



Photos: Temper Singapore

Quality sleep is priceless

Enjoy a good sleep every night with the right mattress

By Hector Tan

Wish you could sleep more soundly at night? Choosing the right mattress counts.

Tempur Singapore's Ms Soh said: "The right mattress lets you wake up feeling refreshed and rejuvenated. The wrong mattress causes you to keep adjusting your sleeping position while sleeping. You end up having backaches, a stiff neck and sore shoulders."

If you have a budget to stick to, prioritise on comfort and quality. "You may pay more for quality. But good mattresses last longer," said Ms Soh.

She highlighted a study by Research Triangle International, where medical researchers from Duke University evaluated over 16,000 nights of sleep using seven different types of mattresses. They found out that the mattress quality has an impact on sleep patterns and sleep quality.

Spring or non-spring?

A non-spring mattress, or foam mattress, are made from synthetic latex foam, visco-elastic foam, memory foam or polyurethane foam.

Ms Soh said: "This type of mattress tends to be pricier. But the lifespan of a good non-spring mattress lasts longer. Industry experts recommend a change in mattress every seven years."

Tempur's mattresses have a lifespan of 15 years. Their mattresses are made from the same foam material used by National Aeronautics and Space Administration (NASA), and are certified by the Space Foundation. They have been tested with simulations of a person getting on and off a bed 80,000 times, which is equivalent to 15 years of use. This ensures that the mattresses remain firm and even through the years.

Ms Soh added: "Memory foam reduces pressure points when you lie down, which provides comfort. Its soft yet firm texture makes it a choice buy for couples who do not wish to be disturbed by their partners' movements while they sleep. It provides a snug sensation."

Innerspring mattresses feature steel coil systems layered within the body, wrapped with padding, as well as upholstery like foam and fibre, and in some cases, smaller steel springs.

The more coils there are in a mattress, the better the support.

Temperature

Take into account the temperature of your room. Certain mattress materials dissipate heat more slowly than others.

Certain manufacturers, such as Tempur, have found a way to counter foam's heat retention properties by layering it with heat-dissipating materials.

Made for royalty

Experience unparalleled bedroom comfort with Hypnos's mattresses, distributed here by 8edtimes.

A family-run company now managed by the fourth generation, Hypnos has been making beds for British royalty since 1929. It holds the royal seal of approval, the Royal Warrant, bestowed by Queen Elizabeth II. The seal certifies a bed craftsman for demonstrating exceptional standards in excellence, quality, service and innovation.

Hypnos is the only supplier of luxury beds to the British monarchy, which includes the Royal family and Royal Household. Their beds are used in Windsor residences, such as the Buckingham Palace, Windsor Castle, St James Palace, Balmoral Castle, Sandringham House, The Palace of Holyroodhouse and Kensington Palace.

Hypnos's bespoke beds and mattresses use only natural and sustainable materials of the finest quality. It is the only company to have won the Bed Manufacturer of the Year Award in 2014 and 2015, as well as 2011 and 2012 from the National Bed Federation (NBF).

Their mattresses have also passed the NBF's strict guidelines on bed-making. This reinforces the robustness of their business and products in terms of flammability, supply chain, material cleanliness and compliance to trade standards.

All Hypnos mattresses are handmade in the UK and come with a 10-year international guarantee.

Ms Soh said: "Our 'Tempur Breeze Collection' are mattresses layered with the Tempur Climate Material, which promotes airflow and reduces humidity. It makes people feel cooler when they sleep."

Look and feel

Much as comfort is key, factor in aesthetics to ensure that your bed and mattress fit the interior decor and environment of your bedroom.

Mr Paul Keng of The Furniture Mall said: "Interior decor concepts entail a variety of styles, which can be applied to your bed and bedroom as well."

For inspiration of different bedroom designs, head to Tempur's Sleep Sanctuary, the company's new flagship store at Nassim Road.

The new 1,500 sq ft showroom displays the company's extensive range of mattresses, including a Pillow Bar, which helps customers to identify the best pillow for their sleeping style. The store draws inspiration from its Danish heritage, exemplifying contemporary Scandinavian style with clean lines in

a neutral palette of earthy tones and soothing colours.

Check out the Tempur North Collection, which is an adjustable Scandinavian-styled bed system. Bed frames and mattresses are covered in the same material, made with beautifully woven fabric that is certified over 50,000 martindale, which indicates high durability. Martindale is the unit that quantifies the abrasion resistance of textiles used in upholstery.

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Look out for the next issue of **LUXURY LIVING** on **Friday 29 April.**