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100% NATURAL LATEX

ZERO EMISSION

GLOBAL ORGANIC TEXTILE STANDARD · GOTS ·

100 % NATURAL · PREMIUM QUALITY

100% Natural Wool

www.pranasleep.in

Prānāsleep®

Natural Luxury Beds & Mattress™

Hand Crafted in the Himalayas

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EXPERIENCE THE SCIENCE OF BETTER SLEEP™

Science is now revealing that sleep is the world's most powerful drug. Sleep is about enhancing your physical and mental performance. It's about your metabolism, your overall health and even your beauty.

People performing in the most competitive environments, whatever they may be, are coming to appreciate that sleep is a tool of achieving their goals, for fulfilling the dreams and being on top of their game.

Their word is spreading across the world, recognizing that sleep is a blessed state in which enzymes, proteins and hormones come together to restore and rejuvenate the human brain and body. The longer and more uninterrupted your sleep, the better the results. Your body produces growth hormones to repair and build new muscle cell and bone mass. Your cells churn out growth factors to repair damage and maintain tissue elasticity and preserve your beauty. Your brain fights off free radicals-the toxic waste produced by your neurons during the day. These are just few benefits that come from the power of sleep.

A paradigm shift is imminent, and it will change your view on sleep.

You will no longer sleep just to be refreshed and alert.

You will sleep to perform.

HOW TO CHOOSE YOUR BED

You will find the best bed for your self when you try all Pranasleep models in their various levels of firmness. We usually say that the right bed is the one in which you notice that you don't notice you're lying in it. In other words, you are not even aware of the bed. You only notice how comfortable you are.

LET YOUR BODY CHOOSE

To find out which firmness to select, listen to your body. How do you feel? If you feel like you are sinking into the bed, it is too soft. If you don't sink in at all, then the bed is too firm. The right bed is one you lie in, not one you lie on top of or sink right into.

How do you usually prefer to sleep? We recommend you to sleep on your side or on your back. If you prefer to sleep on your side, you can try a bed with more depth support. The in-store bed advisors will guide you to find the right bed. With the right bed, your favorite sleeping positions may change. In the right bed you feel weightless and comfortable while every inch of your body gets the support you need.

Choosing a bed is easy: listen to your body and notice how good you feel.

CHECKLIST

1) Always start by consulting a bed advisor in the store. They are trained to help find the right bed for you.

2) Take your time. You will need at least 30 minutes to try the different beds. Relax, remove your outdoor clothing, put a low pillow under your head and, if you like tuck yourself in under a fluffy down duvet. Lie down in your normal sleeping positions and notice how you feel.

3) Always compare two different firmness of the same bed model before making your final choice.

4) If you are still unsure, choose the slightly firmer bed.

Think about it. You spend one third of your life asleep and the quality of that sleep makes all the difference to your happiness, vitality, and well being when you are awake.

NO CHEMICALS

Would you choose a bed made from non-sustainable synthetic, toxic chemicals when you could enjoy the healthy, superior comfort of a natural Pranasleep.

YOUR BODY NEEDS TO BREATHE

Temperature is one of the main reason you'll sleep badly. Too hot. Too cold. Sweating over-heating…. things the body does not like when it's trying to repair itself. And, much like wrapping food in foil or plastic, your body simply cannot breathe and control its natural resting temperature when it's wrapped in chemical synthetics. Things like thread count, comfort or support don't matter when you're too hot or too cold, which is one reason why we still use natural materials. Put simply, non-porous chemical synthetic materials like rubber, polyester, foam or memory foam barely offer any ventilation.

MORE COOLER SLEEP

Then there's moisture control and hygiene. Non-porous material retains moisture, which means that much of what the body expels through perspiration stays in the bed. Your memory foam mattress is basically a sponge. Within a handful of years, your average foam mattress will double in weight from the moisture it will soak up! And in a warm and damp environment, bed mites, bacteria and germs multiply rapidly in these damp conditions.

THE RIGHT SUPPORT

In terms of support and alignment a foam mattress, even memory foam, cannot compare to a spring system's isolation of support. With a chemical synthetic mattress one will find it hard to maintain its support for the length of time a Pranasleep can. As artificial materials age they become brittle and dull in support - often breaking down and crumbling to expel microscopic particles into your bedroom. As if the initial VOC gassing-off wasn't bad enough.

CHOOSE THE NATURAL EXPERIENCE

Pranasleep want you to get the best sleep possible. This is why we make beds the way we do, using the materials and methods we know you and your loved ones can trust. It's a natural choice for your sleep.

Purely Natural

Quality and sustainability go hand in hand. That is why we use renewable resources and certified all-natural materials to create the perfect sleep by hand. That is why we use only the finest pure silk, wool and cotton, the highest quality pine from Himalayas, and genuine, hypoallergenic horsetail hair.

CREATING THE PERFECT SLEEPING CONDITIONS if you were to look inside different beds, you would be surprised to see how different they are. Especially if you looked inside a Pranasleep. Do you really need that many layers, you might ask? Does it really matter how you combine the materials? We have more than 30 years of experience and knowledge in bed & mattress engineering, and we believe that answers are yes. All-natural materials have properties and benefits that work differently depending on how they are used and layered. For example, when horsehair is divided into several layers and membranes of cotton and wool placed in between, the materials have greater room to move. This lends greater pliability and more comfortable support. Our beds are not only diverse when combining different layers of natural materials; they are also diverse in the dimensions of each layer to obtain the perfect design for each model.

Natural material allow the bed to breathe, creating the perfect sleeping conditions. Every single curled horsehair strand works as a miniature spring, enhancing the work of our spring systems while allowing moisture and heat to escape from the bed. Our beds are designed to optimize the space for breath ability and provide the spring and elasticity needed for unmatched comfort and pressure relief throughout your body. Our bed design is based on qualitative tests and mechanical calculations to maximize the benefits from the properties of our natural materials.

DO SOMETHING FOR THE ENVIRONMENT

More and more people becoming aware of the fact that certain materials are harmful to the environment, as well as to humans. Health and well being go hand in hand with environmental responsibility, which is helping to increase the demand for beds that are ecologically sound. All Pranasleep beds are crafted with environmental awareness and meet the most stringent requirements. This is true both when the bed is made and when it is no longer needed. All the natural materials used in our beds are naturally biodegradable. The bed can be recycled or safely returned to nature's own natural cycle. As the saying goes, a product that comes from nature wants to return to nature. A comfort for your body and soul and for the world we leave to our children.

A NATURAL CHOICE

Choosing a Pranasleep bed is the most natural thing in the world. You get to sleep in a healthy environment that allows natural air circulation and transports moisture away - all free from foam rubber, polyurethane and memory foam. In our opinion, natural materials like cotton, wool, flax and horsetail hair are much more pleasant to have next to your skin. To test our theory, you can try pouring some water on a piece of foam rubber, and experience how it retains the moisture. Choosing a Pranasleep bed made from genuine natural materials will allow you to sleep dry on a well ventilated foundation in which where the material you have closest to your body are chemical - free.

Products made with foam or memory foam are treated with chemicals during the production process. Foam ages and becomes rigid and can eventually crumble. Various chemicals are added in order to extend the life of the these already carcinogenic foam products such as Isocynates and Polyols.

MAKING YOUR WHOLE
BODY BREATHE EASY

Cotton

Cotton is possibly nature's softest and most comfortable gift to mankind. Providing wonderful comfort and breath ability, Pranasleep soft cotton allows air to circulate around your body, keeping you dry and comfortable in a healthy sleeping environment. These benefits will help you fall asleep more quickly and stay in deep sleep for longer.

A FRESHER SLEEP THROUGH BREATHING Human beings breathe not only through our lungs, but also through our skin. We each have more than 7 million pores that breathe and remove toxins from our bodies. To stay dry and comfortable it is important to sleep in a bed that breathes and allows air to circulate.

THE DIFFERENCE BETWEEN COTTON AND NON-POROUS MATERIAL

You have probably noticed how cool and dry you feel on a warm summer's day when you wear a cotton shirt or blouse rather than one made from synthetic materials. This is due to cotton's ability to ventilate and wick away perspiration and high humidity. Your perspiration during the night is 98% water, so it evaporates very easily if you sleep on a bed that breathes and on bed linen that does likewise.

Using cotton with non-porous materials like foam, memory foam polyester or other synthetics would barely offer any ventilation at all. Non-porous material retains moisture, which means that much of what the body expels through perspiration stays in the bed. And in a warm and damp environment, bed mites multiply rapidly.

BETTER NIGHTS AND BETTER DAYS

Cotton is naturally flexible and allows your body to breathe while you sleep. In the right bed you won't feels sweaty or warm. In the right bed you will sleep comfortable at the right temperature for your body. The perfect sleeping conditions will make your nights, and your days, extraordinary.

Pranasleep®
Cotton fabric
Mattress
on an
Ashton Bed

Pranasleep® *Cotton fabric* Mattress on an Ashton Bed

Pranasleep® *Cotton fabric* Mattress

WOOL

Nature has created another minor miracle, the perfect partner for horsetail hair and cotton: wool. Pure wool helps to ensure a good bed climate and works a bit like your bed's own climate control unit. Since ancient times, people have known about wool's amazing ability to warm when it's cold and cool when it's warm. You will stay dry and sleep at just the right temperature.

THE PERFECT RECIPE Pranasleep beds contain a mix of wool and cotton precisely blended to provide ultimate comfort while bringing naturally fire-retardant properties to our beds. Wool is actually one of the most flame resistant fibers in existence. It also possesses antistatic properties as well as being strong, elastic, water-resistant and heat-insulating.

OPTIMIZED THROUGH EVOLUTION

The wool fiber has a complex spring-like structure with a textured surface, optimized through evolution to provide thermal protection. This unique cellular structure is very different from smooth synthetic fibers. The structure of wool fiber allows for a large volume of air between the fibers, giving amazing natural insulation properties along with flexibility, elasticity and resilience. Wool can also absorb up to 30 percent of its weight in water without feeling wet, Tiny pores allow water to pass through the wool fiber, making the material comfortable both on warm summer and cool winter nights. Sleep tight, all year round.

BENEFITS THAT LAST

The history of wool goes back thousands of years - The Babylonians and Egyptians with wool, The oldest example of woven wool has been dated to the Bronze age, which would make it around 3,000 years old. Wool was not only used to produce weaves for clothing. it was also in bedding. Wool's ability to warm and protect you while you are asleep or awake, is the same today. By using both wool, cotton and horsetail hair as padding material in carefully calculated combinations - we give our beds, temperature-regulating properties and natural elasticity.

Pranasleep®
Ahlam fabric
Mattress on a Camellia Bed

Pranasleep® *Ahlam fabric* Mattress on a Camellia Bed

Pranasleep® *Ahlam fabric* Mattress on a Camellia Bed

Horsetail Hair

We've searched the world to find the absolute best filling material with the most flexible and breathable properties for our beds. And we have found it. An ancient material invented by mother nature herself: Horsetail hair.

BUILT-IN VENTILATION SYSTEM Few materials can match horsehair when it comes to constructing a bed. Every single curled strand of horsehair works as a tiny spring, enhancing the work of our spring systems, providing support and pliability. Horsehair also comes with its own extremely effective, built-in ventilation system. Each strand of horsehair acts like a miniature airway: a hollow tube with a microscopic capillary action that channels away moisture and lets fresh air in. It is so effective that if you soak horsehair with water and give it a shake, it dries almost immediately. These millions of comfortable micro-springs transport any excess heat and moisture from your body during deep sleep, allowing you to fall asleep quickly and enjoy deep, uninterrupted sleep at the perfect temperature. Just imagine what this does for the quality of your sleep.

COMPLETELY FREE FROM ALLERGENS

The horsehair we use in our beds are completely free from allergens, meaning that it does not cause allergies. What's more, horsehair is an organic material with natural antibacterial, anti-fungal and anti-mite properties that contribute to a healthy sleeping environment.

A FILLING MATERIAL SINCE THE 1800s

We use genuine horsetail hair in our beds to take advantage of its desirable properties and deliver a purely natural and extremely durable product. The horsehair is first washed in boiling water and then rinsed thoroughly before being spun and disinfected. It is heated to a temperature of 1400°C at four times atmospheric pressure with high humidity.

The entire process is completed without the addition of foreign substances. The result is a completely clean and springy natural material. The processed horsehair is stored before being separated for use in a Pranasleep bed or mattress. When we untangle the long strands, the horsehair is beautifully crinkled and has increased in volume many times over. This is either used by itself or blended with wool.

Pranasleep®
Charcoal fabric
Mattress on a Warner Bed

Pranasleep® *Charcoal fabric* Mattress on a Warner Bed

Pranasleep® *Charcoal fabric* Mattress on a Warner Bed

Pranasleep®
Bamboo fabric
Mattress
on an
Adriana Bed

Pranasleep® *Bamboo fabric* Mattress on an Adriana Bed

Pranasleep® *Bamboo fabric* Mattress on an Adriana Bed

ALL NATURAL MATERIALS

HORSETAIL HAIR - PERFECT FOR SLEEP

Horsetail hair is a wonder material when it comes to constructing a bed. Every single curled strand to constructing a bed. Every single curled strand works as a tiny spring, enhancing the work of our internal spring systems, providing support and pliability. Horsetail hair also comes with its own extremely effective, built-in ventilation system. Each strand of horsehair has a hollow tube that acts like a miniature airway, with a microscopic capillary action that channels away moisture and lets fresh air in. Thanks to horsetail hair, you'll fall asleep quicker and enjoy deep, uninterrupted, rejuvenating sleep at the perfect temperature. Just imagine what this does for the quality of your sleep and your life.

COMPLETELY FREE FROM ALLERGENS

The horsehair we use in our beds is completely free from allergens, meaning that it does not cause allergies. Also worth noting is that horsehair is an organic material with natural antibacterial, antifungal and anti-mite properties that contribute to a healthy, hygienic sleeping environment.

A FRESHER SLEEP

Human beings breathe through our skin as well as out lungs. We each have more than 7 million pores that breathe and remove toxins from our bodies. To stay dray and fresh, it is important to sleep in a bed that allows air to circulate around your body.

COOL COTTON

You have probably noticed how cool and dry you feel on a warm summer's day when you wear a cotton shirt or blouse rather than one made from synthetic materials. This is due to cotton's ability to ventilate and wick away perspiration and high humidity. Your perspiration during the night is 98 percent water, so it evaporates very easily if you sleep on a bed that breathes and use bed linen that does likewise.

Cotton is perhaps nature's softest and most comfortable gift to mankind. Providing wonderful comfort and breath ability, Pranasleep soft cotton allows air to circulate around your body, keeping you dry and comfortable in a healthy sleeping environment.

WOOL - PERFORMANCE FROM NATURE

Nature has created another minor miracle, the perfect partner for horsetail hair and cotton, a super-performance material; wool. Pure wool helps to ensure a good bed climate and works as your bed's own temperature control unit. Since ancient times, people have known about wool's amazing ability to be warm when it's cold and cool when it's warm. You will stay dry, and sleep at just the right temperature.

The wool fiber has a complex spring-like structure with a textured surface, optimized through evolution to provide thermal protection. This unique cellular structure is very different from smooth synthetic fibers.

The structure of wool allows for a large volume of air between the fibers, giving amazing natural insulation properties along with flexibility elasticity and resilience. Wool can also absorb up to 30 percent of its weight in water without feeling wet. Tiny pores allow water to pass through the wool fiber, making the material comfortable during warm summer or cool winter nights. Sleep comfortably, all year round.

Wool

Horse Hair

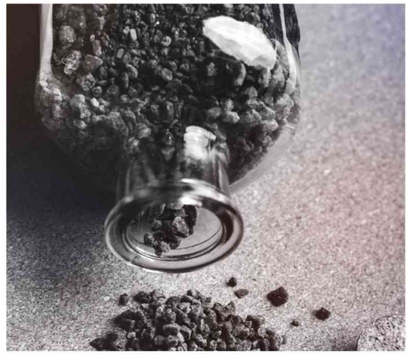
Cotton

Silk

Natural Latex

Bamboo Fabric

Charcoal Fabric



Steel Springs

THE PERFECT BLEND

Pranasleep beds contain a mix of wool and cotton precisely blended to provide superior comfort while bringing naturally fire-retardant properties to our beds. Wool is actually one of the most flame-resistant fibers in existence. It also possesses antistatic properties as well as being strong, elastic, water-resistant and heat-insulating.

THE STRENGTH AND BEAUTY OF PINE

Pranasleep wooden frame gives your bed remarkable strength and stability. Our frames are made of solid, carefully selected pine trees from Himalayan forests, where they grow at a slower pace - something that gives them enhanced strength. Quality and environmental responsibility are close to our heart. We provide a 25-year warranty on all our bed frames.

STEEL - HARD, MEDIUM AND SOFT

Pranasleep springs are a science in their own right. Ours are of the highest quality. All Pranasleep beds contain two or more cooperating spring systems, soft and flexible springs to provide surface softness, and firmer springs below for deep support. With these spring systems working harmoniously, the bed conforms to your body to give you support, alignment and relaxation. Pranasleep springs carry a 25-year warranty.

MORE IS NOT BETTER

What makes the Pranasleep spring system work so well is not the number of springs, but the different types, how they are placed, and the way them combine with the layers of natural materials. A combination of spring dimension, height, and number of coils determines the quality and properties of the spring system. It is a precise engineering algorithm. For example, the higher the number of coils, the higher the bed's quality and the longer its life but too many coils will affect a spring's compression. The balance of variable is crucial when designing spring systems to achieve the optimal result. Each and every one of our spring systems is carefully calculated to provide the desired pressure relief and support needed to ensure a better sleep experience.

POCKET SPRING SYSTEM

Our pocket springs work independently of each other in a unique way. When weight is placed on a single spring, the adjacent springs are barely affected. Each spring moves individually according to every movement of your body, which means that when your partner turns over in bed you will barely notice it. Special heat treatment of the steel rearranges the springs' metal structure, ensuring they retain their exact form and elasticity; always returning to their original position after compression. Each spring is placed in breathable pockets that allow air to pass through the entire bed to provide a healthy sleeping climate.

Pranasleep®
Linen fabric
Mattress
on a
Belmont Bed

Pranasleep® *Linen fabric* Mattress on a Belmont Bed

Pranasleep® *Linen fabric* Mattress on a Belmont Bed

Pranasleep®
Hemp fabric
Mattress on a Baker Bed

Pranasleep® *Hemp fabric* Mattress on a Baker Bed

Pranasleep® *Hemp fabric* Mattress on a Baker Bed

Pranasleep®
White fabric
Mattress on an Adler Bed

Pranasleep® *White fabric* Mattress on an Adler Bed

Pranasleep® *White fabric* Mattress on an Adler Bed

SLEEP TO PERFORM

Are you one of many people who move too little and sit too much in everyday life? As long as we don't have any back pain, we don't give it much thought. But there's plenty you can do to prevent and minimize trouble that may arise in the future.

It is important to sleep in a bed that provides proper support for your back and keeps your spine in a straight line. You need a bed that really understands your body contours to feel true support along the length of your back.

No one can promise you will completely avoid back problems when you switch to a new, better built bed. But we can promise that every Pranasleep bed is built to give you the best sleep experience for many, many years to come.

1. WHAT CAUSES THE PAIN?

Back pain falls into roughly one of two types; pain in the lower part of the back and pain that radiates down into one leg or sometimes both.

Lumbago is a sudden sharp pain in the lower part of the back. It can be caused by lifting incorrectly or some other strain, such as a wrong movement during sports activities. It is not unusual for people to wake up with lumbago. This occurs all too often when a back that has been strained during work or exercise does not relax sufficiently during sleep. A suitable bed is essential for back relaxation.

The causes of pain are numerous and explanations differ widely, depending on who you ask. The most circles are small tears that occur in the different muscles, tendons and ligaments. Very little is known about this type of injury, as the damage cannot be shown with the usual X-ray methods. The explanation you usually get when asking specialists who treat back problems by manipulation (naprapath, chiropractors, doctors trained in orthopedic manual therapy and physical therapists) is that back pain is caused by restricted movement and tense muscles.

2. DISC INJURIES

The discs of your back are found between the vertebrae. A disc consists of three separate components:

- a soft jelly-type core, which is enclosed by
- a tough ring of cartilage, and
- an outermost ligament-type layer that holds that disc in place.

That discs have a shock-absorbing function and distribute pressure between the vertebrae that can bend and turn without damage. The discs are the part of the back that first shows signs of aging. The direct blood supply to the discs' cartilage ceases at around the age of 20. Thus, the cartilage in the disc does not easily recover from damage because the properties that govern recovery are found in the blood.

We know that smoking, for example, strongly impairs that discs' nutrient supply, while exercise has a positive effect. Sometimes a slipped disc occurs, which is one of the few definitive pathological changes that are clearly linked to certain type of back pain.

While lying in bed, the pressure on the discs is at its lowest, and it is therefore important to give some thought as to whether the bed you sleep in is properly constructed.

3. EIGHTY PERCENT OF PEOPLE SOMETIMES SUFFER FROM BACK PAIN

The human back is well constructed. Though our upright posture creates a great strain on various structure in the spin, our back is built to cope. And yet, approximately 80 percent of people suffer from back pain at least once in their lifetime. Most are free from aches and pains after a week, but more persistent problems may last for months. It is rare for back pain to be caused by a bad back; it is our lifestyle that affects the spine. Scientists have shown that smoking and sitting both increase the risk of back pain. In other words, inactivity is not good for the back and inappropriate movements that are repeated, for example lifting with a bent back, may cause injury, especially to the discs.

4. AVOID LONG TERM REST

In contrast to earlier belief, it has been scientifically proven that long periods of rest and inactivity delay the recovery process and back pain actually increases. The discomfort caused by acute back pain, for example lumbago, can be so intense as to incapacitate the person. Rest is unavoidable in this case, but it is recommended to only rest for short periods of time, and of course, in a proper bed.

In the case of acute back pain that does not radiate down into the legs, it has been shown that a period of two days' bed rest is significantly better than longer periods of bed rest. it is not dangerous to move around to some degree, even if you experience a bit of back pain. However, it is vital to get the seven to nine hours of sleep that your body needs per day. Properly rested muscles give the body more capacity to heal and rejuvenate itself.

A good night's sleep is one of the best things you can do to guard against back problems and promote your health in general.

DISCOVER LIFE CHANGING SLEEP

Investing in a Pranasleep bed is unlike any other bedding purchase you will make in your life. It is an investment in you. Our deep and abiding belief is that there is more out there than what most people around the world currently know of as "sleep". This is not supposition, this is fact. Most people have never even imagined the kind of sleep we know is possible on a Pranasleep bed. On a Pranasleep you fall asleep quickly and stay in deep sleep for a long time- two factors that give you true quality sleep. Choose the right bed for yourself and that give you will discover the beauty of deep sleep. It will change your life.

THE ABILITY TO FALL ASLEEP QUICKLY

When you fall asleep your body lowers its metabolism and body temperature. Your body slows down and prepares to sleep. The quicker you fall asleep, the more effective your time in bed will be. In a Pranasleep bed, the natural materials ventilate the air around the body, which helps to lower the temperature and enables you to fall asleep faster.

You have probably heard someone say, "If your can't fall asleep, try to go out of bed and do something else." This is a good advice if you go to bed and are not tired. But in many cases you simply do not fall asleep because most beds heat up from your body temperature and prevent you from falling asleep. The advice to leave your bed gives it the opportunity to cool down. Unlike those beds, a Pranasleep bed only uses natural materials that breathe. It will stay cool, keep your body at a perfect temperature and help you fall asleep quickly.

STAY IN DEEP SLEEP

When you minimize the interruptions to your sleep, you will sleep better. Tossing and turning in bed does not give you the full length of your deep sleep. Moving in bed is inevitable, but when the movements are as few a possible, you will stay longer in deep sleep. If you are on a firm bed that causes pressure on your body you will have to move more often than you should. That same goes if your bed is too soft.

When you find a bed that supports your body from head to toe, enabling your blood to circulate through your body, you will discover the bliss of peaceful sleep. A Pranasleep bed is built to shape to your body's contours, providing you with the support and relief you need for solid sleep.

NOISE REDUCER If you live in a city, commotion and street noise will be a nightly companion. Many find this disruptive when attempting to sleep. A noise reducer in check. Both mask sleep – depriving clatter with soft, rhythmic sound that allow you to drift of peacefully .

AIR PURIFIER

Anyone who suffer from allergies, asthma, or nasal congestion know these conditions can be major obstacles to much-needed sleep. Installing an air purifier into your bedroom can be the best remedy. A Good air purifier helps to clean the air and reduce the odds that pollutants, pollen and other air borne allergens will make their way into your lungs and nose.

TRADE AIR FRESHENERS FOR AROMA THERAPY

Ask people who are allergic or sensitive to perfume what they think of synthetic air fresheners and they will tell you the chemical compounds they emit triggers them immediately.

Instead, why not learn from the masseur. The right scent is vital to helping the body relax when having a massage . Falling asleep is no different.

You might be surprised what a diffuser and a few drops of essential oil from lavender or neroli (bitter orange) can do to soothe your mind.

BLACKOUT CURTAINS

It takes less light than many people think to interrupt sleep. For many, a completely dark room can be the key to a good night's sleep. A sleep mask can help, but black-out curtains are even more effective at eliminating light through the window (and even some sound). Just be sure that they are mounted and measured above the window frame and all the way down to the floor in order to block the light.

GO ALL NATURAL WITH YOUR BEDDING

Airflow and breath ability are key if you want to minimize the risk to waking up in sweat during the night. It is advisable to sleep in bedding of 100% natural materials and without anti-wrinkle coatings.

DIM YOUR ALARM CLOCK

If you manage to block out the light from your windows, don't forget the source of light from your gadgets. The little blue light from your alarm clock, TV, or Smart phone could be hindering your sleep by interfering with your melatonin production. Turn the light away from you and while you are at it, place your alarm clock and other electronic equipment) at least three feet away from your head while you sleep. This to avoid EMF - electromagnetic frequencies - that can act as a stimulant to your nervous system.

KEEP YOUR COLORS COOL

Colors affect the human body. Warm colors actually increase your heart rate, blood pressure, and body temperature. They are good in busy spaces, such as the living room where you want activity. Cool colors the living room where you want activity. Cool colors are best for spots where you seek stillness, like the bedroom. Blue color and even brown can be great choices. Love yellow or red ? Keep it as an accent color, on a pillow, a blanket or in pieces of art.

AVOID THE CARPET IF YOU CAN

There are several reasons that make carpets a troublemaker in the bedroom. Most carpets are made out of petroleum-based synthetic nylon and polyester blends. This renders them a significant source of indoor air pollution. They can continue to emit chemical gases for as long as five years. Then there are the inevitable dust mites that can trigger allergies and asthma. Instead, go for natural fiber rugs of wool or machine-washable cotton. Find it difficult to part with your carpet? Then make sure to vacuum it often, and open the windows in nice weather to let things breathe.

CHOOSE LOW OR NO VOC PAINT

Conventional paints "off-gas" or evaporate which means you breathe in chemicals while you sleep. These emissions continue for approximately 18 months after painting. Luckily, healthier options are not hard to find.

LET PLANTS PURIFY YOUR AIR

Use plants as air purifiers in your homes. Reports suggest the initiative has delivered dramatic decreases in breathing-related health disorders and significant increases in productivity.

ARECA PALM (CHRYSALIDOCARPUS LUTESCENS)

A study conducted by NASA concluded that the areca palm not only produces oxygen but also filters xylene and toluene from the air. A plant of 1.8 m (5 ft 11 in) in height will transpire 1 liter of water per 24 hours, making it a great choice for humidifying indoor air.

The leaves are arched, 2-3 m (6 ft 7 in - 9 ft 10 in) long, and the palm bears panicles of yellow flowers in summer. The areca palm is grown as an ornamental plant in gardens in tropical and subtropical regions, and elsewhere indoors as a houseplant.

IMPROVED PHYSICAL PERFORMANCE

When it comes to athletic performance, researchers have found that athletes who sleep at least 10 hours a night or for a longer period of time improve their results. This is because they are consolidating their newly learned skills and benefits from a growth hormone released while in deep sleep. The hormone stimulates muscle growth, bone building and helps recovery from exertion. While you sleep, your brain is hard at work strengthening memories and practicing skills you refine during the day. The process is called consolidation. Part of the learning process, whether physical or mental, is done by practicing while you rest, your brain continues practicing, recognizing the structuring the information, enhancing your performance.

A SHARPER MIND

It is becoming clear just how much there is to win from giving the body the eight hours a night it needs to run the checks and balance that maintain and improve our health and physical functions.

We are unaware of the toll we pay when allowing ourselves to be sleep-deprived. Studies consistently show that people who sleep less than eight hours a night don't perform as well in concentration and memory tests, even though they experience no deficit in intellectual performance.

How does it work? Sleep takes us through different phases. Deep sleep and REM sleep - also known as dream sleep - are two stages that are essential to our ability to learn. Deep sleep cements our knowledge and enhances our impressions, allowing us to remember what we have learnt for longer. REM sleep, during which we undergo rapid eye movement, has proven important for learning processes and behavior.

While we dream, our brain processes what we have learnt during the day - a procedure that continues not only during the first night but for several nights. After three nights of good sleep, the brain has trained the memory to its maximum.

GREATER LOOKING

Science has put facts behind the popular term "beauty sleep." During deep sleep, stimulated growth hormone produces collagen, which connects and supports body tissues and aids skin elasticity. Also during deep sleep, the muscles we govern with our willpower relax. These factors work against the formation of wrinkles. When we don't get our eight hours of beauty sleep, our bodies lack sufficient time to arrange for efficient blood flow, with the unpleasant consequences that our faces become swollen and our eyes red and puffy.

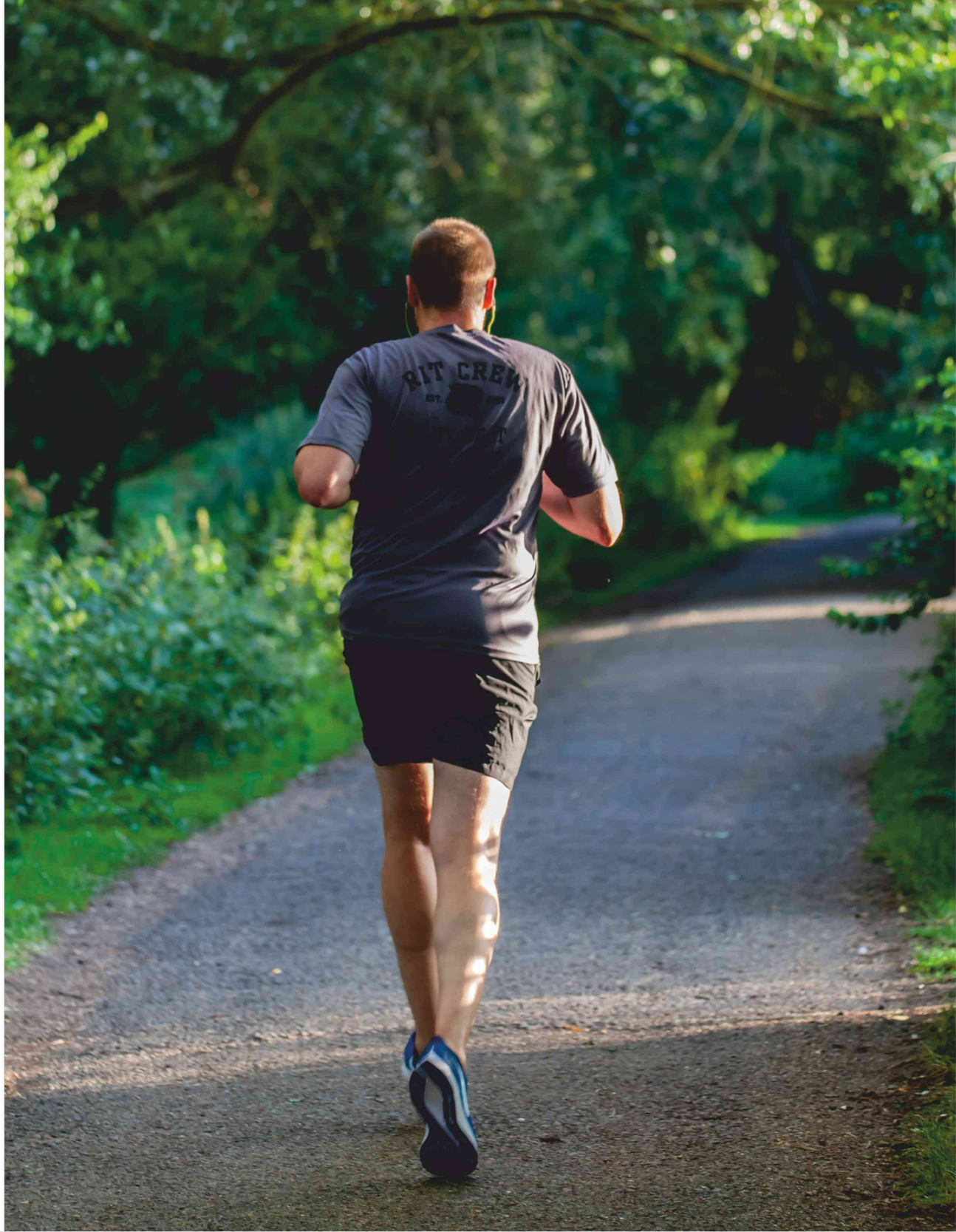
KEEP TO YOUR IDEAL WEIGHT, STAY IN BED

Not getting enough sleep affects metabolism and eating habits. A sleepless night lowers the body's energy consumption and constrains the brain's ability to regulate levels of the hormones ghrelin and leptin that affect our sense of hunger and fullness. What's more, blood flow increases to the parts of the brain that influence how we relate to food. When we don't get proper sleep, fattening foods seem to stimulate stronger responses in a part of the brain that governs the impulse to eat. A sleepy brain appears to not only respond more strongly to junk food, but also has less ability to rein in that impulse.

A LONGER LIFE

If you value health, a good bed and sound sleeping habits will give you the best return on investment you've ever had. Losing essential hours of sleep harms the body, depletes your immune defenses and reduces your ability to concentrate and remember.

If the brain doesn't get the required hours to run its cleansing routine, stress hormones multiply, blood pressure rises and inflammation-causing substances in the blood increase. Studies have confirmed a connection between failing to get enough sleep and chronic illnesses such as cancer, heart disease, diabetes and obesity, raising the risk of shorter lifespan. But a lack of hours is not the only factor that affects our health. The time of day we sleep is also a crucial factor in staying healthy.



CARE INSTRUCTIONS

A Pranasleep bed is an investment. An investment in your quality of sleep, which is an investment in your quality of life. And like any good investment, your Pranasleep bed will yield returns over a great period of time. Simply follow these easy instructions.

Your Pranasleep mattress is upholstered with 100% natural materials - horsehair, cotton, silk, and wool. These materials will conform over time to adapt to your body shape and sleeping style, becoming more pliable and form-fitting. Good care of your mattress will ensure it retains its beauty and, more importantly, delivers great comfort for decades to come.

GETTING STARTED

Cleaning your bedroom or changing your sheets is an excellent time to examine your bed. Be sure to look for accumulated dust, any stains, and that your mattress is settling correctly.

CLEANING

Your mattress will need vacuuming at regular intervals. Use the furniture attachment for best results. Don't forget the dust inhibiting, cotton lining on the underside of the mattress. You can clean this area by flipping the mattress. If you have an adjustable bed, simply raise the head and foot sections so you can access underneath. Never try to beat the dust out of your top mattress! Use your vaccum instead.

WARRANTY

Pranasleep beds have a 25 year written warranty against spring and frame breakage from delivery date. Please register your bed at www.pranasleep.in to activate the warranty.

WASHING

Your Pranasleep bed is made using the highest quality, 100% natural materials. As such, it is not recommended that it be washed, laundered or dry cleaned. But accidents do happen and a textile cleaner or furniture foam should be sufficient to clean any stains. There is a small risk the cleaner could discolor the fabric or damage the natural mineral solution that makes the bed fire retardant. To prevent this, we suggest testing a small portion on an unobtrusive section of the mattress. For ultimate mattress protection, we recommend using a Pranasleep bed skirt and mattress cover.

COLOR APPEARANCE

All natural fabrics have a tendency to fade when exposed to intense sunlight or powerful spotlights for long periods. Pranasleep fabrics retain color well. However, we recommend that you keep your Pranasleep bed away from strong direct light or protect the bed with a bed skirt if you wish to avoid slight color variations on the bed.

FRAGRANCE

When you first get your new mattress home, you may notice a slight scent from the natural materials your bed is made from This is normal and will decrease over time. You can accelerate this process by keeping the climate in the room as stable as possible and airing out your mattress. This is as easy as not making your bed in the morning, and putting your linens and top mattress to the side. Your top mattress should be more thoroughly aired out at regular intervals -- simply remove any bed linens that would normally cover it.