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Have a  
relaxing sleep

For a healthy start  
to the day

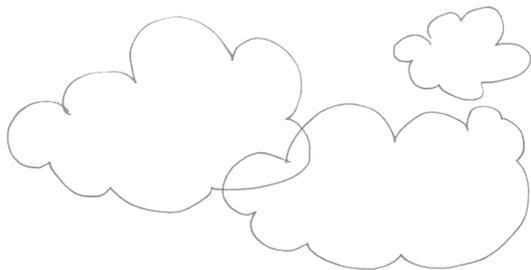
SLEEP LINE



MEDICALLY  
TESTED

Guide

Sleep and rest



## Foreword by Dr. Michael Feld

Even Johann Wolfgang von Goethe philosophised about sleep: "Sweet sleep! Like purest happiness, you come unbidden, unimplored. You loosen every knot of strenuous thought, consuming all the images of joy and pain; unobstructed flows the circle of inner harmonies and swathed in agreeable delirium we sink and cease to be."

Anyone who's able to sleep easily can relate to these words from Goethe. In sleep, reality mixes with our fantasies. We remember some dreams the next morning and are often amazed by the confused tableau of ideas that has formed overnight. Nothing is as restorative and does us as much good as a deep sleep. Anyone who sleeps deeply and for long enough starts the day rested, is productive and is able to work with concentration. However, many people are miles away from this and can only fall asleep with difficulty, or wake up often during the night and are unable to rest.

These are typical descriptions of sleep disorders. But what impact do sleep disorders have on our body, mind and psyche? When does poor sleep become a sleep disorder?

Some disturbed sleep sorts itself out or can be circumvented and offset using simple domestic remedies, but other problems continue no matter what tips and tricks are used. In today's world, which is driven by many stimuli, by appointments late into the night, smartphones, tablets and laptops, it is particularly difficult for many people to switch off in the evening and to get to sleep. However, we urgently need this phase to be able to function fully again on the next day.

This guide provides important information on the subject of sleep, and one or two of the chapters may even shed some light on your personal sleep patterns. Anyone who understands sleep, the relationship between day and night, light and dark, and respects the importance of recovery phases, will get better rest and will successfully recharge their batteries for the next day.

Wishing you a good night's sleep!

Dr. Michael Feld, Sleep Specialist



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# 1. Our sleep

Some people get into bed and fall asleep after just a few minutes while others spend hours unsuccessfully counting sheep, rolling from one side of the bed to the other, looking for the right sleeping position or waking up again in the middle of the night. Some people wake up fully rested after five hours whilst others are not yet fully awake after ten hours, struggling through the day feeling exhausted. Why do we sleep and yet become tired again night after night, seemingly unaffected by the sleep stints of previous nights?



Generally, it takes between five and fifteen minutes for "healthy" sleepers to fall asleep. Each night, we turn five to ten times and lose approximately 500 ml of liquid. People sleep so that the body can rest and the mind can process what has happened during the day. During sleep, reactions to external stimuli are reduced – blood pressure, heart rate, metabolism, breathing and body tempera-

ture drop. Sleep is used for recovery, regeneration, repair and re-regulation of all organs, tissue and cells (source: Dr. Feld "Schlafen für Aufgeweckte", p. 19). While we're asleep, we learn – or deepen our knowledge of – what we have experienced that day. Our sleep affects existing illnesses and can even affect their original development (e.g. high blood pressure, obesity or diabetes). Sleep refills our energy reserves thanks to the formation of the fuel adenosine triphosphate (ATP), which is crucial for our nerves, muscles and cells. However, at the same time, sleep also conserves energy by shutting down our bodily functions.

We generally distinguish between non-REM phases during which there is no dream activity and REM phases during which our eyes move rapidly and we dream regularly. We go through these phases around 4 to 5 times each night in a recurring rhythm. Each sleep cycle lasts between 45 and 90 minutes.

➔ **Find out more on page 19.**

When people have problems falling or staying asleep over a long period, we call this a sleep disorder.

58%



We learn during sleep and strengthen our immune system

A study on the health of adults in Germany (DEGS1)<sup>1</sup> found that **approximately 6% of all test subjects experienced difficulties falling or staying asleep (insomnia) over the four-week period. Snoring and the sleep apnoea (breathing interruptions) that often arises from this are some of the most frequently occurring sleep disorders. A high proportion of people experience snoring, particularly as they get older. Every other man over 40, and every other woman over 50 snores.** In fact, a total of 58% of German citizens feel that they sleep too little. Small home remedies

often help those affected to get back into a balanced sleep pattern.

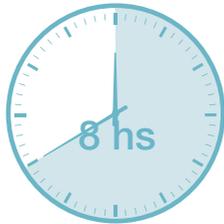
➔ **You can find tips on how to improve your sleep starting on page 20.**

If you have a sleep disorder, you should always go and see a doctor. The first sign of this is if you meet the requirements of the "rule of three": Anyone who is awake for more than three hours a night more than three times a week, over a period that lasts longer than three weeks.<sup>2</sup>

## 1.1. Why is sleep so important?

Sleep researchers have discovered that the life expectancy of **people who regularly sleep for around eight hours per night is approximately five years longer.**<sup>3</sup> Scientists are continuously researching the importance of adequate and "healthy" sleep, but undoubtedly it has a positive impact on our daily lives.

A restorative night's sleep is of huge importance for our physical and psychological well-being. We process things, such as new experiences, more intensively during sleep than we do during the day. Those who don't sleep too much or too little lose weight more easily and that improves our mental and physical fitness. Restorative sleep also strengthens our immune system, ensures mental balance and improves our organ and metabolic functions.



## 1.2. The rhythm of our life

When we didn't have electrical light or alarm clocks, people lived following natural patterns of day and night. They went to bed when it was dark and got up when the sun came up. That's how our internal clock has been ticking from time immemorial. The time base for our daily life has therefore always been the earth's rotation. In addition, most tasks consisted of physical work that was performed outdoors. Today, the majority of people work in closed rooms, meaning that we get less daylight than is good for us. A lack of light can trigger what is referred to as seasonal affective disorder.

It depresses our mood and can unbalance our sleep/wake rhythm. We need around 2,500 lux to wake up in the mornings. In spring and summer, this is often achieved through the sun's rays alone, whereas we miss the light in autumn and winter. It becomes difficult to start the day with energy and we feel tired and run-down from early until late in the day. Office lamps don't provide any alleviation as they often reach no more than 600 lux. Light therapy can be used to counteract a lack of light. Brightlights (or even 'light boxes') with 10,000 lux provide your mind and body with sufficient daylight. On overcast days or during dark periods of the year, brightlights will give you that extra burst of energy.

### TIP

Beurer has developed the SleepLine TL 55 brightlight for this purpose. Equipped with 10,000 lux, brightlights stimulate the brain to produce the mood-lifting messenger substance serotonin. 30 minutes of exposure to a light box at 10,000 lux in the morning is often enough to start the day full of energy.



## 2. How does sleep affect our body?

### 2.1 Sleep and our brain

During sleep, our body switches into a kind of "standby mode" for recovery. But there is one part of our body that never sleeps: our brain. It is still active at night, evaluating what has happened during the past day. Important events and information are sorted into existing categories, while unimportant things are deleted. Our brain cannot carry out this task when we are awake as otherwise we wouldn't be able to record the information that we are taking in during the day – the processing of these stimuli would become confused, which could lead to hallucinations.<sup>5</sup>

Content memorised shortly before falling asleep is processed particularly well. This is especially beneficial to pupils and students when it comes to learning.

### 2.2 Sleep and our hormones

Our brain is largely responsible for preparing the body for the transition between day and night and for ensuring that we are awake and active during the day and tired at night. Nerve cells that establish the connection to the optic nerve and other cranial nerves play an important role in this. The signals that are activated due to the change between light and dark or day and night impact the immune system and our hormones. At night, for example, the hormone melatonin, a hormone that is only secreted in the dark, is released and makes us feel tired.<sup>6</sup> **The growth hormone from the pituitary gland not only encourages growth in children, but also helps us adults to stimulate muscle growth, particularly after sport. Collagen is responsible for enhancing the elasticity and youthful appearance of skin, and is also primarily formed under the influence of growth hormones.**<sup>7</sup>

**These hormones are also responsible for better wound healing.** This is why damaged tissue repairs itself more quickly at night. During the morning, as daylight increases,

the secretion of melatonin decreases and it is replaced by cortisol, a hormone that makes us more awake. Our body temperature, which falls at night, increases again in the early hours.<sup>8</sup> Blood pressure, heart rate and breathing likewise rise again in the morning, kick-starting our bodies into action for the day. The hormone **leptin, which is also released during sleep, enables us to go without food for eight hours or longer.**

As soon as we're awake again, the hormone ghrelin takes over which signals hunger to the brain. In the case of chronic sleep disorders, the balance between these two opposing hormones is often disrupted, which can lead to people becoming overweight.<sup>9</sup> This causes a feeling of hunger in people with sleep disorders, even when they've already had sufficient food. People who are watching their weight should therefore focus on having balanced sleep.

Damaged tissue repairs itself more quickly at night

## 2.3 Sleep and our immune system

During sleep, our immune system runs at full speed. Our defences are increased as more immune-active substances are secreted during sleep. This makes it easier to fight infections. As soon as we get the flu we become tired and need a lot of sleep. The natural "killer substances" that are also activated during sleep have a positive effect on our immune activity. **Our body tells us that we are tired so that our immune system builds up again during sleep, therefore accelerating the recovery process during the course of the illness.** People who don't sleep enough are at greater risk of having a weakened immune system and are therefore more susceptible to becoming ill. A lack of sleep that stretches over a longer period can also increase symptoms such as high blood pressure or gastrointestinal problems.<sup>10</sup>

## 2.4 Sleep and our metabolism

Our sleep also regulates the metabolism of all products that we have consumed during the day. Those who sleep too little run the risk of their metabolism not being put to full effect. Too little sleep can inhibit the release of insulin, which can lead to insulin resistance. This can lead to type II diabetes or obesity.<sup>11</sup> Its hormonal opponent, glucagon, which can raise blood sugar levels again, is secreted in smaller quantities. According to one study<sup>12</sup>

**the risk of type II diabetes increases if the individual sleeps for less than five hours or for more than nine hours per night over a long period of time.**

## 2.5 How much sleep do people need?

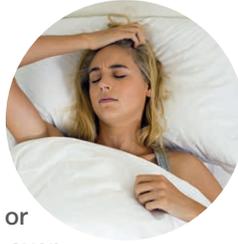
In general, there is no rule of thumb for the "right" amount of sleep. Each person has their own needs when it comes to sleep and sleep rhythm. **The average sleep duration for adults is between seven and nine hours per night, i.e. 1/3 of the day;** however, the actual figure can

vary greatly up or down. The most important thing for each person is to perceive sleep as relaxing without paying attention to what is considered standard. Ultimately, this decides how active you feel during the day and whether you can concentrate when working.



People who don't sleep enough are at greater risk of having a weakened immune system

## 3. Sleep disorders



A sleep disorder<sup>13</sup> is when there is too much or too little time between sleeping, it's difficult to fall asleep, or the sleep is frequently interrupted and therefore not restorative.

**restful sleep for three or more nights per week over a period greater than three weeks, and feeling exhausted or irritated during the day.** There are different sleep disorders. Sleep experts distinguish between over 80 different forms, the most common being:

**Clear signs of a chronic sleep disorder include not getting a complete night of**

**Insomnia:** A disorder related to falling and/or staying asleep. Those affected have difficulties falling asleep, frequently waking up at night and then finding it difficult to get back to sleep. People who suffer from insomnia often wake up too early in the morning. Persistent sleep disorders result in daytime sleepiness, increased irritability and limited productivity.

**Hypersomnia:** Hypersomnia, also known as somnolence, includes disorders with increased daytime sleepiness. This results in unintentionally falling asleep or nodding off during the day and feeling constantly sleepy. Hypersomnia often occurs in combination with mental illnesses, as well as sleep-related breathing disturbances such as snoring and sleep apnoea.

**Parasomnias:** During sleep, disturbances such as sleep walking, sleep talking, nightmares or grinding of teeth occur. This type of sleep disorder typically occurs episodically. Parasomnias are subdivided into four categories:

- Wake-up disorder (e.g. sleep walking)
- Sleep-wake transition disorders (e.g. sleeptalking)
- REM sleep parasomnias (e.g. nightmares)
- Other parasomnias (e.g. grinding of teeth)

### TIPP

The secret to a good night's sleep – warm feet and a cool head. The two heated underblankets UB 190 and UB 200 feature different heat zones. Thanks to the designated "beurer CosyNight" app, you can even heat up your bed when you are out and about.



### Snoring and sleep apnoea:

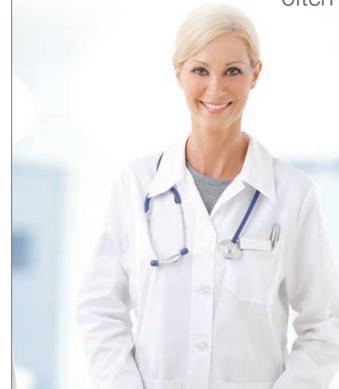
Every other man over 40, and every other woman aged 50 and above snores. Often, this night-time sound develops as the individual gets older due to slackening of the muscles in the throat or tongue base. During sleep, the muscles relax. This tips the tongue back and blocks the airway in the throat. This can result in breathing interruptions, also referred to as sleep apnoea.

### Circadian sleep/wake rhythm disorder:

This disorder often develops in the form of jet lag or among shift workers. The sleep-wake rhythm is difficult to predict accurately and the person affected finds it difficult to go to sleep at "normal" times.

### Restless legs syndrome:

Those affected experience a sleep-related movement disorder. This is manifested by unpleasant abnormal sensations in the legs and is often felt as a pulling or tearing pain, or as tingling, which often massively disrupts sleep.<sup>14</sup>



### INFO

Sleep disorders are also classified according to their duration. These are differentiated as:

- Acute (up to four weeks) sleep disorders
- Subacute (up to six months) sleep disorders
- Chronic (longer than six months) sleep disorders.

### 3.1. Snoring

Snoring (rhonchopathy) is considered a serious sleep-related issue as both the snorer and the person sleeping next to them are affected. This type of sleep-related breathing disorder is also widespread. The volume can vary hugely. Quiet snoring starts at approximately 50 dB (which is approximately the volume of a refrigerator hum), while the loudest sufferers achieve the volume of a jackhammer at 120 dB.

There is a distinction between two types of snoring: primary and apnoeic.

"Primary" or "simple" snoring is mostly harmless. The soft palate and uvula go limp, causing a sound when the individual breathes. However, the supply of air to the lungs is not interrupted and breathing continues "as normal".

On the other hand, snoring can be an indication of "apnoeic" snoring, e.g. obstructive sleep apnoea. This should be taken seriously as it can lead to serious secondary diseases. The night-time breathing interruptions may last several minutes, and therefore affect our brain. This is because brain cells die during every breathing interruption as the oxygen supply is interrupted during this period. During the breathing interruptions, the individual suffering from sleep apnoea often wakes up in order to take in air (arousal). The brain triggers a waking mechanism as otherwise there would be a risk of choking.

Often, the next day the snorer no longer remembers these phases of being awake as they are too short. Despite this, the night-time interruptions do cause problems. For example, they can result in daytime sleepiness, reduced concentration or lower productivity. The blood pressure increases during the apnoea itself, as the heart needs to increase its pump output. Sleep apnoea can also impact libido: generally, individuals have less interest in sex, and men may have erectile problems. The effects of high blood pressure can be serious in the long term, even including a heart attack or stroke.<sup>15 16</sup>

#### What causes snoring?

Sleep makes our muscles slacken. The upper airways are also affected by this, causing the soft palate and uvula to vibrate, resulting in that familiar sound. Furthermore, a narrowing of the upper airways is another possible reason for night-time sleep disturbance. Among other reasons, this is caused by head colds, allergies, a distorted nasal septum or increased fat accumulation in the throat or tongue area due to obesity. Tonsils or polyps for example can also significantly impair the flow of air; this is found primarily in children. The tonsils or polyps can be surgically removed, thereby curbing the snoring.

However, to a certain extent, snoring can also be influenced by our own behaviour. Consuming alcohol and taking sleeping pills and sedatives can encourage snoring due to the tongue and uvula becoming more relaxed.

#### The following tips will often help to prevent primary snoring:

- ➔ Try to lose weight if you are overweight or obese. This will also lower the amount of fat in the neck and around the jaw.
- ➔ Do not drink any alcohol for two hours before going to sleep and, if possible, avoid taking sleeping pills, sedatives or antihistamines (allergy medication).
- ➔ Do not eat your evening meal too late as this has an effect on sleep quality and snoring.
- ➔ Try not to sleep on your back. You can break the habit of sleeping in this position by sewing a tennis ball into the back of your pyjama top.
- ➔ Learn to play a wind instrument. This will train your muscular system (the Australian didgeridoo is particularly effective).

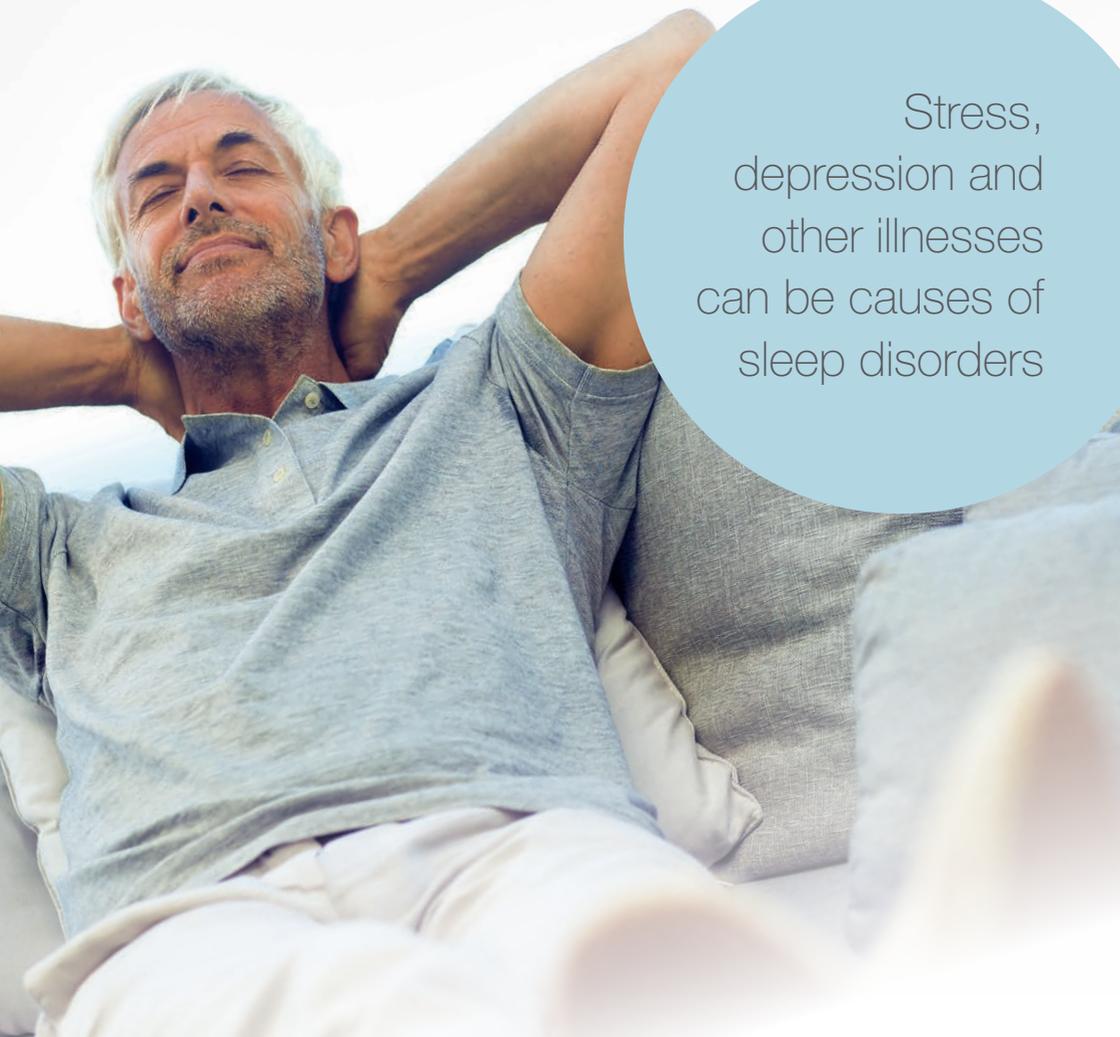


Those with sleep apnoea should avoid consuming alcohol late in the evening and try to lose weight if they are overweight. Sleeping on your side also promotes regular breathing. If you suffer from sleep apnoea, you should always consult your doctor or visit a sleep clinic.<sup>17</sup>

#### TIP

The SL 70 snore stopper from Beurer helps support calm sleep. When snoring sounds occur, the person snoring receives a discrete signal and a vibratory pulse in their ear.





Stress, depression and other illnesses can be causes of sleep disorders

### 3.2 Causes and consequences of sleep disorders in general

The causes for and development of sleep disorders are just as diverse as the sleep disorders or their effects themselves. One common problem is professional or personal stress, which people take to bed with them and which can significantly disrupt sleep. Mental problems such as burnout or depression can also make it hard to fall asleep. However, physical issues such as pain in the musculoskeletal system or disease of the heart, lungs or nervous system can also result in a lack of rest at night. Medications, alcohol, nicotine, coffee and tea also frequently cause difficulty in getting to sleep. **People who try to tackle these with medication can often even cause the opposite effect since these remedies sometimes only work in the short term.**

A bad sleeping environment in the form of an unsuitable mattress, noise disturbances, too much light or the wrong indoor environment in the bedroom can cause disturbed sleep. Doing sport not long before bed is no better than eating meals that are hard to digest too late in the evening. You should therefore allow yourself and your body at least two hours of rest before going to sleep. You don't have to forego eating in the evening – a light meal is allowed. People who don't sleep enough often suffer from psychological effects. Diminished mental performance is just the start. It can also make us increasingly irritated and moody, possibly leading to personality disorders or even suicidal thoughts. Sleep disorders equally have a negative impact on our body, impairing muscle tension, breathing, heart rate, blood pressure, body temperature and even our hormones and metabolism.

Other effects include:

- Daytime sleepiness and a lack of drive
- Lack of restorative sleep
- Irritability, sensitivity and mood swings
- Problems with concentration and attention
- Impaired performance
- Aggression and disrupted social behaviour
- Headaches
- Metabolic disorders
- Heart disease
- Alzheimer's
- Premature skin ageing
- Weight increase
- Accidents and many more

**People who go for more than 24 hours straight without sleep suffer from severely impaired cognitive performance. This roughly corresponds to an alcohol level of 0.85 per mille.** 48 hours of sleep deprivation can also lead to hallucinations and memory loss.<sup>19</sup>

### 3.3 Symptoms of sleep disorders

A lack of sleep can have a variety of physical and mental consequences. According to studies, a lack of sleep leads, among other things, to an impaired carbohydrate metabolism. Blood sugar levels increase and the production of the pancreatic hormone (insulin) goes into disarray. This also encourages insulin resistance, for example, which triggers diabetes.<sup>18</sup>

#### IMPORTANT

If you notice any of these symptoms in yourself and suspect you have a sleep disorder, always consult a doctor. Since sleep disorders can lead to a chronic condition, it is important to identify and treat these early on.



## 4. Sleep phases

Our sleep is made up of **different phases that always take place in the same sequence and are repeated several times each night.**



### 5-7 times per night

#### Light sleep

Light sleep is divided into two phases: The first phase is very short and only lasts just under 10 minutes. During this time, the tension in your muscles reduces and they begin to twitch. In the second phase the muscles are relaxed. Light sleep accounts for 60% of the total sleeping time. During this sleep phase, the sleeper responds particularly easily to external stimuli, i.e. they wake up more quickly.



#### Deep sleep

Breathing is now very even and the heart rate slows down. The muscles slacken. It is difficult to wake up the sleeper; they are recovering from physical exertion and their organ systems are regenerating.



#### REM sleep

REM ("Rapid Eye Movement") sleep occurs every 60 – 90 minutes: Your eyes move rapidly, your brain is very active (lots of dreams), your breathing becomes irregular and your muscles are very relaxed. The time span of the actions we perform in dreams corresponds roughly to real time. When an action we are dreaming about lasts for a longer period of time, the person dreaming continues the action like a television series<sup>20</sup>. Based on an average lifespan, we spend around six years dreaming. We have already forgotten 50% of our dreams within just five minutes after waking up; after ten minutes this figure is 90%.

We wake up briefly around 10 to 20 times each night. We can only remember a period of being awake if it lasts for longer than 60 seconds.<sup>21</sup>

## 5. Helpful tips to improve quality of sleep

For a restful night's sleep, there are a few simple means and ways that a large number of people are already using to deliver the desired result.



Lavender



Hops



Lemon balm



Valerian



Passion flower

### TIP

The LB 37 air humidifier from Beurer helps you create the perfect climate in your bedroom. The fragrant Sleepwell aroma oil with arolla pine and lavender enables you to boost the relaxing effect and get better sleep.



**Do not put yourself under unnecessary pressure to get to sleep.**

**Try to establish a regular routine.**

Get up at the same time every day and adopt a fixed daily routine.

**Don't go to bed until you are really tired.** We often try to force ourselves to sleep, which causes us to lie awake for hours.

**Ensure that you have a good sleeping environment.** A room temperature of between 18°C and 22°C is best.

**Sleeping rituals** such as a relaxing warm bath, relaxation exercises or even a bit of reading can help you to unwind.

**Alcohol, caffeinated drinks, nicotine or food that is hard to digest** should be avoided before going to bed. Therefore, don't eat anything for at least one to two hours before bedtime.

**Use a pillow that promotes sleep:** hops, millet or spelt, for example, have a calming effect.

**Your bed should only be used for sleeping** and not as a workspace, for example.

**The herb garden** contains many plants that are conducive to sleep, such as valerian, hops, lavender, lemon balm, passion flower herb, oat and St. John's wort.

**Keep a sleep diary over several weeks.** Documentation shows whether you are getting enough sleep and often reveals possible causes of sleep disorders.

You can do the "preliminary work" during the day to benefit your sleep.

### IMPORTANT

Getting enough daylight in the morning is a great tool to help you start the day well.

**Enough physical activity** during the day can result in a restorative night because sport can strengthen deep sleep phases; however, you must make sure you have a period of rest before bedtime to avoid going to bed too hot.

Try to make sure you relax in the evenings. Autogenic training, yoga or even meditation for example can help relax your muscles. This also strengthens the recovery of your psyche.



# 6. Falling asleep, sleeping through and waking up better

These days a healthy night's sleep is more important than ever! The demands on 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. Healthy and restorative sleep allows people to regenerate and acts as a source of energy. With its complete portfolio, Beurer offers products to aid healthy sleep and active days – developed by experts, medically trialled and tested.



Aroma oil LB 37

## 6.1 Falling asleep better

The perfect environment helps you get to sleep. The **ultra-quiet LB 37 air humidifier** ensures that your bedroom has an optimum indoor environment. The right humidity facilitates restful sleep. The **SleepWell aroma oil** from Beurer complements this with scents of arolla pine and lavender. The aroma calms and relaxes both the mind and the body.



TL 55

With the **TL 55 Day & Night brightlight**, you will not only wake up with more energy in the morning, you will also get to sleep more easily at night. This is because using it at night will support your biorhythm. The **simulation of evening light** will help you to fall asleep and the natural rhythm of day and night is promoted.



LightUp



WL 75

The **WL 75 wake-up light** supports the slow transition from being awake to being asleep with gentle sleep melodies. **Sound therapy** has a calming effect on our mind and helps us to switch off in the evening.

Our new **heated underblankets UB 190** and **UB 200 CosyNight** can be conveniently preheated via app. At home a warm and cosy bed will be waiting for you when you get between the blankets. A special benefit are two independent adjustable heat zones for body and feet. So you can set the temperature separately and especially heat up the foot zone.



UB 190 CosyNight



UB 200 CosyNight

## 6.2 Sleeping through better

Pollen, bacteria, pet hair, dust or even mould can make life particularly difficult for people with allergies and this remains the case at night. We spend around one third of the day asleep and therefore the air in our bedroom should be free from anything that may disturb a peaceful night's sleep. The **LR 200 air purifier** provides **clean air** by filtering the air in your bedroom. The air is kept clean with a **three-layered filter system** (prefilter + HEPA filter + activated carbon filter).



LR 200



**Good air quality** is important for sleep. The **LB 37 air humidifier** helps to create the optimum indoor environment when the ambient air is too dry. This prevents the nose and mucous membranes from drying out during the night and you will wake up feeling refreshed and recuperated.



LB 37 Aromaöl

The **HM 55 thermo hygrometer** allows you to monitor your perfect **indoor environment**. The device not only displays the temperature in the bedroom, it also provides information about the humidity. A colour indicator informs you of the quality of the indoor environment.



HM 55



FreshRoom

Snoring is a common cause of restless nights. It causes problems for both the snorer and for the person who shares their bed. This annoying noise can be prevented with a simple remedy. The **SL 70 snore stopper** is a gentle form of snoring therapy and reduces loud noises. Attached behind the ear, the device detects the noise being made by the wearer and the structure-borne noise and releases a quiet tone and vibration pulse. This may trigger, for example, a change in the sleeping position and reduce snoring. Now nothing can stand in the way of a restful night! One thing is certain: relaxed sleep is essential for a healthy life.



SL 70



SE 80



No more sleepless nights!

Sleep through the night better and wake up feeling relaxed. Sleep can be precisely monitored and analysed in order to **help improve sleep quality**. The Beurer **SE 80 SleepExpert** measures, analyses and helps you to improve your own unique sleeping pattern. The sleep sensor is placed discreetly under the mattress and reliably documents your bodily functions such as your breathing and heart rate. The SE 80 can also provide you with information about your movement during sleep and display details about your sleep phases (hypnogram). The sleep sensor also has many other useful features that enable you to **precisely monitor and analyse your sleep**.

### 6.3 Waking up better

After having enjoyed a relaxing night's sleep, you need to have an optimum start to the day. When there is sufficient daylight, cortisol is released and revives you. The **WL 75 wake-up light** helps to wake you up gently by **simulating a sunrise**. The addition of wake-up melodies helps you to have an energetic start to the day.



WL 75



Anyone who needs a **dose from a light box** in the morning should use the **TL 55 Day & Night brightlight**. With 10,000 lux, you can start the day full of energy.



TL 55



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- 8 [http://www.apotheken-umschau.de/Schlafstoerungen/Schlafstoerungen-Warum-Schlaf-so-wichtig-ist-55476\\_2.html](http://www.apotheken-umschau.de/Schlafstoerungen/Schlafstoerungen-Warum-Schlaf-so-wichtig-ist-55476_2.html)
- 9 <http://www.gesundheit.de/medizin/wirkstoffe/sonstige-wirkstoffe/melatonin>
- 10 <http://www.gesundheit.de/krankheiten/gehirn-und-nerven/schlafstoerungen/schlaf-warum-schlafen-wir>
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- 12 <http://schlafstoerungen.behandeln.de/schlafstoerungen-symptome.html?gclid=CM-iy7Tx98QCFQjKtAodFigAiA>
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- 15 Dr. Michael Feld, Schlafen für Aufgeweckte, Seite 86 ff
- 16 <http://www.schlafapnoe-online.de/>, <http://www.netdokter.de/symptome/schnarchen/>
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- 21 Dr. Michael Feld, Schlafen für Aufgeweckte, S. 25

A relaxed night is the cornerstone of a successful day. The Beurer sleep team wishes you a comfortable night's rest.



The SleepLine from Beurer – reach the stars in the sky together with us



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