

**PHOTO OPPORTUNITY: At Derry's Department Store
On: Monday March 2nd 2009 at 2pm**

Hospice Nurses Help to Launch National Bed Month at Derrys

Nurses from St Luke's Hospice will team up with staff at Derry's Department Store in Plymouth City Centre on Monday March 2nd to help launch 'National Bed Month' a campaign that is aimed at highlighting the importance of a restful nights sleep in a comfortable bed – wherever that bed might be.

Derry's Training and Development Manager Sylvia Marsh said: " The benefits of a comfortable bed to general health and wellbeing are widely acknowledged but when you are ill the quality of your bed is hugely significant. We wanted to invite staff from St Luke's along to help us get this message across because we know how important beds are to their work with very ill patients. We are also hoping to make people think twice about the quality of their own bed at home."

ENDS

Note to Editor:

National Bed Month is an annual campaign by The Sleep Council.

Further information available from St Luke's Public Relations Manager Shirley Smale.

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