

SLEEP PERFECT

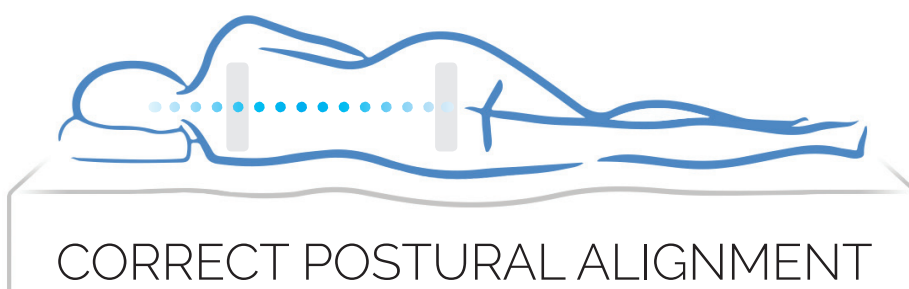
FUNDAMENTALS

POSTURE ALIGNMENT

The ultimate body posture when sleeping is very similar to that of standing . Your shoulders should be in line and parallel with your hips so that your spine is not curved laterally.

COMFORT SUPPORT

Comfort is the way the bed feels and is mostly a matter of personal preference. The foam layers provide comfort and should reduce pressure points. Support is the way in which the bed suspends your body. A firm bed is not necessarily a supportive bed - Proper support is achieved when your body has good postural alignment while sleeping.



SPRINGS TYPES

BASIC BONNELL SPRING

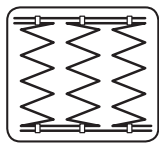
Large individual open topped coils that are connected in rows across the bed.



- Does not provide good support.
- Does not reduced partner disturbance.
- This spring system is now considered obsolete.

GOOD CONTINUOUS SPRING

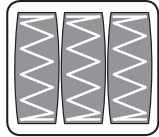
Smaller coils that are wound from one continuous wire in rows from top to bottom of the bed. Each row is connected to the next lengthways down the bed.



- Provides good support.
- Helps reduce partner disturbance.
- Does not have zoning.

BETTER POCKET SPRING

Individual coils each contained in a separate fabric pocket allowing every spring to move independently from each other. This type of construction allows different spring rates to be employed in "zones" across the bed to improve support



- Provides very good support
- Greatly reduces partner disturbance
- Can be zoned for added support

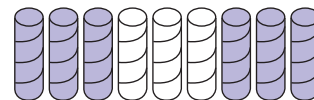
MASSAGE POCKET



POCKET IN POCKET

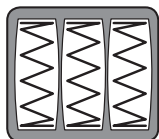


MICRO POCKET



BEST FOAM CORE POCKET SPRING

The mattress is constructed from a block of foam with holes bored in it containing pocket springs. In this instance the foam acts together with the springs for a higher degree of support.



- Provides excellent support.
- Eliminates partner disturbance.
- Can be zoned for added support

ZONES

The human body carries weight disproportionately. 50% of your weight is located in the middle third of your body. Therefore the springs in the middle of the bed need to be firmer to support you correctly.

MATTRESS CONSTRUCTION

BASIC LOFTED TOP

The foam comfort layers are contained in the top of the mattress. The top is sewn directly onto the border.

GOOD PILLOW TOP

The foam comfort layers are in a semi detached pillow top connected with a gusset to the border. This enables them to better cradle the sleeper and move with a degree of independence from the spring unit allowing them to sleep closer to the edge of the bed effectively increasing the usable surface area.

BETTER EURO TOP

This is when the mattress is heavily padded. The foam comfort layers require their own border separate to the border containing the spring unit. This helps the mattress to maintain its shape correctly.

BEST EURO PILLOW TOP

Combines the benefits of a pillow top with the added comfort layers in a Euro top.

FOAM TYPES

CONVOLUTED FOAM

Convoluted foam is cut in an egg shell shape in order to help it conform to your body and help reduce pressure points

MEMORY FOAM

Memory foam works similarly to convoluted foam but is denser and retains its shape when its deformed providing additional comfort and support as well as holding heat for a warmer feeling bed.

MEMORY GEL FOAM

Memory Gel Foam is memory foam that has been infused with gel beads creating a more open structure that helps dissipate heat and moisture for a cooler feeling bed.

LATEX FOAM

Latex is a long lasting natural product with anti-bacterial properties. It's closed cell structure helps reduce dust retention making it naturally hypoallergenic.

EXTRAS

BLENDED WOOL

Wool blended with tetron fibre helps provide warmth in winter while helping disperse

MINI POCKETS

Mini pockets are sometimes employed in areas where foam would traditionally be used. They can be zoned and help reduce body contouring.

TEDDY BEAR TOPS

A teddy bear top refers to the fabric used on the sleep surface. It is a very soft plush fabric that gives the bed a warm luxurious feel.