

THE BED BUYERS GUIDE
IN ASSOCIATION
WITH HYPNOS

Hypnos has been manufacturing luxury handmade beds by traditional methods for over four generations and is renowned as the expert in handcrafted pocket sprung beds. Constant innovation and an unparalleled ability to source the best materials available means that Hypnos truly is the maker of the most comfortable beds in the world.

The Hypnos name on a mattress or bed base is a mark of quality. Each bed is custom made by specialist craftsmen who take pride in ensuring every detail is perfect to guarantee the finished product will give you years of comfortable sleep.

There will be a Hypnos bed or mattress in our range to suit you.

For more information or for a full list of Hypnos stockists in your area, please visit our website www.hypnosbeds.com



HYPNOS
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BY APPOINTMENT TO
HER MAJESTY
QUEEN ELIZABETH II
BEDDING AND UPHOLSTERY
MANUFACTURERS

HYPNOS
THE MOST COMFORTABLE BEDS IN THE WORLD

- HOW TO CHOOSE THE RIGHT BED
- HOW TO TRY A BED BEFORE YOU BUY
- HOW TO CHOOSE THE RIGHT MATTRESS
- HOW TO LOOK AFTER YOUR NEW BED

INTRODUCTION

Given that we all spend a third of our lives asleep, your bed is a key purchase for your home and a good bed should last you for 10 years.

The secret of having a good night's sleep is the mattress and bed base you choose; don't forget that the two work together.

Comfort and support are the main factors to look for but these are highly personal choices and decisions should not be made lightly. If you share a bed with your partner you should always test the bed and make the decision together to ensure maximum comfort for you both.



Over a third of the UK population suffer from back pain and for many this is needlessly endured due to the poor condition of their bed.

After ten years, your mattress will have experienced 30,000 long hours of hard labour and is likely to have deteriorated up to 70% from its new state.

But it's not just those who suffer from bad backs who need to ensure their beds are up to scratch; having a comfortable, supportive bed is something everyone needs.

HOW TO CHOOSE THE RIGHT BED

When selecting a new mattress or bed allow plenty of time to make your decision and do not be rushed. By narrowing your choices to a few options, you can spend more time with each and make a better selection.

KEY THINGS TO CONSIDER:

BED TYPE

Are you looking to replace a complete bed or just the mattress? If it's a complete bed, the two main choices are a divan set (mattress and divan base) or a bedstead and complementary mattress. Always remember that a 'bed' is a mattress and a base working together – you should not consider them in isolation and should ideally always try them together.



BED BUDGET

Given how long you spend in bed and how key a good night's sleep is to your general health and wellbeing, you should spend as much as you can afford on a bed – particularly on the mattress. A bedstead may make a great fashion statement – but that's not the part of the bed you sleep on; your choice of mattress is key. As with everything, you get what you pay for.

BED COMFORT

A bed should ideally support you so that you lie with a straight spine. If a bed is too soft, you will sink into it, putting unnecessary strain on your muscles, or roll towards the middle. If it is too hard, it will not mould to the contours of your body.

BED SIZE

The general rule of thumb is to buy the biggest bed you can fit into the room. The larger the bed, the more room you (and your sleeping partner) have to move in the night without disturbing each other. Remember, size does not only mean the width but also the length of the bed, which should be 10-15 cms longer than the tallest sleeper.

BED HEIGHT

When choosing your bed, remember that you will have it for 10 years so it is wise to consider the height as you may find it difficult in the future to get in or out of a bed that is either too low or too high.

BED ACCESSORIES

A key feature of a divan base over a bedstead is that you can choose one with built-in under-bed storage to maximise the use of the space. There is also a range of headboards available to provide comfort and support when sitting up in bed. Last, but not least, consider your pillow as a key part of your total bed and look for one that will support your head and keep its shape.

BACK PAIN

There are many types of back pain and your doctor may well advise you on the type of bed to choose for your particular condition. Generally, back pain sufferers prefer a firmer bed that offers a good level of support.

MATTRESS TURNING

If you suffer from back pain, or are just looking to save on household chores, choose a mattress that is 'no need to turn'. This means that the innovative way the mattress has been made means there is no need to turn it unless you choose to.

ALLERGIES

The best quality beds combine a number of materials to offer superior comfort. These can include natural products such as silk, lambswool and cotton and synthetic materials such as visco elastic and foam. All Hypnos mattresses also have an anti allergy barrier.

WHERE TO BUY

If you have a choice of retailers to buy your new bed from, look for somewhere that has a range of products available for you to try, that has trained advisors to help you make the right decision and offers a good after sales service. Mention any access problems that may affect delivery of your new bed when you order. Many divans have split bases and bedsteads can often be delivered part assembled to overcome this.



HOW TO TRY A BED BEFORE YOU BUY

The level of comfort and support you need is a very personal decision and you should allow plenty of time to test and compare different beds. Do not be embarrassed about lying on the beds in the showroom – that is what they are there for! If you share a bed with your partner you should always test the bed and make the decision together to ensure maximum comfort for you both. If you have different support needs, it is possible to choose two separate single mattresses and have them fastened together.

To test a bed, make sure you are wearing comfortable clothes, take off shoes and outdoor clothing and lie down on the bed



on your back. Slip your hand between the base of your spine and the mattress. If you can easily do this then the mattress may be too soft whilst if there is a hollow the mattress may be too firm. Ideally your hand should be a snug fit. It is important to adopt your normal sleeping position and lie there for several minutes to test your support. Also, when you lie on your side, your spine should remain horizontal and you should be able to turn easily.

Remember that taking the time to try a new bed is a 10-minute investment to ensure you get 10 years of comfortable sleep.

HOW TO CHOOSE THE RIGHT MATTRESS

The mattress is the heart of your bed and the part of the purchase you should spend most time and money on.

OPEN SPRUNG MATTRESS

The open springs in this type of mattress generally give it a softer feel with more immediate give when you lay on it. Open sprung mattresses tend to be at the budget to mid-price end of the market.

POCKET SPRUNG MATTRESS

The springs in a pocket sprung mattress are all individually enclosed in a fabric pocket that slightly compresses the spring so that, when the rows of springs are joined together, the resulting mattress allows for a more individual response to support different parts of your body. The number and different thickness of the spring determines the level of support in the final mattress. Pocket sprung mattresses tend to be at the mid to upper price end of the market.



NON SPRUNG MATTRESS

This type of mattress tends to be made from a material such as visco elastic that conforms to your body shape to offer tailored support. Mattresses made entirely of visco elastic can be very expensive but you can also find this material in the more premium pocket sprung mattresses as a top layer.

NO NEED TO TURN MATTRESSES

If you are one of the 60% of adults who suffer from back problems the last thing you will want to do is turn the mattress. With no need to turn systems you only turn the mattress if you want to. Using quality pocket springs, such as double heated pocket springs, you can eliminate that tiresome chore of seasonal rotation and still enjoy the comfort and support you desire.

FILLINGS

Each combination of materials used in the upholstery above the springs offers a different level of comfort. The fillings are designed to mould to your body to provide each person with individual support, which is why you should invest in a quality bed as with less expensive beds you lie directly on the springs.

HOW TO LOOK AFTER YOUR NEW BED

A new bed is an investment and proper care will keep your bed in good condition and help prolong its life. Always read and retain the manufacturer's care instructions and ask your retailer for advice too.

During the initial 3 months it is perfectly natural for a new bed to mould to your



body shape thus giving you added support and comfort

Ideally try not to regularly sit on the same part of the mattress, as this will weaken the edge. In the mornings, throw back the bedclothes and leave the bed to air for 20 minutes before making it. This allows body moisture to evaporate.