

Vystex™  
**breathe**  
cooler sleeping



hello sleep





Here at hello sleep, we love sleep, and we've been making mattresses from our factory in Abingdon for over 30 years. We're always looking for the latest technologies and products that can improve getting some quality shut eye! So, we were thinking; what if you could take all the great things from a memory foam mattress, the pressure relief and great comfort, BUT take away some of the negative things? The heat issue, reaction to temperature (like a brick

in the winter, soft in the summer) and lack of breathability. So we created Breathe! A ventilated mattress that allows air to flow through it allowing cooler sleeping. The special visco elastic material we use doesn't react to heat so it provides the same great comfort all year round! Tests show its 47% cooler than standard memory foams! As well as all the technical stuff, its really comfy and that's the most important part. We like it, try it for yourself!

breathe<sup>Vystex™</sup>  
cooler sleeping

**Pressure Relief**  
Instant with no body heat required

**Cooler**  
47% cooler than standard memory foam

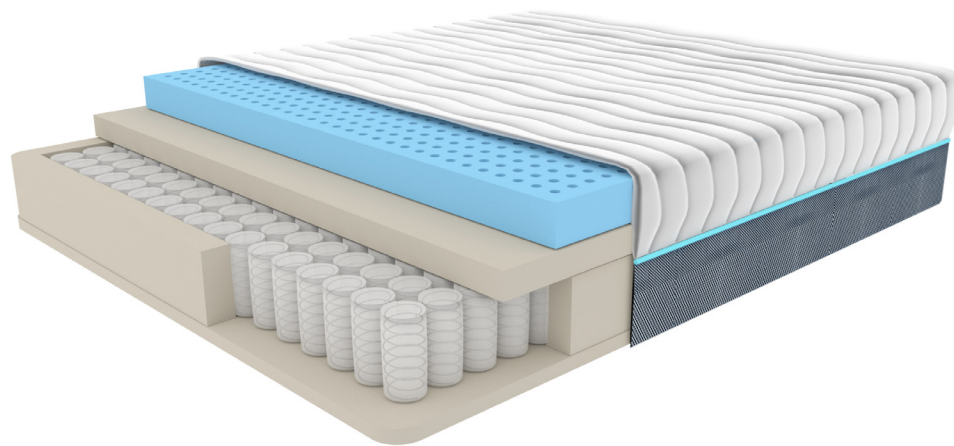
**Ventilated**  
Unique breathable airflow



breathe<sup>Vystex™</sup>fusion+  
25cm deep



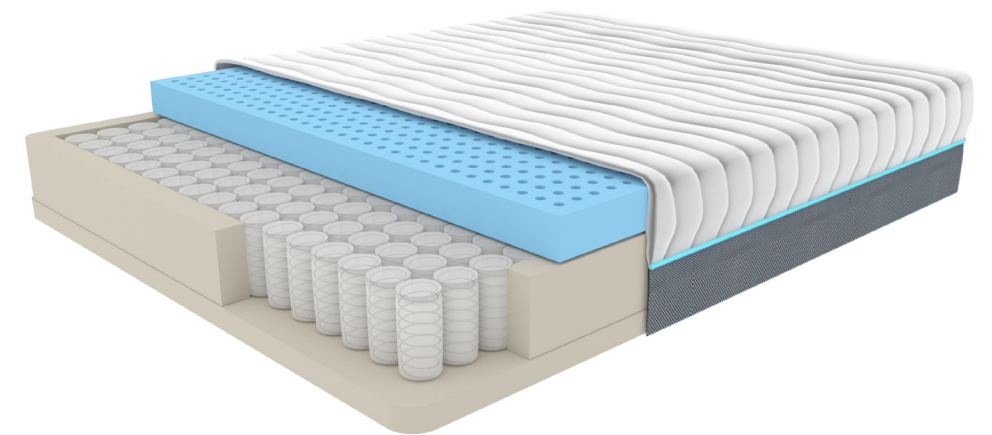
The breathe<sup>Vystex™</sup>fusion+ mattress is the ultimate in comfort and support, 2000 lovely pocket springs combined with 7cm of Breathe Vystex and we've also added a special comfort layer in the middle of the mattress that gives it a really soft and luxurious feel. Lie back and drift away to a deep cool sleep!



breathe<sup>Vystex™</sup>fusion  
22cm deep



The breathe<sup>Vystex™</sup>fusion mattress provides the best of both worlds, the unique Breathe material which provides great comfort and cooler sleeping, with the bouncy pocket sprung feel of a more traditional mattress. Featuring 1500 pocket springs providing individual support to the body and 7cm of Breathe Vystex which will provide pressure relief and keep you nice and cool!



**47% cooler**  
than standard memory foams



**Breathable foam**  
Allows air to flow allowing for cooler, healthier sleeping



**Airflow fabric**  
3D mesh for ventilation



**NASA technology**  
Provides the perfect sleeping temperature - washable at 40°



**Pocket Springs**  
Tailored support and comfort



**Instant pressure relief**  
Does not react to heat enabling consistent support all year round



**10 year warranty**  
Providing confidence and peace of mind.



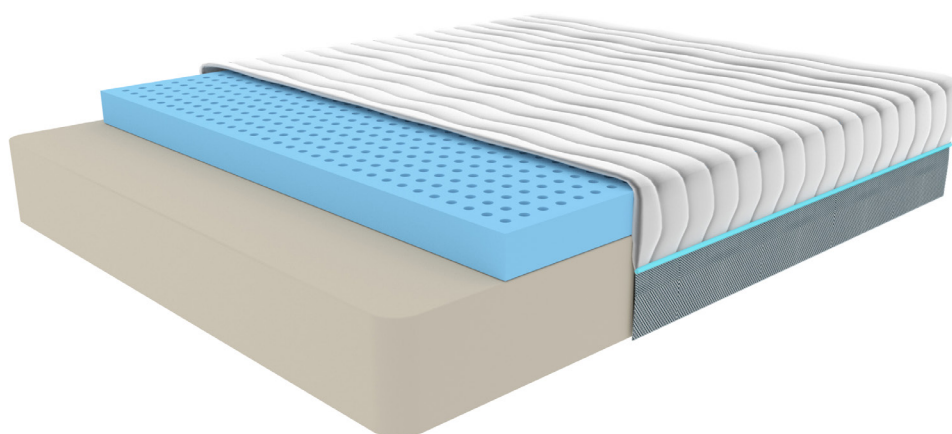
**British Quality**  
All our beds and mattresses are made in the UK

Vystex™  
**breathepure**

22cm deep



The **breathepure** mattress provides luxurious comfort, it has the feel of a memory foam mattress with out the negatives of heat and lack of breathability. The revolutionary Breathe material allows air to always circulate around the product, keeping you cool and it doesn't need heat to work so you will enjoy the same great comfort and support all year round!



**W**e love sleep for so many reasons especially the benefits from getting a good nights sleep - some of which may surprise you...

### Performance

One night without sleep leaves you performing like you were legally drunk with a blood alcohol content of 0.08

### Losing Fat

Sleep your way slim! Studies have shown that less than 5.5 hours a night makes it 55% harder to lose fat as poor sleep causes a lower metabolic rate. **55%**

### Testosterone

Not getting enough quality sleep decreases testosterone levels by 10-15% - equivalent to ageing men by 10-15 years **10%**

### Capacities

A study of male athletes after 30 hours of sleep deprivation showed lower sprint times and reduced distance covered due to lower muscle glycogen (a direct result of sleep loss)

### Memory

Have an important presentation to memorise or an exam to revise for? Study in the afternoon and get an early night to improve your recall powers by **33.5%**

Guinness World Records no longer track longest periods without sleep as it's considered too dangerous! (But sword swallowing and glass eating are ok).



[www.hellosleepuk.co.uk](http://www.hellosleepuk.co.uk)  
01235 529148



**sleep well, love life**