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### **Six Bedroom Must-Haves For Better Sleep**

*Technogel Sleep Experts Describe How To Transform Bedrooms Into Sleep Sanctuaries*

(PITTSBURGH, PA—APRIL, 2014)— There’s a science to sleeping well, and the experts at Technogel spend every waking hour studying it. According to research, a good night’s sleep can actually improve your health and wellbeing. Studies show that sound sleepers feel more alert, rejuvenated and less achy during the day. Technogel has uncovered six bedroom must-haves to improve sleep, and ultimately quality of life: mattresses, pillows, sheets, sound, light, and temperature.

Number one: Make sure your mattress isn’t sleeping on the job. Experts recommend that you replace a mattress every 8-10 years. Old, worn and unsupportive mattresses can cause discomfort, joint pain and poor sleep. Gel mattresses made by Technogel are ergonomically designed and scientifically shown to increase the time spent in deep sleep by up to 45%. Rather than infusing gel beads throughout, only Technogel mattresses feature layers of gel placed on top of high quality supporting materials. The result? Unparalleled pressure relief and maximum support for spinal alignment, ensuring a refreshing experience.

Number two: Pillows are more than fluff; they’re crucial to a good night’s sleep. Although finding the perfect pillow can be a pain in the neck, sleeping on the wrong one can, too. Consider your sleep position and body size to select a

pillow that keeps your neck and spine aligned. Technogel pillows come in many shapes and sizes, but all are made with a layer of patented gel molded seamlessly to memory foam to gradually adjust to your shape. They offer just the right support to create a sleep experience that's unsurpassed.

Number three: There's more to your sheets than meets the eye. Pretty patterns are fine, but the fabric of your sheets can affect your body temperature - - and your forty winks. Technogel sleep experts recommend considering the breathability of the fabric. While silks and satins cling to the body, restricting airflow, crisper fabrics help keep the microclimate of your bed more pleasant by allowing more space for ventilation.

Number four: Absolute silence isn't the absolute best for sleeping. Experts have found that people have an easier time falling asleep and staying asleep when there is a low, steady sound present in the room. Technogel experts recommend fans, air purifiers, small fountains or a soft ambient soundtrack to create a relaxing background of white noise.

Number five: Total darkness is totally the best way to go. The human body is extremely sensitive to light, so keep your bedroom as dark as possible for the soundest sleep. Technogel experts recommend keeping lamps dim during the evening, using blinds or sleep masks to block out light, and keeping lighted electronic devices out of the bedroom.

Number six: Temperature directly impacts the length and quality of a night's sleep. Keeping your bedroom comfortably cool – around 68 degrees F – helps maintain the optimal body temperature to support better sleep. The material of your mattress and pillow can also disrupt sleep if it causes you to wake up hot and sweaty. Technogel's innovative gel material has high thermal conductivity to help dissipate body heat, producing a cooling effect that allows you to enjoy deeper stages of sleep for longer.

Technogel is constantly researching and developing new ways to improve sleep and make life more comfortable through elegant design and cutting edge gel technology.

For more information on Technogel and its full suite of sleeping products please visit <http://us.technogelworld.com>.

**About Technogel**

Established as a brand by one of the world's largest producers of gel, Technogel® Sleeping launched in 2008 as a division of Technogel Group, a European company founded by health products manufacturers Royal Medica and Otto Bock. Technogel Group's North American headquarters is in Pittsburgh, PA, with the company's major manufacturing plants in Italy and Germany along with operations in the UK. Technogel Sleeping is currently sold in over 50 countries and can be found in 800 retail doors in the U.S.