



The Little Book of Sleep.

THE ART OF WAKING UP RESTED AND REFRESHED.





Did you know that
we sleep ...

1 ... 1/3 of our lives?

2 ... 7,5 hours a day?

3 ... 229 hours per month?

The sleep that makes your day.

At Jensen, we have made it our purpose to help you wake up fully rested. From design to choice of materials, every detail in our beds is carefully chosen to improve your sleep quality – and thereby your performance.

Aside from sleep comfort, sleeping habits are also an important part in waking up fully rested. To help you we have compiled a few important tips.

Your new bed will be with you every night, so make your choice with care.

Sleep is a prerequisite for life, an essential state that people can't survive without. In the short term, poor 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 aging 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. Every stage is important and has its specific functions related to our recovery. The second stage for instance, is essential to our learning and memory functions while the third stage is where the brain is cleaned of waste products and the immune system is strengthened.

If we fail to get enough sleep over time, it will affect us negatively. Even if we think that we sleep for the whole night, it might be that we toss and turn due to poor sleep comfort, 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 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.





The stages of sleep.

A graph showing the stages of sleep is called a hypnogram. As you can see we go through several sleep cycles every night, each time passing through four stages. All stages have their specific functions related to our recovery, making it important to sleep without interruption caused by poor comfort.

Stage 1

Brain activity slows and your body may twitch as you enter sleep.

Stage 2

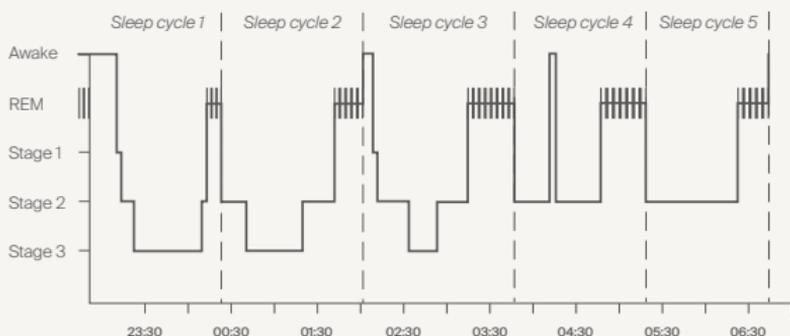
Relaxed, your breathing and heart rate slows. This stage is essential for memory functions.

Stage 3

Welcome to deep sleep! Your brain is cleaned of waste products and the body recovers, strengthening the immune system. Waking up from this stage can make you feel disoriented.

REM

This stage is also referred to as dream sleep and can be described as emotional first aid. Brain activity accelerates, memories are put into place and cognitive functions are enhanced.



We understand your body.



SOFTER ZONE
LEG COMFORT

FIRMER ZONE
LOWER BODY SUPPORT

SOFTER ZONE
HIP COMFORT

Jensen® Original Zone System

Our development team has expert knowledge in physiology and sleep science. This ensures that every Jensen bed provides sleep comfort that is adapted to the human body. However, there are also many individual factors such as height, weight and shape to consider when you purchase a mattress.

Choosing the correct 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, comfortably supporting your body and keeping the spine as straight as possible. 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® Original Zone System provides correct support for your entire body while you sleep. To increase your sleep quality and give your body the best conditions for recovery, 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).

Switching to a new sleeping position often requires time and practice. Once your body has adjusted and got used to the new 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 if you sleep in 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. 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.



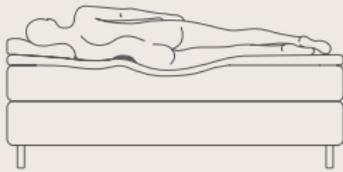
On your side.

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 means your body can relax throughout the night.



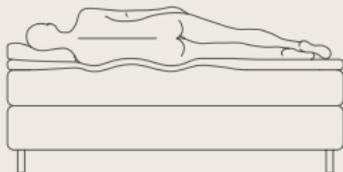
An excessively firm mattress.

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..





The pillow completes the experience.

When it comes to sleep comfort, your pillow plays an important part. It should fit into the nape of your neck and fill the space between shoulders and head. It should neither be too high nor too low, but allow the neck to stay in line with your spine. A pillow suited to your body and preferred sleeping position will accentuate a good mattress and contribute to better sleep quality.

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 sleep. This is because the bright light of the screens of mobile phones and tablets suppresses the production of an important sleep hormone that helps us feel tired and ready for sleep. Studies have shown a clear link between the light emitted by screens and insomnia.

Loss of sleep can lead to concentration problems, a reduced capacity to learn and hyperactivity. Research has shown that poor sleep has a negative effect on school performance and that it is important for children to start the day rested in order to function optimally at school.

A good sleeping environment.

TEMPERATURE: We sleep best at 16-18°C.

AIR: Clean, fresh air.

LIGHT: As dark as possible.

SOUND: As quiet and still as possible.

HUMIDITY: Approximately 45-55%.







Care for your bed, and it will care for you.

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 the bed is recommended to keep it 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 and Jensen TempSmart Protect shield the mattress topper from stains and dirt, while still providing optimal sleep comfort. They can both be washed at 60°C.

All Jensen beds have 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.

Our beds are made in Norway using only materials, production methods and suppliers that live up to our highly set standards. To prove our sincerity we work with the leading sustainability labels, and in particular the Nordic Swan Ecolabel. It makes us sleep better, and hopefully you too.



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We have the largest collection of beds carrying the Nordic Swan Ecolabel – the official eco label of the Nordic countries. All certified beds, textiles and accessories live up to strict requirements regarding the environmental impact throughout their entire lifespan.

We share the dream of a sustainable society.



The wood we use in our bed frames is certified by the Forest Stewardship Council (FSC®). This ensures that the wood is sourced and processed in a sustainable, responsible and socially beneficial manner.



Møbelfakta is an independent test and quality assessment based on Norwegian and International standards (EN and ISO). Durability, material quality, flammability and safety are among the properties tested.



Grønt Punkt Norge

Grønt Punkt Norge is a non-profit organisation aiming for circular use of plastic. We are committed to limiting plastic waste and in 2020 alone we reduced plastic use in our production by 16 tonnes.



We constantly strive to minimize waste generated by our production. We have return agreements with Norsk Gjenvinning for recycling. By investing in equipment and software we have already reduced waste and production loss by 18%.



We work for a responsible consumption and production in line with UN:s sustainability goals. We prevent users and workers from being exposed to harmful chemicals – and help reduce the contamination of air, water and soil.



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