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Reducing your speed from 65 mph to 55 mph may increase your fuel efficiency by as much as 15%.

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A Better Bed

Tuesday, January 03, 2012

# A Better Bed



Somnium Beds are perfect for spooners, clean freaks, and earth conscious people alike! This mattress is made up of thermoplastic springs, eco-friendly foams, and a durable, machine-washable cover. The springs are made out of the highest grade TPEE, a material used in highperformance athletic gear, which is extremely strong and flexible. You get the strength of a ski boot and the bounce and comfort of a sports shoe. The result is the ultimate in body contour cradling with no motion transfer. Sublime!

The foam that surrounds the springs is a toxin-free, safe cold foam that is made using water vapors and air pressure instead of injection gases. This means a mattress that is not harmful to the environment and 100%recyclable! But why would you ever get rid of it?!

Even though the mattress has a smooth surface with absolutely no nooks or crannies for dust bunnies to get in, it also comes with a 2-piece zip cover made of a durable rayon-blend that you can wash as much as you want. The cover is also well ventilated and free of toxins, dye, and harmful chemicals. Sounds like the perfect night's sleep to us!

Somnium is available locally at Luminaire. You can also purchase their products online.

## **About Little Bits**

Our goal is to provide locals with healthy, earthfriendly content in a fresh and simple way. We'll do the research for you and share all the local "green" info we can find, including: restaurants, products & technology, local shopping, fun events, great ways to give, quick tips and more. We understand that it's practically impossible to live in a modern society and not leave an environmental impact, but we believe that we can all change something to make it better. Let us be your resource for a more nourishing relationship with your mind, body and earth - even if it's only a little bit at a time!

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#### Sign Up!

We like to share things with you every once in awhile. Sign up so you don't miss out!

Email Address

#### News & Events

### Karyn's Raw Free Info Seminar

Saturday, January 7, 2012 3:00pm

1901 N. Halsted Street

Karyn will discuss her philosophy on health and share experiences from her personal journey as one of the nation's leading raw foodists. She will also explain what Karyn's is all about - the food, the detox, the Inner Beauty Center and the restaurants including Cooked, Raw, and Green. Enjoy free samples of our raw foods!

More Details

## Today's Farmers Marketts

#### **Chicago's Downtown Farmstand**

**Every Monday - Friday, Year Round** 11:00am - 7:00pm 66 E. Randolph

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