

beurer
HEALTH AND WELL-BEING

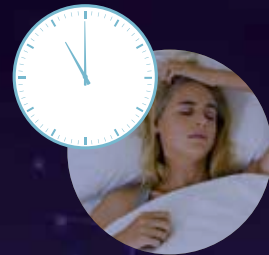


IFA Highlight:

Sleep
and rest

Beurer SleepLine

For restful, healthy sleep
and an active day



★ ★ **Fall asleep better**

Products that enable you to use aromatherapy, light therapy or sound therapy at home help you to fall asleep better and more quickly. Fragrant natural oils calm you, the sunset simulation gently fades out the day, soft melodic sounds and red dimmable light help you drift into the first sleep phase.



★ 🌙 **Sleep through the night better**

There is no need to put up with nights disturbed by snoring. Our snore stopper gently regulates quiet breathing. The ultra-quiet air humidifier and an elegant compact thermo hygrometer mean that you can always keep an eye on having an optimum room climate. Also allergy sufferers can finally find relief with our air purifier in night mode.



☀️ **Wake up better**

Start the day with a spring in your step with your favourite tune, bring the sunrise right into your bedroom and give yourself an energy boost with the brightlight. Tiredness and exhaustion will have no chance. A day full of energy and power lies ahead.

Healthy sleep is more important for us than ever.

The demands placed in our everyday lives are constantly increasing. Family and work, exercise and sport, meeting friends and simply stopping for a rest – all this and much more needs to be reconciled. A healthy and restful sleep is regenerative and a source of energy for people. But what can we do if things don't quite work out like this? If you feel absolutely exhausted in the mornings and would prefer to stay in bed and pull the covers over your head. The **Beurer expert SleepLine range** provides a complete portfolio for healthy sleep and active days.

Get to the root of the problem, analyse your sleep at home as precisely as in a sleep lab and use products to help you fall asleep, sleep well and have an active start to the day.

The Beurer SleepLine expert series can help. With perfectly coordinated products for a peaceful and restorative night's sleep, as well as power and energy for the day.



Beurer can help.
The SleepLine product range – developed by experts,
medically trialled and tested.

SE 80 SleepExpert
sleep sensor



LB 37 air humidifier

For optimum humidity and a comfortable climate, day and night. Can also be used for aromatherapy with natural oils, making it a fragrant sleep aid.



TL 55 Day & Night
brightlight

Fall asleep gently with the red twilight and remain full of energy throughout the day with the daylight function.



WL 75 wake-up light

Fall asleep naturally with an atmospheric sunset and wake up full of energy to music and/or a gradually brightening light.



LR 200 air purifier

Allergy sufferers can breathe easy! The ultra-quiet air purifier ensures peaceful, relaxing nights.



HM 55 thermo hygrometer

Small and elegant – the practical tool for monitoring your optimum indoor climate at a glance.



SL 70 snore stopper

Gentle snoring therapy for a soothing night's sleep without interruption. Your partner will be thankful!

Sleep – a source of energy



Expert advice from Dr. Michael Feld, doctor of sleep medicine:
A restful sleep provides our day-to-day source of energy. More and more of us are suffering from sleep disorders. The complex demands of everyday life sometimes make it difficult for us to switch off and relax. It is worth taking a closer look at the subject of sleep:



Our sleep – why do we need to sleep?

All our bodily functions recover, organ functions are brought back into rhythm, damaged cells and membranes are repaired, new neural networks are formed and our memory is consolidated! This is the only way that we are able to learn new things each and every day.



Our sleep – how do we sleep?

It generally takes between 5 and 15 minutes to fall asleep and we sleep for a period of 7 to 8 hours. Our sleep is made up of 4 to 5 approx. 90-minute cycles. We wake briefly around 10 to 20 times a night, although we are barely aware of this, and turn over 5 to 10 times. We experience several dream phases throughout the night, which reach their deepest point between 2 a.m. and 4 a.m. On average, we lose 500 ml of fluid every night.



Our sleep – what sleep problems can occur?

There are many different types of sleep disorders, each with different symptoms. Difficulty falling asleep and/or staying asleep through the night (insomnia) is extremely common. Hypersomnia – excessive daytime sleepiness – is also a frequent complaint. Disturbances such as sleep walking, nightmares, sleep talking or teeth grinding are referred to as parasomnia. Sleep apnoea and snoring are types of sleep-related breathing disorders and breathing interruptions.



Our sleep – what are the potential consequences of sleep disorders?

The effects of sleepless nights are varied and differ from person to person. Tiredness and exhaustion during the day, headaches, metabolic disorders, raised blood glucose levels, weight gain and high blood pressure – everyone reacts differently. Some people complain of loss of concentration, irritability, sensitivity, lack of motivation and susceptibility to stress. Lack of sleep can even lead to depression, heart disease and diabetes.