



Designed for Sleep Comfort

THE LITTLE BOOK OF SLEEP

ON 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 almost 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
- 1.3 weeks per month
- 2,745 hours per year
- 15.6 weeks per year

"DARE TO MAKE DEMANDS WHEN YOU PURCHASE A NEW BED"

Ole Myhre, physiotherapist



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.

Ole Myhre, a qualified physiotherapist, is a pioneer in the field of improving sleep comfort. For twenty years he has been carrying out tests, research and training for Jensen in Svelvik (Norway).

A bed is an important investment, and we here at Jensen 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.

The bed also has to look good. Its Scandinavian design, new 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 JENSEN
BED IS
SPECIALLY
TAILORED TO
YOUR NEEDS!



JENSEN® ORIGINAL **ZONE SYSTEM**

PERFECT SUPPORT, ALL NIGHT LONG



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. The mattress should react to impulses so that it is easier for you to move around in bed. 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 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, provided 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 is 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.

PERFECT SLEEP COMFORT FROM THE BOTTOM UP

Mattress topper with stretch material

A mattress topper is important for ensuring optimal sleep comfort. The use of stretch material for the part of the mattress topper which you lie on heightens the properties of the spring system. Material which is stretchable in all directions allows your body to sink into the bed and then be supported by the spring system which is divided into zones.

Washing instructions

The cover of the mattress topper is separable and removable and can be washed at 60 °C. The zip is concealed (the TempSmart mattress topper can be washed at a maximum of 40 °C).

Exclusive material

Our beds are made using only the very best quality furniture fabrics. Some fabrics have been specially designed for Jensen.

Frames with a 25 year guarantee

The wooden frames are an important part of our solid beds. They are made from environmentally-friendly, solid pine and fir. What is more, Jensen issues a 25 year guarantee on all frames.

Hygiene and comfort

All the materials used to fill Jensen beds are carefully selected so that they fulfill all hygiene and comfort requirements. All these materials have excellent air and moisture transporting properties and this helps prevent bacteria and dust mites. The elastic, springy and sustainable materials mould themselves to your body to create a soft and pleasant feeling.

Quallofil® Allerban®

A patented fibre with four air canals which, on the one hand, ensure proper aeration and on the other hand, help to maintain the firmness and the shape of the mattress. Allerban® helps to prevent bacteria, mould and dust mites (the fibre can be found in the Jensen SoftLine III, Jensen TempSmart and Jensen Premium toppers).





JENSEN WISHES
YOU GOOD
NIGHTS AND GOOD
MORNINGS



THE BEDROOM ENVIRONMENT IS MORE IMPORTANT THAN YOU THINK

Temperature: We sleep best at between 16-18°C

Air: Clean, fresh air

Light: As dark as possible

Sound: As quiet and silent as possible

Humidity: approx. 45-55%.



TAKE GOOD CARE OF YOUR BED

Jensen mattresses are resilient and conform to your body. The toughened 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 and the topper is turned regularly.

You can wash the topper mattress cover and the stretch panels of the mattress and divan base at 60 °C. (TempSmart at 40 °C). Do not use too much detergent and set to a low spin cycle. The mattress cover must be stretched while damp. Do not expose the topper's filling to heat or direct sunlight while airing/drying. All Jensen beds are made using high quality and sustainable furniture fabrics. The fabrics can also be cleaned using foam. We recommend that you also air and vacuum your mattresses.



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