

# Useful Advices

It is important to sleep in the night and wake up in the morning at about the same time every day. In this way, your body adjusts to your sleeping time and you enjoy an adequate and restful sleep. It is recommended that you sleep 7-8 hours per day.

A lukewarm bath, the reading of a book, some soft music, and/or conversation with your favourite persons just before going to sleep offer particular relaxation. Use your bed mainly for rest and identify it with entertainment, relaxation and sleep.

Ensure that your sleeping environment is absolutely quiet, dark, pleasant and at the proper temperature for you.

Ensure that your mattress and pillow provide you with comfort and anatomic support.

Ventilate your room on a regular basis so that there is adequate oxygen available during your sleep.

Discuss your problems and give the appropriate solutions early in the evening, so that you go to sleep without them.

# What you should avoid before going to sleep

1. If you exercise, choose to finish your exercise at least 2-3 hours before going to sleep.
2. Your exercise should be of mild nature, like waling, so as not to create problems but instead to enhance the quality of sleep.
3. Avoid sleeping with a full stomach. You must eat at least 2 hours before going to sleep, so that the digestion process is completed and you have a calm sleep.
4. Do not go to sleep with an absolutely empty stomach. If you are hungry you better drink a glass of hot milk 30 minutes to one hour before going to sleep.
5. Caffeine is a mild stimulant which, amongst others, controls the stimulation phases of the sleep. So, it is preferable to avoid drinks that contain caffeine a few hours before sleeping. A cup of chamomile tea is preferable for relaxation.
6. Nicotine is one of the main causes of sleeplessness. Avoid smoking prior to sleeping as it burdens the sleep quality.
7. Like nicotine, the alcoholic drinks also burden the sleep quality. Avoid alcoholic drinks prior to sleeping, as they usually contribute to a restless sleep.
8. When you cannot sleep, imposing excess effort to sleep brings opposite results. You better get up, try to relax for some time and then go to bed again.

# The child: From the cradle to the bed

Most parents transfer their children to a bed at any time between 2- 4 years. This depends largely on the child itself.

Based on a research, we have listed below the most fundamental criteria for the transfer of the child to the bed, as well as the approach towards the child in order to avoid any problems that may occur during this transfer.

## Criteria

1. Your child is taller than 90 centimetres and can jump over its cradle alone.
2. Your child tries to jump over its cradle, although not tall enough to do so. In such a case it is better to move it to a normal bed in order to prevent possible accidents.
3. Your child is being trained to go to the toilette, so that it may go on its own when required.
4. You are expecting a baby and you need the cradle. In such a case the child must be moved well before the new baby is borne.

# How you can achieve the normal transfer

1. Explain to your child the importance to change its bed. It is already a grown up child and it needs a bigger bed and you are proud fort it.
2. Let your child choose his new bed, bed sheets and quilt with its favourite heroes. In this way it will love its new bed.
3. Encourage your child to arrange alone its new sleeping environment, so as to enjoy leaving in it (e.g. dolls, games, etc).
4. You may use protective guardrail in the new bed, so that the child may feel additional security.
5. Organise a pyjama party for the whole family in the bedroom with the new bed.

# The importance of sleep

It is well known that the sleep plays an important role in our lives. It is possible that many of us may not know its beneficiary properties, however, all of us know that it is one of the most pleasant and enjoyable needs of human nature, as long as we know some of its secrets.

The sleep is related with the relaxation of the brain and the good operation of the memory and learning. Our brain is bombarded daily with lots of useless information which must be deleted. Sleeping is related with this deletion process. Lack of sleep causes disturbances in concentration, in the efficiency at work as well as in emotions. Furthermore, recent studies relate the increase in weight with the lack of sleep, which leads to decrease in the metabolism.

We usually sleep for about one third of our life span. Consequently, we need to ensure that this time is granted with such a quality so as to enjoy its benefits.

In order to guide you as much as possible towards improving the quality of your sleep, which will bring about quality to your life in general, we give here below answers to most frequently asked questions regarding the choice of a mattress:

# Queries

## Which is the best mattress for me?

Not all mattresses are proper for all, neither is the most expensive mattress necessarily the most appropriate for you. For the choice of the right mattress that is comfortable and relaxing for you, the following criteria must be taken into consideration:

- **Height:** if you are robust and not particularly tall, the a rather firm mattress is appropriate for you; on the other hand, if you are tall and thin a softer mattress would be preferable.
- **Weight:** the more light you are the more soft a mattress you need; reversely, the more heave you are the more firm a mattress you should choose – normally with springs.
- **Age:** young people below ten years old or senior people have more sensitive body structure and need a softer – foamy mattress which wil not exert too much pressure on them.
- **Problems with the spinal column or muscular:** If you suffer from such problems please consult your doctor as to the type of mattress that you should buy.
- **Habit:** Another important factor which one must seriously take into consideration is the power of habit. In certain cases, persons of some age, due to the fact that they have been used to sleeping for many years on a certain type of mattress and they feel satisfied, they cannot simply change this habit. Especially in such cases, their wishes should be taken very seriously into consideration.

The above are important parameters that one must take into consideration and together with the suggestion of an experienced sleep councillor the proper mattress in each particular case may be selected, always trying without hesitation the various applicable mattress models.

In addition to the above, you should also take into consideration the following:

- The quality of the raw materials that have been used for the production of the mattress.
- The surface finishing of the mattress (it relates to its softness and foamy effect)
- The material used for the edge firmness, which enhance the firmness at the perimeter of the mattress and its resilience.

## Which types of mattresses exist in the market?

- With springs
- Foam
- Latex

- Memory foam

## Is price the criterion to select a new mattress?

A number of people opt for the cheapest solution in purchasing a new mattress, and as a result they choose the wrong type of mattress for them with consequences the bad quality of sleep (which they usually blame on work or other daily problems) and health issues. An improper mattress, apart from sleep disturbances, may cause muscle strains and bone aches and, despite 7 – 8 hours sleep, may lead to discomfort and tiredness. In addition it could be the reason for allergies due to the inferior quality and non allergic materials used for its construction.

## How do I realise that my mattress needs a change?

If it is made with springs then:

- it creaks when we turn on the side
- we feel the springs on our back.

If it is made with foam, latex or memory foam then:

- it is not any more comfortable and elastic as it used to be in the past.

For any type of mattress

- it is not flat, its surface has been deformed and does not provide support
- it has an unpleasant smell
- you wake up feeling tired, with muscle strains, pain on the bones, the neck or the spinal column.
- it is coming apart.

Please observe the above and if some or all of them occur then it is time to look for your new mattress.

## What is the life span of a mattress?

The mattress, regardless model and price and as long as it is used on a daily basis, is recommended to be replaced every 7 – 8 years. After this period, apart from quality degradation, thousands of microorganisms are developed due to dust and humidity, known as dust mites, which may cause disorders and illnesses, like asthma and allergies.

## Mattress Care Instructions:

- Ventilate frequently your bedroom in order to prevent the development of viruses in the interior of the mattress.
- Use a protective cover for the mattress (mattress protector). This must be removed regularly and washed so as to keep the mattress always clean.
- Clean regularly with a brush or vacuum cleaner (avoid the use of water).
- Place your mattress on a firm base so as to have a proper support.
- Turn the mattress upside down and reversely at regular intervals (approximately every 3 months).
- Do not bend or wrap the mattress
- Do not jump over your mattress.
- Ensure that your mattress fits your bed.