

dorelan®  
dormire bene vivere meglio

The Small Guide to a  
Pleasant Sleep Experience



## “HEALTHY SLEEP IMPROVES QUALITY OF LIFE”

As an Italian bedding specialist that's dedicated to ensuring quality sleep for the entire family, every Dorelan project has been based upon this single guiding principle for over forty years.

We believe that sleep is the most natural, economic and powerful remedy that is within everyone's reach for ensuring an irreplaceable source of mental and physical energy every day. Among the various methods offered by today's modern lifestyles, high quality sleep essentially remains the only true pathway to youthfulness and longevity, representing a free and inexhaustible source of inner peace and personal wellness.

That's why every Dorelan mattress, bed, bed base and pillow is derived from thorough studies on the body's ergonomic needs, which are conducted in collaboration with highly specialized professionals from some of Italy's most important University research Institutes.

Dorelan's Mission, in fact, is dedicated to ensuring High Quality Sleep for the entire family, and for this reason we actively participate in disseminating the culture of high quality sleep and relaxation throughout Italy. This is done not only via our products, but also via the numerous educational and informational tools found on our website and Blog, not to mention this short guide, which we hope will serve as a simple and useful handbook for making the most of your moments of relaxation...

*Happy reading!*

## SLEEP AND HEALTH

"Proper sleep". This is the simple fundamental act that's necessary to ensure physical and mental well-being.

Restful sleep is without a doubt one of the most important pillars of personal wellness and physical and mental well-being, and in addition to our general health status, the sense of refreshment, energy and well-being that accompanies us throughout each day depends precisely upon our sleep quality and the effectiveness of our moments of relaxation.

Experiencing sleep or the environment in which we aspire to sleep with superficiality is like surrendering a large portion of our personal wellness and quality of life, not to mention an irreplaceable source of mental and physical energy, while the benefits that our bodies and minds obtain from restful nocturnal sleep are countless, and have often been the subject of thorough scientific research.

In short, sleep is a veritable treasure trove of health that is all too often overlooked!

### DON'T FORGET

The three key elements for quality sleep are:



#### DURATION

the hours that an individual sleeps should be sufficient to leave them feeling alert and well-rested the following day



#### CONTINUITY

the episodes of sleep should be continuous, and not fragmented



#### DEPTH

in order to be rejuvenating, it is necessary to achieve a sufficiently deep sleep



# THE 7 BENEFITS OF SLEEP

Or rather 7 good reasons to maintain good sleeping habits!



## Regeneration

Sleep is the daily activity necessary for physically and mentally "recovering" the energy used during the course of the day, as it is precisely during the deepest stages of sleep that our bodies and minds regenerate and reformat themselves.



## Growth

Have you ever wondered why small children need to sleep so many hours? This is because almost all the growth processes take place during sleep. The body grows and becomes stronger, the immune system develops, and the entire nervous system matures.



## Memory

During the deep sleep stages, the brain consolidates and stores all the information that it acquired while awake. Each new day, in fact, represents a source of new information thanks to the notions that we learn, discover or acquire on our own or from others. While sleeping, during a process known as "consolidation", our brain "discards" any secondary information while at the same time consolidating and storing the more important information by integrating it within the context of everything we already know.

## Quality of life and longevity

According to the World Association of Sleep Medicine (WASM), sleep is "the best medicine that nature has to offer". It affects our immune, hormonal, and autonomic nervous systems, normalizes our blood pressure, assists the cardiovascular system and restores the normal values of our neurotransmitters, all of which are factors of fundamental importance for longevity!



## Weight and fitness

Since sleep is closely linked to the metabolism, healthy and regular sleep can help keep our weight under control. A research study conducted by the Universities of Chicago and Brussels showed how the number of hours that an individual sleeps can affect the production of the hormones responsible for regulating the sensation of hunger!



## Stress

Sleep allows our minds to unload much of the tension accumulated during the course of the day, thus reducing stress levels. Sleep has also been shown to be a useful natural remedy for overcoming particularly traumatic events.



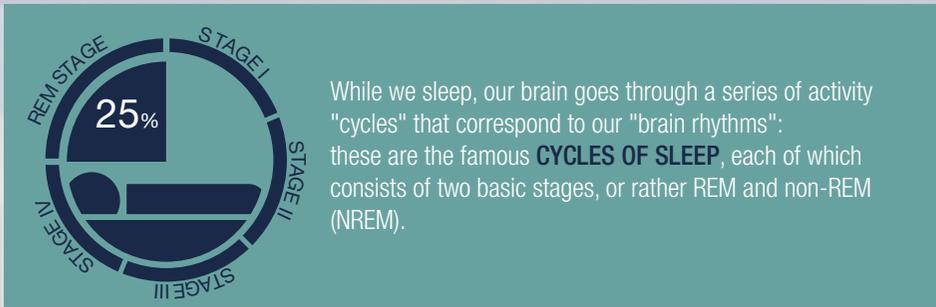
## Mental balance

Sleep represents a meeting point for our rational and irrational selves, and is of vital importance for maintaining a proper mental balance! From a psychological and spiritual standpoint, in fact, sleep also represents a time of communion with ourselves, or rather a moment in which the conscious and subconscious parts of our being come together and express themselves through dreams, images and archetypes.



# SLEEP

Since our bodies and brains perform intensive activities of fundamental importance to our mental and physical health precisely during sleep, it is an oversimplification to merely consider sleep as a period of "rest" as opposed to being "awake".



**The REM stage** (also known as "paradoxical sleep") is the deepest stage of sleep, and occupies about 25% of our total sleep cycle. It is that in which we make room for dreams, and has been called "paradoxical" because the brain waves become more rapid, the eye movements accelerate, the face becomes animated, and the breathing often becomes irregular... it's as if we were to be waking up precisely at the moment which, paradoxically, our sleep is at its deepest!

**The NREM stage** is generally divided into four distinct phases:



## Falling asleep

This is the stage in which the subject slips into sleep: the brain slows down its activities, the body and mind calm down, and the breathing becomes regular. During this stage, we are still able to hear sounds and detect stimuli from the surrounding environment.

## Light sleep

This is the intermediate stage between falling asleep and deep sleep.



## Slow wave deep sleep

Brain activity slows down further, and there is a total absence of any muscular or cerebral movements.



## Deep sleep

This is the stage in which it is most difficult to wake a sleeping subject: during this stage, the brain, muscles and the entire body are perfectly at rest. In this stage we are completely "isolated" from the outside world and its stimuli. This is the stage of sleep in which we recover from physical fatigue.



At the end of Stage IV, we enter REM sleep and then start a new cycle, often after a brief reawakening of which we will have no memory.

We normally complete 3 to 5 sleep cycles during the course of a single night. This complex process allows our bodies and our cells to implement the regeneration processes necessary for our personal well-being, which would be severely compromised in the event that any problems should arise during one or more of the stages that our brains and bodies go through during sleep.

# HOW LONG DO YOU SLEEP?

While many researchers believe that at least 8/9 hours of sleep are needed every night in order to allow our bodies to complete their regenerative processes, other studies have declared that as few as 7 or even 6 hours are sufficient...

The reality of the matter, however, is that the number of hours of sleep needed varies from person to person, and depends upon the individual's age and health status.

An **INFANT** needs approximately 18/20 hours of sleep per day. At 1 year of age, the hours of sleep needed for a **CHILD** drop to 14/15 per day, and gradually decrease to 12 hours per night up until 6 years of age.

An **ADOLESCENT** needs an average of 9 or 10 hours of sleep per night.

For an **ADULT**, an average of 7/8 hours of sleep are needed per night.

Sleep requirements in the **ELDERLY** typically tend to decrease, along with the ability to resist sleep (this is why the elderly tend to fall asleep easily in front of the TV or in the absence of any stimuli).

Despite the general indications shown in the table above, it should be noted that each of us has a different **BIOLOGICAL CLOCK**, and therefore different needs and necessities in terms of sleep!



While it is reasonable to sustain that approximately 7 to 8 hours of sleep is sufficient for the average adult, for certain individuals 5 hours of sleep may be enough, with the minimum recorded in the field of medicine being 3 and a half hours of sleep per night. On the other hand, certain people need at least 11/12 hours of sleep in order to feel well rested!

In short, our reference point should not be the precise number of hours that we have slept, but rather the way that we feel after we wake up!

Whether adults or children, night owls or early risers, we all have our own "sleep rhythms", complete with our own schedules and habits. And while we all must adapt our schedules to meet our daily commitments (in terms of family, work and other things), we must also adapt our sleep schedules to the rest of our lives!

And yet with an "unnatural" situation like this, which can often extend over many years, are we still even capable of recognizing our actual necessities in terms of hours of sleep?

THE IDEAL DURATION OF A SINGLE NIGHT'S SLEEP IS THAT WHICH ALLOWS US TO FEEL AWAKE AND WELL RESTED, AND TO LIVE THE NEXT DAY TO THE FULLEST WITHOUT FEELING THE SLIGHTEST BIT TIRED!

## HERE'S HOW TO EVALUATE YOUR SLEEP NECESSITIES:



Choose a vacation period longer than one week.



Go to sleep when you feel tired, under the same identical conditions as when you typically go to bed (light, noise, environmental conditions), without setting an alarm.



When you wake up, take note of how many hours you slept.



Repeat the experiment for multiple days.



Calculate the average of the hours that you slept each night: this number will be a good indication of your actual sleep requirements!

# DAILY HABITS FOR SLEEPING PROPERLY

"Sleeping properly" does not depend exclusively upon "quantity". Rather, it is also fundamental to focus upon the quality of our hours of sleep: an essential element that's often overlooked due to our daily habits and hectic lifestyles.

Here are a few simple tips that will help to improve the quality of your sleep, and will allow you to enjoy a mentally and physically regenerating night's sleep on a regular basis:



## Regularity

The first rule for ensuring a peaceful night's sleep is to always go to bed and get up at the same time. This excellent habit, which has unfortunately been somewhat abandoned in this day and age, is essential for our biological clocks, above all in children!



## Physical activity

Performing physical activity on a regular basis is an excellent way to improve sleep quality. But be careful: be sure to avoid strenuous activities (that stimulate the production of adrenaline) during the hours prior to going to bed, favouring instead softer and more relaxing activities, like Yoga.



## Have a light dinner

Eat a light dinner, comprised of healthy and nutritious foods: heavy, fatty and/or overly-spicy foods are difficult to digest and can be detrimental to sleep, even causing restlessness and sudden awakening.



## Avoid the use of stimulants

Coffee, tea, alcohol, energy drinks and even tobacco should be avoided from 6 to 4 hours before going to bed. Although they can cause drowsiness, alcoholic beverages can be detrimental to sleep by causing nocturnal awakening.

## Beware of "naps"

Taking an "afternoon nap" can be an extremely useful way to take a break from the difficulties of the day and recover a bit of energy. But the experts agree that these should be at most a half an hour: taking longer naps can lead to deeper stages of sleep, which in turn can have a negative impact upon our regular sleep rhythms.



## Keep technology out of the bedroom

Keep televisions, video games, mobile phones, tablets and computers out of the bedroom. The bedroom should be a place for rest and relaxation, not an office or an extension of the living room! The bedroom environment should therefore be as serene and relaxing as possible... And we should make the most of it!



## Take good care of your sleeping environment!

Double glazing, shutters, curtains, and insulating wall cladding are just some of the tools we can use to create an environment that is as protected as possible against the two worst enemies of sleep quality: light and noise, which nowadays represent significant sleep disturbances for those who live in urban environments.



## Don't overdo it with the heat

The ideal ambient temperature for sleeping can range from 18° to 20°C. It is also extremely important to regularly air out the bedroom, at least once a day: this is an excellent way to eliminate the dust-mites, allergens and moisture that can accumulate in the bed and between the sheets.





Enjoying high quality sleep, of the right duration and intensity, while also making sure that you sleep soundly and peacefully every night, is certainly the first and most important step to regaining a daily sense of strength and “personal wellness”, not to mention a good mood and excellent concentration!

That's why at Dorelan we manufacture products designed to ensuring maximum sleep quality for our customers, with mattresses, bed frames, pillows and beds that accommodate millions of Italian families every night.

We take great care, awareness and responsibility in this task, developing technologies and materials in collaboration with Italy's leading University research institutes, using selected raw materials of exceptional quality, and having all our products certified by the most important international certification Bodies.

# S L E E P

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