

The Lavender Mattress™
is available from:

amazon.co.uk

www.lavendersleep.com™

www.mrpillow.co.uk™

www.thelavendermattress.com™



Made in the U.K.

Ecodynamics Limited

11 Heathfield Park • Warrington • Cheshire • WA4 2LA

P 01925 268 396

email: ecodynamics@btinternet.com

lavender@lavendersleep.com

Improve Your Sleep & Improve Your Life



It is well known that we spend around a third of our lives horizontal. It is important to attain deep sleep as this helps the body rejuvenate. Quality sleep improves daytime alertness and performance.

Innovative New Product from the Ecodynamics Design Team



Presenting The Lavender Mattress™

(patent applied for)

The lavender mattress comprises of two types of foam. A truly brilliant combination.



The top foam layer is high density memory foam for correct postural alignment. Ideal for people with back, shoulder, hip, neck, sciatic problems and for ordinary

people who just want a better nights sleep. It is both temperature and pressure sensitive giving even weight distribution for supreme comfort.

Memory foam is recommended by osteopaths, chiropractors, physiotherapists and even orthopaedic consultants.



The bottom layer is a delta-wave (deep rejuvenating) sleep-promoting lavender foam.

After consultations with sleep experts, the best lavender growers and many months of research, Ecodynamics have created a new development in attaining deep sleep.



The Lavender Mattress™ releases a subtle blend of 4 types of lavender. Like the Cola formula, the precise blend is a commercial secret! We can say that we use three special hybrid lavender intermedia (sometimes called lavandin) both French & English varieties and pure angustifolia 'Royal Purple' all harvested in Southern England. The lavenders work synergistically, creating long lasting soft aromas with a slow release deep sleep promoting cocktail.



What is sleep and why do we need it?

Sleep is absolutely vital to the human body. Under normal circumstances, people are active during the day and then sleep at night. Sleep is a complex process involving different stages alpha, theta, delta and beta waves. The authoritative bodies, The Sleep Council, The National Sleep Foundation and The Sleep Journal are in agreement that the delta wave sleep is the key to a quality nights sleep.

Delta-Wave Sleep

Delta-wave sleep, also known as deep or slow-wave sleep, is only reached after going through three other initial stages of sleep. If you are awakened during the initial stages, you must repeat them before again reaching deep, or delta-wave sleep. Once this stage is reached, your muscles are relaxed, your blood pressure drops, and your pulse and breathing are slower.

The importance of delta-wave sleep and the impact it has on our physiology is just becoming known.



During deep, delta-wave sleep:

- *Blood supply to the muscles is increased, aiding recovery (It has been shown that deep sleep increases on nights after periods of sleep deprivation or after vigorous exercise).*
- *Body temperature is lowered, conserving energy.*
- *Metabolic activity is at its lowest, providing an opportunity for tissue growth and repair.*
- *The secretion of growth hormone reaches its peak, stimulating growth and development and repairing the body's tissues.*
- *Natural immune-system modulators increase.*

Delta-wave sleep is particularly important to growing children, athletes who need to recover and people who are ill. However, the important functions fulfilled by deep sleep are crucial to everyone in preparing the body for the daily challenges you face.

If your sleep is uninterrupted, you stand a much better chance of actually reaching and completing delta-wave sleep, thus setting the stage for improved alertness, energy level, and general health.

The Lavender Mattress™ helps to promote delta-wave sleep.

