



BY APPOINTMENT TO  
HER MAJESTY THE QUEEN  
BEDDING AND UPHOLSTERY  
MANUFACTURERS  
HYPNOS LIMITED ENGLAND

# HYPNOS<sup>®</sup>

THE MOST COMFORTABLE BEDS IN THE WORLD



The Importance of Sleep  
for Health & Wellbeing



## Why is sleep so important?

Sleep awareness is growing. Did you know there isn't a single biological function that isn't supported by quality deep sleep?

Research has proven that a poor night's sleep on a poorly supported mattress, environment and lack of lifestyle education, all result in erosion of mental health. With a consistent good night's sleep and attention to rest and relaxation, performance wellbeing and happiness can be greatly increased.

Sleep can impact important aspects of the mind and body in terms of increasing cognitive

function, increasing mental performance, balancing the nervous system, metabolism and immune system, reducing stress chemicals and improving mood, energy and efficiency. As a result, a single night of sleep deprivation can negatively affect an individual's performance for up to 2 weeks.

The bed is one of the top 5 sleep influencers; along with noise, hygiene, lighting, temperature and bedding. To that end, Hypnos is committed to delivering an exceptional sleep experience tailored to the type and size of each property it is supplying.

## The Hypnos Difference - Science!

At Hypnos Contract Beds, we pride ourselves on being Sleep Experts. We go above and beyond to ensure that all of our sleep solutions offer industry leading levels of comfort and support.

How? By applying science to all stages of the bed making process and making significant

investment into sleep research, recognising that pressure point relief is key to a good night's sleep. All Hypnos mattresses are scientifically proven, through pressure mapping research, to offer the maximum level of comfort and support for the majority of individuals. Here a few additional points that we truly believe make Hypnos different:

No. 1

—  
Holding a Royal Warrant since 1929, we have 140 years of industry experience providing award-winning beds and service

No. 3

—  
All of our beds come complete with fire and bed bug protection alongside our 5 year guarantee, ensuring your peace of mind

No. 2

—  
Extensive pressure mapping research and testing ensures we offer maximum levels of comfort, support and durability

No. 4

—  
Hypnos are committed to global sustainability with all of our beds being sustainable and ethically sourced

### Things to consider to ensure a great sleep experience

Look at pressure mapping results as well as consider the construction of the mattress. Open coil mattresses can lead to 'roll together', are less durable and, importantly, comfort levels can degrade over time. With pocket sprung mattresses, the springs are more supportive and respond to the movement of each individual, they are durable and long lasting. Pocket springs also help to increase blood circulation and alleviate tension which allows muscles to relax.



## Sleep Tips

We spend around a third of our lives in bed. To sleep well, advise your clients to:

### **Develop a bedtime routine and stick to it**

Routine and regularity of sleeping hours will help you relax, programming the brain and internal body clock.

### **Keep your room dark. And cool**

Blackout blinds will help block out light. Aim for 16-18°C. A room that is too hot, or too cold can inhibit sleep.

### **Use wool bedding**

Wool is naturally breathable and regulates body temperature to transport away moisture. It is scientifically proven to give 25% deeper, more regenerative sleep. Its hypoallergenic properties and allergy approval aid an exceptional Sleep Experience.

### **Avoid caffeine, cigarettes and alcohol**

3 or 4 hours before bedtime.

### **Microsleep**

Microsleeps (or naps) benefit your wellbeing, brain function and can support a strong sleep commitment. Microsleep for no longer than 20 minutes, ideally between 1pm and 3pm, to avoid disrupting sleep hormones.

### **Exercise**

Morning exercise will wake you, but evening exercise will keep you awake.

### **Switch off Tech**

Smart phone, TV and tablet screen light can activate parts of your brain that keep you awake. Switch off technology at least a couple of hours before bed, and deactivate any screens in your bedroom.

### **Flip and turn your mattress with each new season**

To optimise comfort levels and the distribution of the fillings.

### **Choose your bedding wisely**

Pick a pillow that supports your head, neck and sleeping style.

## Explore the range

Find a sleep solution that's right for your property in our dedicated specification documents.





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## Hypnos Contract Beds Limited

Station Road | Castle Donington | Derby | DE74 2NU | United Kingdom

T: +44 (0) 1332 497111 | E: [info@hypnoscontractbeds.com](mailto:info@hypnoscontractbeds.com)

[www.hypnoscontractbeds.com](http://www.hypnoscontractbeds.com)

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