

# Sleep better, learn better



Hypnos Contract Beds are proud to offer a dedicated student mattress, the Student Deluxe™, to our range of comprehensive sleep solutions.

Our mattress combines a single-sided pocket sprung construction, with natural and blended comfort layers, offering industry-leading levels of comfort and support, further enhanced by our pressure mapping research.

Engineered torsion side supports add

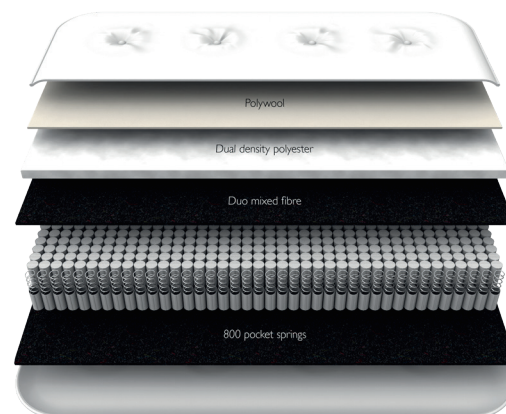
strength and durability to the perimeter of the mattress, withstanding regular seated use, whilst our integrated rotation label assists in rotating the mattress correctly, extending its longevity, without the need for turning it over.

Complete with Hypnos' standard 5-year guarantee, anti-bed bug, anti-microbial and anti-bacterial protection, and the latest fire safety accreditations, the Student Deluxe™ ideally meets the rising demand for premium student accommodation.



Available in a student double (120cm x 190cm x 23cm), the Student Deluxe™ offers an exceptional, long-lasting sleep experience for current or upcoming university students.

Springs	800 pocket springs
Fillings	Polywool Dual density polyester
Insulator	Duo mixed fibre
Loft-to-loft depth	23.5cm



# Why sleep is vital for academic success

Sleep can often take a back seat during university years.

Sleep deprivation can impact various aspects of the mind and body, such as mood, energy, memory, efficiency, and importantly the ability to learn. That's why it's vital for those in the student accommodation sector to highlight and help educate students on the importance of a good night's sleep.

## **Sleep health**

In just one week of less than six hours of sleep students are four times more likely to get a common cold or cough and blood sugar would be deemed pre-diabetic. Ideally students should aim for at least nine hours of sleep per night in order to perform and flourish, physically and mentally. Increasing sleep by just one hour a night is better for long term wellbeing, mental and physical health, and will enable students to perform better in their studies.

## **Rest and relax**

The brain is better than a smartphone, so it's important to recharge it regularly for optimal performance. Rest and recovery are just as important as sleep – if students haven't had a good night's sleep, finding time in their day, whether it's only 10 minutes during lunch, to ignore technology and just relax, will help the body feel rested even without actually sleeping.

## **Do the bed basics**

Students should ensure they just use their bed for sleep and not study, in order to strengthen the association between bed and sleep. Using the bed for study not only decrease productivity but also makes it harder to switch off when it comes to going to sleep. Don't overlook the importance of the bed - a comfortable and supportive mattress and pillows are key in getting a quality night's sleep.

## **Get the room right**

Making sure the bedroom is a sleep-friendly environment is crucial. Keep the room as dark as possible, turn all the lights off and try wearing an eye mask at night. Noise is also another common sleep thief at university, so wearing ear plugs or playing white noise is a good way to get around this.

## **Exercise for better sleep**

Regular exercise helps people sleep more soundly as well as improving mental health. Students should aim to get at least 60 minutes of exercise a day, including aerobic activities such as fast walking and running. Regular exercise not only helps to build the immune system, it significantly increases energy levels and also produces endorphins that can help reduce stress levels and improve sleep quality.