



Designed for Sleep Comfort

A close-up, high-angle photograph of a woman with long brown hair sleeping peacefully on her side. She is resting her head on a light-colored, textured pillow. Her eyes are closed, and her expression is serene. She is wearing a light-colored, button-down shirt. The background is softly blurred, showing more of the bedding.

THE LITTLE BOOK OF SLEEP

The art of waking up rested and refreshed



SLEEP IS THE BASIS FOR ALMOST EVERYTHING.

A good night's rest is crucial to ensure that you enjoy each new day and can give your utmost.

Jensen has worked for more than 70 years on this principle and has designed beds that provide the very best in sleep comfort.

The following pages contain a number of tips to bear in mind if you want to sleep better and wake up rested.




DID YOU KNOW? WE SLEEP FOR:


... 1/3 OF OUR LIFE

... 7.5 HOURS A DAY

... 229 HOURS PER MONTH

A close-up, low-angle shot of a modern, light-colored sofa. The sofa has a textured fabric and gold-colored legs. A magazine is resting on the top of the sofa. The background is blurred, showing a dark-colored sofa and a light-colored floor.

**DARE TO MAKE
DEMANDS WHEN
YOU PURCHASE A
NEW BED.**



Sleep is a prerequisite for life, an essential state that people can't survive without for very long. In the short term, poor sleep or a lack of sleep leads to difficulties with concentration, mood and makes it hazardous to drive. In the long term, it leads to reduced resistance to illness, accelerates the ageing process, drains us of energy and has all kinds of social consequences.

There are various stages of sleep that we go through during the night. It begins with a dozing off phase that is followed by deeper and deeper sleep. Our general aim is to sleep deeply for at least two hours a night. If we fail to get this amount of sleep over a certain period of time, it will affect us negatively in one way or another. Even if we think that we sleep for the whole night, it might be that we toss and turn due to noise or other factors, which results in our "falling out" of deep sleep and not being fully rested when we get up in the morning.

Our sleep quality and our sleeping pattern change over the years. This increases our need for a decent bed as we get older. However, it is also important to keep the younger generation in mind. They need to learn good habits and understand what sleep comfort is about, even in early childhood. If they do this, it will follow them into adulthood.



A JENSEN BED IS SPECIALLY TAILORED TO YOUR NEEDS.

The bed also has to look good. Its Scandinavian design, nature-inspired materials, built-in technical features and contemporary fabrics all make a Jensen bed an absolutely extraordinary piece of furniture.

Experience has taught us that the body needs time to adjust to a new bed. A tired feeling in the back is quite normal during the first few weeks. This is because the muscles and joints have to adapt to the new surface. You may also feel somewhat warmer due to the increase in blood circulation that results from less strain, but this will subside as your body adapts to the changes.



A BED IS AN IMPORTANT INVESTMENT.

At Jensen, we endeavour to make sure that you are happy and certain that you have made the right choice. Our aim to ensure optimal sleep comfort is, of course, also the motive behind the innovations for which Jensen has built up such a good reputation within the sector.

When you choose a Jensen bed, your preferences for tension and mattress topper choices will be added when you test the bed.

PERFECT SUPPORT, ALL NIGHT LONG.

JENSEN® ORIGINAL ZONE SYSTEM.



Height, weight and shape are all important factors to consider when you purchase a mattress. The mattress must comfortably support the entire body and keep the spine as straight as possible. A good mattress should conform to and support the body and provide the correct tension so that the body can rest. Then you will be more relaxed and sleep better.

Choosing the degree of firmness is important, so take your time when trying out the beds in the store. It is particularly important that your shoulders and hips sink down into the mattress. If your body relaxes, you will not wake up stiff and sore in the morning. The right mattress also reduces the risk of unnecessary strain, back problems and restless sleep.



Jensen's Original Zone system provides correct support for your entire body while you rest and sleep. In order for you to have a good night's sleep during which your whole body rests comfortably, our experts recommend that you sleep on your side or on your back. Other positions put a greater strain on your body. (This is based on the assumption that you are physically able to lie on your side or your back and that you do not have a handicap or other health issues that make this difficult or impossible.)

Switching to a new sleeping position often requires time and practice. Once your body has adjusted and got used to the new sleeping position, you will discover that you sleep well and benefit more from the hours you spend in bed.

FIND THE PERFECT SLEEPING POSITION



ON YOUR BACK

It is best to sleep on your back, especially if you have a relatively soft mattress, or sleep on an adjustable bed. A good tip is to put a pillow under your knees so that your back can relax.



ON YOUR STOMACH

Lying on your stomach is not a good position to sleep in for any period of time. It is easier for the back to arch severely and that can be extremely straining. What's more, your neck bends and twists backwards in this position and this is not advisable either.

It will soon lead to neck pain and dead arms. However, if you would still prefer to sleep on your stomach, it is best to choose a relatively firm mattress and place a pillow under your pelvis.



ON YOUR SIDE

Lying on your side is a good position to sleep in. Lying with your legs parallel to each other, your knees slightly bent, your hips and shoulders in a vertical position and your arms in front of the body means you will be sleeping in an almost perfect position.



AN EXCESSIVELY HARD MATTRESS

Your hips and body do not sink into the mattress, which results in a lack of support for the waist and lower back.



AN EXCESSIVELY SOFT MATTRESS

Your body sinks too far into the mattress, as it would in a hammock. Your spine is curved.



A PERFECT MATTRESS

The mattress provides your body with even, comfortable support. Your hips and shoulders sink into the mattress, which perfectly supports both your waist and lower back.





DON'T FORGET A GOOD PILLOW.

The pillow is very important. It should fit into the nape of the neck and fill the space between the shoulders and the head. It should not be too high or too low.

When discussing correct sleeping positions, it is often the back we think of the most. The “forgotten” part of the spine – the neck – is just as important to consider. If the neck is in an incorrect position, this affects the rest of the back. A pillow of the correct thickness will accentuate a good mattress, just as the wrong pillow can do the opposite. We are all shaped differently, and this means that we cannot all use the same pillow of the same. The pillow must be suited to each individual.



LOG OUT BEFORE YOU GO TO BED.

Reading your mail, browsing the internet, or checking social media just before you go to sleep can reduce the quality of your night's rest. This is because the bright light of the screens of mobile phones and tablets suppresses the production of an important sleep hormone, namely the hormone that ensures that we go to sleep tired. Sleep-related studies have shown a clear link between looking at screens on mobile phones and PCs, and insomnia.

Sleep-related problems can, in turn, lead to concentration problems, a reduced capacity to learn and hyperactivity. Research has shown that too little sleep can have a negative effect on school performance and that it is important for children to get enough sleep in order to function optimally at school.



A GOOD SLEEPING ENVIRONMENT – MORE IMPORTANT THAN YOU THINK

TEMPERATURE: WE SLEEP BEST AT BETWEEN 16–18°

AIR: CLEAN, FRESH AIR

LIGHT: AS DARK AS POSSIBLE

SOUND: AS QUIET AND STILL AS POSSIBLE

HUMIDITY: APPROX. 45–55%



TAKE GOOD CARE OF YOUR BED.

Jensen mattresses are resilient and conform to your body. The heat-treated springs do not lose their flexibility over time, ensuring the mattress' ability to provide support and sustain weight for many years. To ensure that your mattress has a long life, we recommend that the main mattress is turned regularly. For good maintenance we also advise that you turn the topper regularly.

You can wash the topper cover and the sleep surfaces at 60°C using small amounts of washing detergent. The topper cover should be stretched out while still damp. The cover consists of high quality fibres that absorb large amounts of water, which might lead to overheating and shrinkage if the machine is too small. We recommend washing at a laundrette if you are in doubt. Regular brushing, vacuuming (with low pressure setting) and airing of this bed is recommended to keep your bed in pristine condition. Do not expose the topper's filling to heat or direct sunlight while airing/drying.

To keep the topper clean and in good condition for a longer time, and at the same time reduce wear and tear, we recommend to use a mattress topper protection. Jensen SoftProtect protects the mattress topper from stains and dirt, while still providing optimal sleep comfort. SoftProtect can be washed at 60°C.

All Jensen beds has a cover consisting of textiles of high quality and durability. The fabric can be cleaned with a damp cloth. Vacuum cleaning and airing regularly is recommended.



FRIENDLY TO NATURE. AND YOU.

We focus both on the environment and your health when designing our products. Only the best products on the market can meet the demands of The Nordic Ecolabel – the official environmental label of the Nordics. The label was established by the Nordic Council of Ministers in 1989 to make it easier for consumers to find the best products for both health and the environment.

We choose materials for the swan labelled mattresses with great care. The wood of the frame comes from environmentally certified woods, and 30% of the metal used in the springs is recycled. The surfaces of wood, metal and textile are treated without use of flame retardants or other hazardous chemicals that may pose threat to your health, and the mattress is of high quality and durability.

DOCUMENTED QUALITY

The Nordic Ecolabel also demands documentation regarding good quality, durability and sustainability, which promotes a long lifetime for our beds and mattresses. The requirements are strict regarding the use of chemicals, for example in glue, surface treatment etc, that might be hazardous to our health, as the Nordic Ecolabel represents a society free from toxic chemicals.

Møbelfakta is a voluntary and neutral service for testing and labelling furniture and interior products, documenting the products' quality. All the tests for Møbelfakta are based on Norwegian and international standards (EN and ISO), and are executed by accredited laboratories. Møbelfakta sets requirements for, among others, strength and durability, quality of materials, stability, inflammability, surface treatments and safety. All Jensen mattresses have been tested and approved by Møbelfakta.

RELIABLE GUARANTEES

All Jensen beds come with a 5-year full guarantee and a 25-year guarantee against frame and spring breakages. You can read the full terms of the guarantee in the leaflet that comes with the mattress.

TESTED AND APPROVED

Jensen beds are tested and approved by AEH, a neutral test institute in Zurich, Switzerland. Every bed is certified and undergoes thorough testing of ergonomics, hygiene, bed climate and durability.

Your new Jensen mattress contributes to what we all want most of all: A good night - A better future.



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A part of the HILDING ANDERS family

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