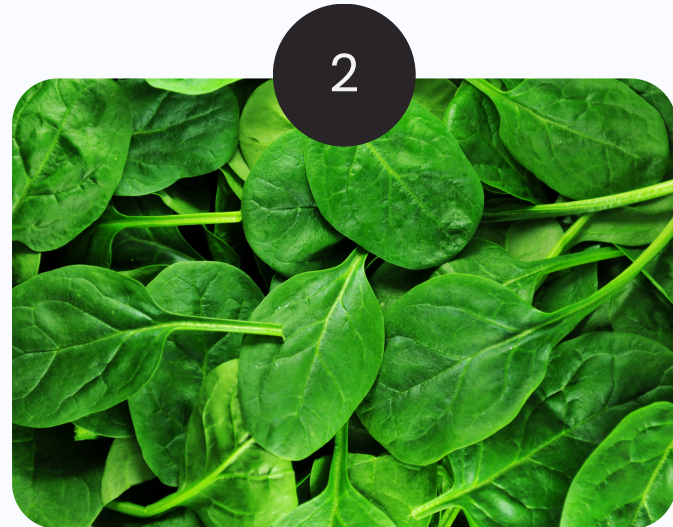
# The role of **nutrition**

in achieving better sleep



## **Complex Carbs**

Promotes serotonin production



## **Magnesium**

Relaxes muscles and nerves



## **Tryptophan**

Converts to serotonin. ("feel-good" chemical)



## **Avoid Caffeine**

Reduces sleep disturbances

Sutera

# This One **Mistake**

Could Be Ruining **Your Sleep**





# Sleep Disorders Explained

Read more in the caption!





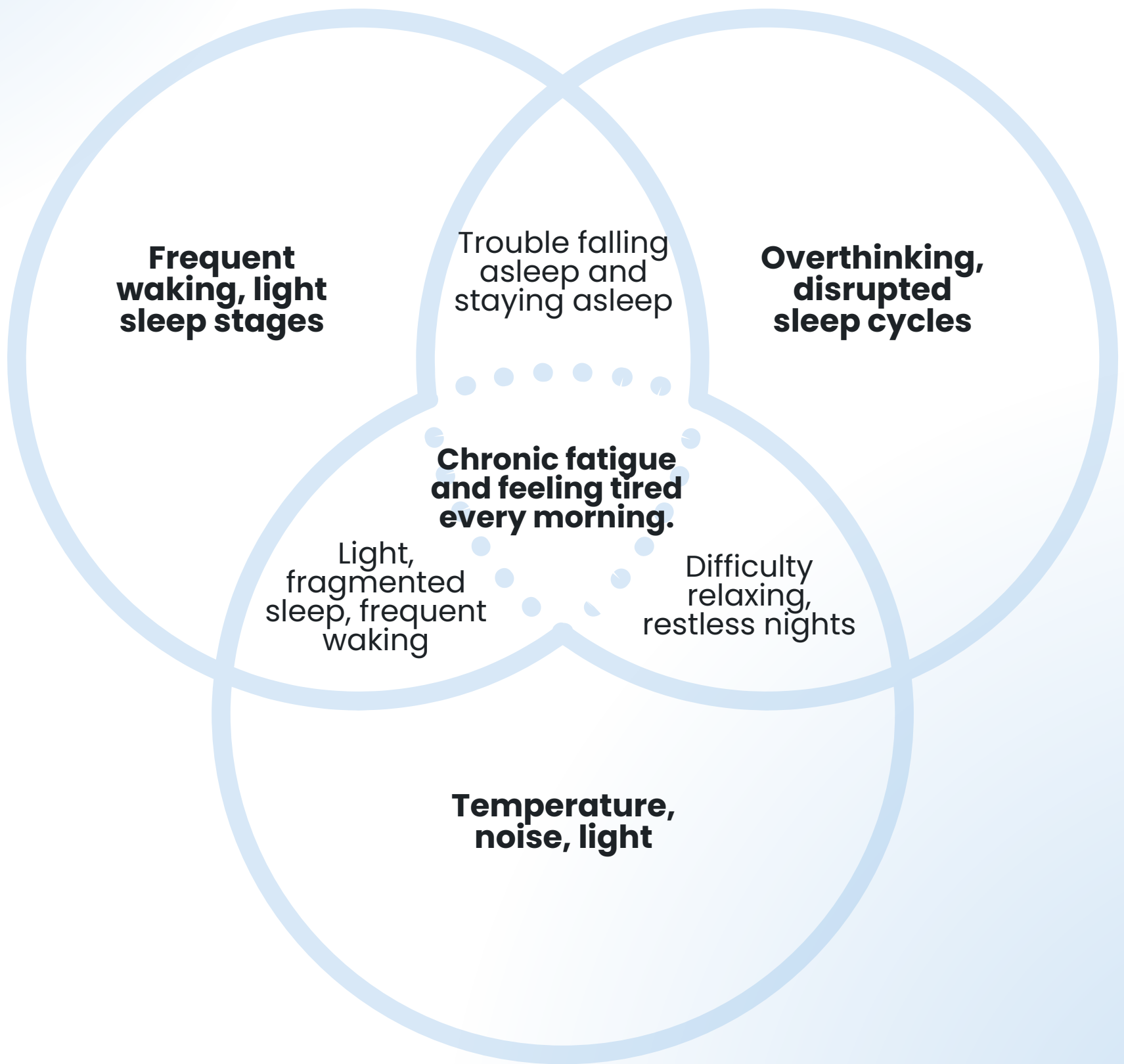
**sutera**



**POSTED**  
**Content**

# The Truth About Why

You Wake Up Tired Every Morning



# Are You Getting Sick More Easily?

70%



Lack of sleep can lower your  
immune system by 30%

# How REM Cycles

Affect Your Daily Productivity



## No REM Sleep

Low productivity, impaired cognitive function



## 1-2 REM Cycles

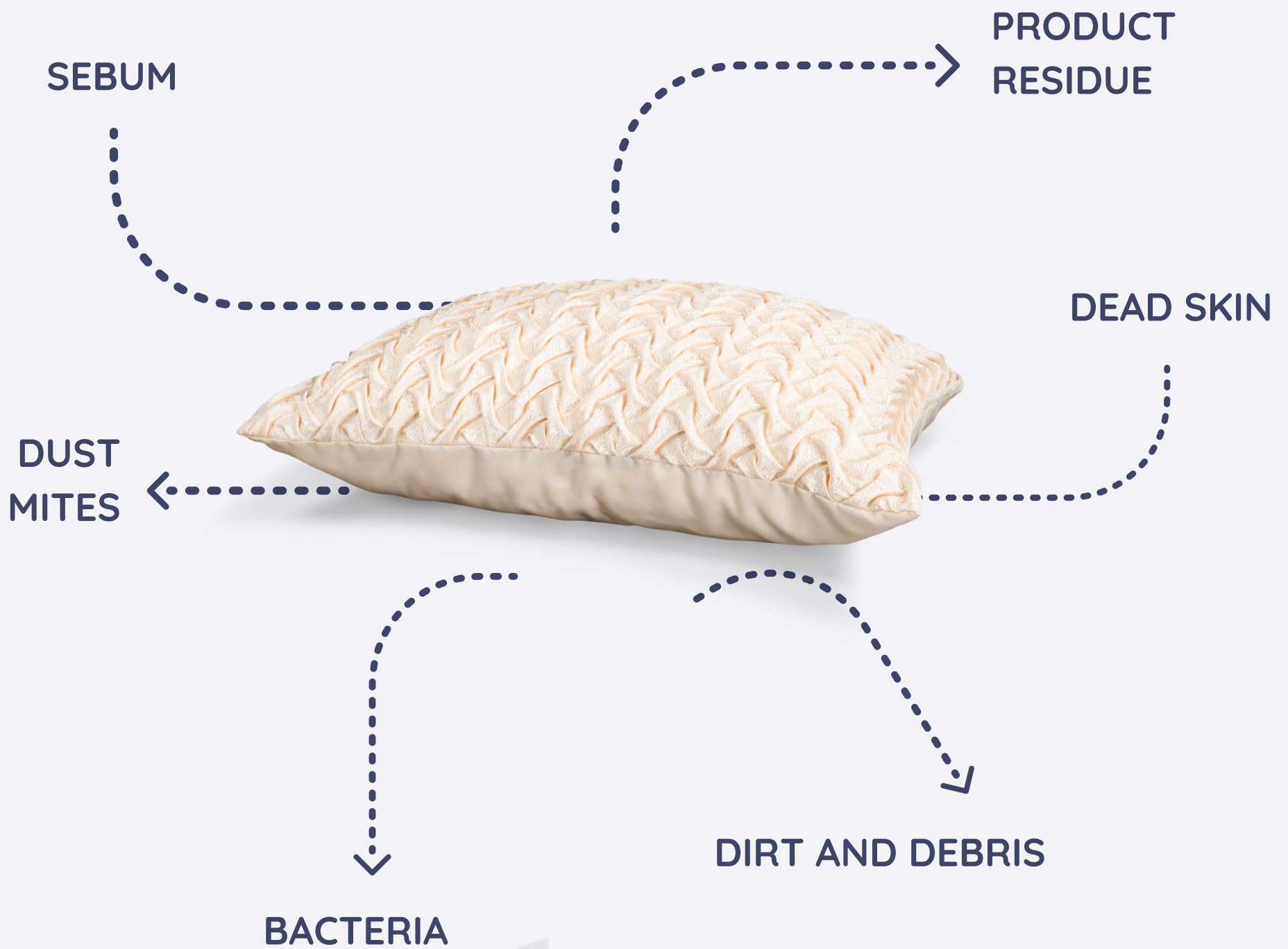
Moderate productivity, some cognitive improvement



## 3-5 REM Cycles

High productivity, optimal cognitive function

# This One Mistake Could Be Ruining Your Sleep



sutera

**Fuel Your Rest.**

**Deepen Your Sleep.**

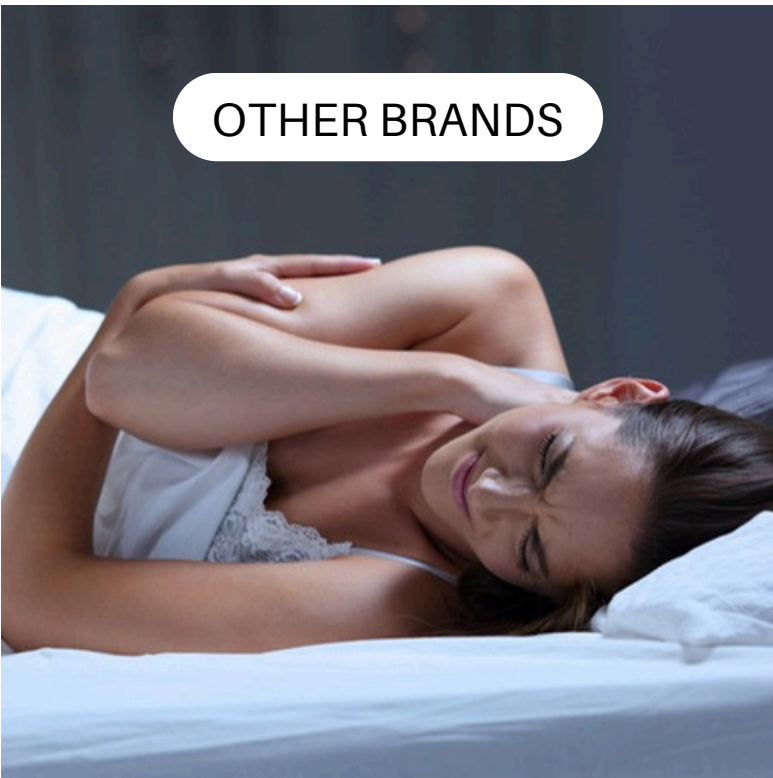
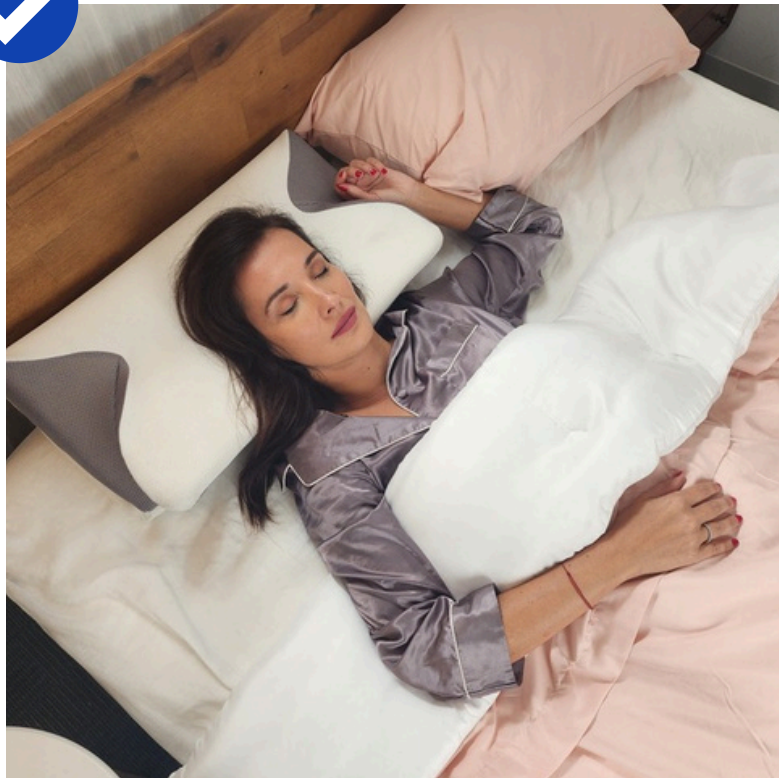


**SUTERA'S DREAM DEEP PILLOW**

**BUY NOW!**

**\$84.99**

Select all images that  
**SHOW A RELAXING SLEEP ENVIRONMENT**



IMPROVE YOUR SLEEP TODAY!

**BUY NOW!** **\$84.99**

## Dream Deep Pillow

# "The Porsche of Pillows"

— (A real 5-star review from Emily R.)

✓ Supports all sleep positions

✓ High-quality memory foam

✓ Relieves neck pain

IMPROVE YOUR SLEEP TODAY!

BUY NOW!

43% OFF

# Suitero

## WHY YOU'LL REGRET BUYING THE DREAM DEEP PILLOW.



—"This pillow is so comfortable that I end up oversleeping every morning! I used to wake up with neck pain and stiffness, but now I wake up feeling refreshed and pain-free and late for work. Honestly, ONLY buy this pillow if you like deep sleep! I bought one for my partner, and now she's late too!

— Alex P.



Orthopedic support.

Relieves neck pain

Perfect for all sleepers

IMPROVE YOUR SLEEP TODAY!

BUY NOW!

43% OFF

# Perfect For All Types of Sleepers



**Dream Deep Pillow**

*Side Sleepers*



*Back Sleepers*



*Stomach Sleepers*



**sutera**



**DRAFT**  
**Content**