

Technology invades our bedrooms, resulting in better sleep products

By Jill Sell

We almost take for granted the explosion of new electronic home entertainment and communications systems. But highly-sophisticated technology is also invading our bedrooms. That's not a bad thing if it means getting a better night's sleep.

Sleep to Live is a diagnostics technology that helps consumers choose a personalized mattress. You may think you like a firm or soft mattress, but you really may not be able to tell from just sleeping on your old lumpy one.

Sleep to Live was developed by a sleep researcher with Kingsdown, Inc. The system determines the best sleep surface for your body, and bed products are made to order.

In furniture and bedding stores, customers answer several questions and then lie on a Sleep to Live diagnostic test bed. More than 1,000 calculations are made to determine the best surfaces for an individual's postural support.

"It takes three minutes, and 18 sensors

'roll' over your body. You look up and see a screen as it works, and you get a color readout of the results. If two people will be sleeping on the mattress, each half can be made a different way," said Dan Geller, owner of Fish Furniture, whose Mayfield Heights store is the only place in Ohio that offers Sleep to Live.

Mattress research has also made beds safer and more comfortable. Surroundings Home Décor in Cleveland is a nationally-respected retailer focusing on contemporary, European and modern classics furniture. Owner Morteza Emani carries Somnium mattresses because "they go well with the high-end platform beds" and have superior craftsmanship and green qualities.

Somnium's removable and washable rayon-blend covers are inherently fire retardant so there is no need for potentially harmful flame retardant chemicals. The quilted surface is made without uncomfortable buttons or embroidery, and there are no creases

or folds that can become "hiding places" for dirt or what the manufacturer calls "other bed invaders."

The Omniflex uses omni-directional elastomer springs made from TPEE, a durable, lightweight material

found in the aviation and automotive industries and in high-end athletic gear. Two different grades of firmness are used in each mattress to correspond with the body's need for varying support.

Springs are encased in a highly-resilient, hypoallergenic foam made from soy and polyurethane. The mattresses are lightweight and are easy to lift, turn and carry, which are qualities that anyone who has moved in and out of a rental space will surely appreciate.

How important is a mattress? According to Somnium, "95 percent of orthopedic surgeons believe the mattresses their patients sleep on contribute to their back pain."

Somnium
mattresses with
OmniFlex springs

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