

SLEEP HEALTH WELLNESS

A good day starts with a good night's sleep



SleepHive™

— YOUR WELLBEING SLEEP SOLUTION —

sleephive.com.au

“A great day starts with
a good night’s sleep”



Clive van Deventer

Chief Executive Officer
SleepHive

A Message from the CEO

SleepHive is a company dedicated to one thing: improving how Australians sleep.

Like exercise and good nutrition, sleep is a cornerstone of our health. Insufficient sleep can impact our health, social life, and independence, making each day a challenge.

That’s why, since 2004, we’ve invested in extensive research and development to find the best solutions to Australia’s sleep problems. We believe managing bad sleep starts with the basics – the bed you lie on for roughly 2,912 hours per year.

Using technologies like Celliant®, whole-body vibrational therapy, and adjustable sleep systems,

we’ve elevated the experience of sleep to a new level of comfort.

Our signature mattresses feature a layer of Celliant, a medical textile that increases local circulation and improves sleep quality. Our sleep systems are also fully adjustable, improving comfort and accessibility for people with joint problems, fluid retention, and respiratory conditions.

Guided by our Clients Are Really Everything (CARE) philosophy, we’ve spent the past 18 years searching for the best mattress solutions.

So wherever your sleep journey takes you, we’ll be there to support you, because everyone deserves a good night’s sleep.

Health Record



■ My Health Goal

- Name
- Date of Birth
- Phone
- Gender
- Address

- Blood Type
- Height
- Weight

(IN CASE) OF EMERGENCY CONTACT:

- Name
- Phone
- Alt.Phone
- Address

- Allergies
- Note



Doctor Information

- Primary Physician
- Dentist
- Specialist



Known Conditions / Allergies and Medications



Medical Visits

Appointments



Year _____

JANUARY

Date	Time	Name	About
•			
•			
•			
•			
•			

FEBRUARY

Date	Time	Name	About
•			
•			
•			
•			
•			

MARCH

Date	Time	Name	About
•			
•			
•			
•			
•			

APRIL

Date	Time	Name	About
•			
•			
•			
•			
•			

MAY

Date	Time	Name	About
•			
•			
•			
•			
•			

JUNE

Date	Time	Name	About
•			
•			
•			
•			
•			

JULY

Date	Time	Name	About
•			
•			
•			
•			
•			

AUGUST

Date	Time	Name	About
•			
•			
•			
•			
•			

SEPTEMBER

Date	Time	Name	About
•			
•			
•			
•			
•			

OCTOBER

Date	Time	Name	About
•			
•			
•			
•			
•			

NOVEMBER

Date	Time	Name	About
•			
•			
•			
•			
•			

DECEMBER

Date	Time	Name	About
•			
•			
•			
•			
•			

Sleep Tracker



Year _____

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												

Sleep Hygiene

Source : Sleep Disorder Australia – www.sleepoz.org.au

What is Sleep Hygiene and why does it matter?

Sleep hygiene (also known as 'Healthy Sleep Practices') describes a range of behaviours, lifestyle and environmental factors that can improve sleep. Sleep hygiene is useful in improving sleep quantity and quality for healthy individuals across all ages and can be used as part of a management plan for some sleep disorders.

There are nine key components of sleep hygiene. Some of these may be familiar to you or may even seem like common sense. Even if sleep hygiene practices sound straightforward, implementing these as part of your daily sleep routine can make a big difference to your sleep.

1. REGULAR SLEEP SCHEDULE

A regular sleep schedule means going to bed and waking up at roughly the same time each day, while aiming for 7–9 hours sleep (for adults).

Your body clock controls your internal 24-hour cycles, known as your Circadian Rhythm. Your body clock is responsible for telling you when it's time to be awake and alert, and when it's time to relax and sleep. This system thrives on routine, because it allows the body clock to continue running on a 24-hour cycle while controlling a lot of complex processes behind the scenes in the meantime. If you are constantly changing your bedtime, your circadian system may struggle to adjust. Keeping to a regular sleep schedule helps your body to maintain a regular 24-hour sleep/wake cycle, which in turn, will help you get longer, better quality sleep.

What can I do to maintain a regular sleep schedule?

- Go to bed and get up at roughly the same time each day. For example, go to bed at 9pm and wake up at 6am for as many days as possible, which allows enough time to get your 7–9 hours sleep.
- Sometimes life will get in the way of your routine, which is ok! Try to stick to your schedule as much as possible.
- Some people, like shift workers or parents of new-born babies, may not be able to maintain a regular sleep schedule. Instead, try to incorporate as many of the other sleep hygiene practices into your routine.



2. DAYTIME NAPPING

All of us have enjoyed an afternoon nap, particularly if we haven't been sleeping well. Here are some tips and tricks to ensure that napping during the day doesn't end up impacting your night-time sleep.

While it's important to get enough sleep, having a nap at the wrong time of day may end up disrupting your sleep that night. This may leave you wide awake, or tossing and turning throughout the night, making you more tired the following day.

Perfect, Very hard to live without it.

“ We are very pleased with our bed. We now wonder how we managed without it. I would strongly recommend this product to all my friends. ”

Carol G-WA

What can I do to maintain a regular sleep schedule?

If you need to have a daytime nap, stick to the following:

- Aim to have your nap between late morning and early afternoon, ideally no later than 3pm. The later it is in the day, the more likely your nap will impact your night-time sleep.
- Make the most of your nap by keeping your sleep environment quiet, dark, cool, and as relaxing as possible.

3. DIET

We all know that eating a healthy diet is important for maintaining our health, but we rarely think about our diet in terms of our sleep, even though they can impact each other.

Research has shown that people who don't get enough good quality sleep are more likely to consume foods that are high in fat and sugar, be overweight or obese, and develop conditions like diabetes. This may be because when we're tired, we reach for comforting, high-energy foods to boost our mood and energy levels. It's not only about what you eat, but when you eat as well. Eating too close to bedtime can increase the chance of indigestion during the night, while eating a large meal during the night can further impact your sleep quality.

What can I do about my diet?

- Aim to eat a balanced diet and avoid foods with high amounts of sugar, caffeine, or fat directly before bedtime while giving your body enough time to digest food (ideally 2-3 hours) before lying down.



4. EXERCISE

Similar to eating a balanced diet, being physically active can improve many aspects of health and wellbeing, including sleep.

Physical activity is good for our health but finding the time to exercise can be difficult. Exercise can decrease your risk of heart disease, strengthen bones and muscles, and improve your mental health and mood. In terms of our sleep, exercise can influence both sleep quality and quantity.

What can I do about exercising?

- Be mindful of how much you're moving and aim to get 20-30 minutes of moderate-to-vigorous physical activity each day (for adults). Aim for a combination of both aerobic (e.g. walking, running, swimming) and resistance (e.g. weight lifting, pilates) forms of activity.
- Small changes to general activities can increase your daily activity, such as parking your car further away and walking the extra distance, taking a few flights of stairs instead of the lift, or scheduling work breaks to stand up from your desk and move around.
- You don't have to avoid exercise later in the day, as recent research has shown that it does not impact your ability to fall asleep or your sleep quality in the ways we once thought it did.

This bed has helped us relax and sleep so much better.

“ We are very satisfied with our product, it has improved our sleep pattern for the better. We are both so glad that we made this purchase. ”

Phillip and Irene F - VIC

5. CAFFEINE

Caffeine is a natural stimulant found in a wide range of foods and beverages, including coffee, tea, chocolate, soft drinks, and energy drinks. Caffeine is the most consumed stimulant substance in the world, and because of its energising effects it can significantly impact on your sleep.

Caffeine is absorbed into your bloodstream within 30–60 minutes of consumption, leading to the release of a range of chemicals that improve your mood, energy levels, and general feelings of wellbeing. Importantly, the stimulating effects can last for several hours, which means that caffeine can impact your sleep for a while after you ingest it. Caffeine may increase the time it takes to fall asleep, decrease your length of sleep, and cause you to wake more frequently during the night. So, if you're going to consume caffeine, it's important to do it in a way that won't disturb your sleep.

What can I do about my caffeine intake?

- Healthy adults should have no more than 400mg of caffeine each day, which is about the same as two cups of coffee, three to four cups of tea, or one 500ml energy drink.
- Limit your caffeine consumption later in the day, ideally avoiding all caffeine in the 4–6 hours before bed. If you enjoy a tea, coffee, or soft drink in the afternoon or evening, switch to a decaffeinated and low-sugar version.

6. NICOTINE

Similar to caffeine, nicotine is also a stimulant. Found in tobacco, nicotine is consumed through smoking cigarettes or pipes, chewing tobacco, and certain e-cigarettes, and can have a significant impact on your sleep.

A comfortable night's sleep without pain.

“ The store was easy to navigate and information was provided for any questions I had. The product is of good quality and offers great choice of options I have already used the massage part to ease tense muscles. Being able to raise and lower the head and foot of the bed allows for a comfortable sleeping position. ”

Meredith D – SA

Nicotine has a stimulating effect on your body and can reach your brain in less than 10 seconds after being consumed. Nicotine activates certain nerve pathways leading to increases in heart rate and blood pressure, spikes in blood sugar levels, and the release of dopamine (a 'feel-good' hormone). People who regularly consume nicotine may have disturbed sleep because they experience withdrawals during the night which can impact brain activity.

What can I do about my nicotine consumption?

- Try to avoid nicotine-containing products all together, as it increases your risk of developing a wide range of health problems.
- If you do consume nicotine, limit it in the 6 hours before bed. This will give your body the chance to process the nicotine and reduce the negative effects it may have on your sleep.



7. ALCOHOL

Alcohol is a naturally occurring substance released during the fermentation of certain fruits, vegetables and grains. Consumed either for its relaxing effects or taste, most adults will drink alcohol at some point during their lives. Small amounts of alcohol can be consumed safely, however, alcohol can have significant effects on sleep.

When consumed, alcohol travels throughout the body, slowing down the central nervous system, causing the well-known relaxation effects. Indeed, some people consume alcohol to help them relax, and some research does show that people fall asleep quicker following alcohol consumption. However, sleep may be very disturbed for the rest of the night, leading to poorer quality sleep and more sleepiness the next day. This is just one of the reasons you may experience a hangover.

What can I do about my alcohol consumption?

- Consider the amount of alcohol you're consuming, keeping in mind it is recommended that healthy adults should consume no more than four standard drinks on any one day, and no more than ten standard drinks per week.
- Consider the timing of your alcohol consumption, as it takes several hours for your body to process each drink, so try to limit your alcohol consumption in the four hours before bed.



8. BEDTIME ACTIVITIES

How you spend your time before bed can impact the quality of your sleep. It's important to be mindful of your activities in the 1-2 hours before sleep.

Everything we do sends messages to our brain about our level of activity and how we need to respond to the environment around us. This is the case right up until you fall asleep at night. It's important that you're sending the right signals to your brain to prepare yourself for sleep. If you're doing something that requires you to be alert or concentrate at bedtime, you may find it more difficult to fall asleep. It is also important to think about the use of electronic devices at bedtime. The screens of televisions, computers, tablets, and mobile phones emit 'blue light' which imitates sunlight and can trick our brain into thinking it's daytime.

What can I do about my bedtime activities?

- In the 1-2 hours before bed, avoid engaging in anything that requires too much alertness and concentration, like working or studying.
- Limit your exposure to 'blue light' from your television, phone, and computer screens in the 1-2 hours before bed. If you can't avoid exposure, perhaps due to work requirements, consider investing in some 'blue light'-blocking glasses, or change the settings on your screens to warmer tones.
- Remember that the only activities that should take place in bed are sleep, sex, or relaxation such as meditation or reading.

9. BEDROOM ENVIRONMENT

Your bedroom environment can have a big impact on your sleep, but certain factors can be controlled to make sure you have the best sleep possible.

Sleep is controlled by a range of complex processes which function best under certain conditions. The human body is designed to sleep during night-time hours, when it is dark, cool, and quiet. Due to our modern lifestyles, these conditions may not always be met, which can interrupt your sleep, causing more awakenings, and leaving you feeling less rested the next day.

What can I do about my bedroom environment?

- Make sure your bedroom is as dark as possible. Window furnishings (e.g. block-out blinds/curtains), and covering any sources of light can help. Eye masks are another option if making changes to your bedroom isn't possible.
- Block out as much noise as possible. Try closing all doors and windows in your bedroom or using comfortable ear plugs.
- Make sure your bedroom is cool and well-ventilated. Ideally, your bedroom should be around 18°C, with air conditioning and/or fans being helpful. If you can't control the temperature try to avoid wearing heavy layers to bed and invest in high-quality bed linen which can improve temperature regulation and air flow.

Cloud Luxury Bed

“ Love the ease of the remote and understanding of the movements for more comfort based on my needs. I can easily adjust to my pain levels of my day. ”

Kashia S. - ACT



15

Foods That Can Help You Sleep

Most people eat well to stay healthy, but how many choose foods to improve their sleep? For people with insomnia, sleep disorders, or general restlessness, sleep-promoting foods can be invaluable. Here are our top picks for foods that help you sleep.

- **Honey:** Honey contains glucose, which lowers levels of orexin, a neurotransmitter that raises your level of alertness. Tryptophan is an essential sleep-inducing amino acid present in some foods. The natural sugars in honey also encourage sleep by carrying tryptophan through the blood stream and into the brain.
- **Tea:** Chamomile tea is a go-to sleep remedy for a reason. Chamomile has a calming effect on the brain and body, and a warm cup of non-caffeinated tea before bed might help you drift into sleep.
- **Milk:** Dairy is a natural source of the amino acid tryptophan, which helps you sleep by boosting melatonin, the hormone that promotes a regular sleep cycle.
- **Bananas:** Bananas are high in potassium, which aids deep sleep. They also contain both tryptophan and magnesium.

- **Nuts:** Nuts are a great bedtime snack – they boost serotonin levels in the brain and are an excellent source of magnesium and tryptophan. Walnuts, flax seeds, pumpkin seeds, and sunflower seeds contain the highest levels of tryptophan.
- **Beans:** Beans contain B vitamins, which can help treat insomnia and alleviate anxiety. Try beans with your dinner or as a bedtime snack; they're loaded with brain-boosters like B6, niacin, and folate.
- **Whole Grains:** Whole grains aid insulin production, which helps neurons process tryptophan.
- **Cherry Juice:** Cherries are high in melatonin, increasing sleep quality and duration in both women and men.
- **Yoghurt:** Yoghurt contains calcium, a mineral needed for processing tryptophan and melatonin.
- **Poultry:** Poultry like turkey and chicken are high in tryptophan. If you're feeling hungry before bedtime, have a piece of lean chicken breast, or chow down a slice of turkey on whole-grain bread.



- **Eggs:** Eggs are also a good source of tryptophan. Eat a hard-boiled egg alongside a cup of tea with honey to get your sweet dreams started.
- **Chickpeas:** Chickpeas are rich in vitamin B6, which helps your body produce serotonin, a hormone that helps regulate the sleep/wake cycle.
- **Leafy Greens:** Leafy greens are great for promoting sleep, because they're naturally high in calcium.
- **Grapes:** Grapes contain melatonin, the chemical promoting restful sleep. And by 'grapes', we do mean the fruit form – contrary to popular belief, wine doesn't help you sleep!
- **Oats:** A bowl of oats or an oatmeal cookie is a perfect evening snack. As well as helping you feel full, oats are another natural source of melatonin.





Sleep Deprivation and Your Body

■ Increases Appetite

When you're tired you're naturally low on energy, and this means that you'll have stronger cravings. High calorie foods, drinks and snacks become particularly tempting and meal times are likely to be ignored as your body demands an instant hit of energy. The energy provided by these types of foods creates a sudden spike, during which you briefly feel satiated, but that's followed by a rather severe drop which prompts yet more cravings. At the end of a day spent experiencing such a rollercoaster of highs and lows it's difficult to sleep and the cycle of 'emergency' eating will start again, risking an unhealthy diet and obesity.

■ Impairs Memory & Learning

Certain phases of sleep are now known to involve memory consolidation, strengthening your ability to learn. By interrupting or missing out on these phases through sleep deprivation, it limits how effectively you remember new information. This can be troublesome not just when you're actively trying to learn something, but also in your day to day life.

■ Lowers Libido

Sleep deprivation is associated with decreased sex drive, thanks to a combination of low energy and hormonal effects of missing out on sleep. Numerous studies have pointed to lower testosterone levels in sleep deprived men, which reduces libido. Increased stress and anxiety levels caused by lack of sleep can also impact upon sex drive in both men and women.

■ Decreases Activity

Exercise is closely linked to diet and energy levels, and it's no surprise to discover that when you're sleep deprived you're likely to be less active during the day. A less active lifestyle is another fast track to health problems.

■ Slow Reactions

Poor levels of energy reduce the speed in which your brain can process visual information, leading to slower reaction times. The results of this can be poor productivity, drowsy driving and a general feeling of sluggishness. Some studies have likened driving performance when sleep deprived to that of being under the influence of excess alcohol. It is estimated that around 20% of traffic accidents are directly related to drowsy driving, underlining the seriousness of the issue.

■ Ages Skin

Chronic sleep deprivation increases the body's production of cortisol, the stress hormone, which in turn breaks down collagen, a vital component in keeping skin supple and healthy. A 2013 study found that lack of sleep contributes to the fine lines, uneven pigmentation and reduced skin elasticity, as well as lowering the skin's ability to withstand exposure to sunlight and environmental toxins. As well as these longer term impacts of sleep deprivation on the skin, an almost immediate result is 'bags' under the eyes—making a bad night's sleep instantly visible in the morning.

■ Shortens Attention

Just as your body needs energy to perform, so does your mind. Going into the day with low energy means that you're less able to focus your attention, making it harder to carry out mental tasks that you would ordinarily find simple. A scenario in which active attention is demanded (such as a work environment) becomes difficult, problematic and, rather cruelly, even more tiring.

■ Worsens Mood

Perhaps unsurprisingly, considering the many negative impacts that it creates, chronic sleep deprivation is closely linked to irritability, bad temper and a generally low mood. With low energy levels, a shortened concentration span, dulled decision making and high stress levels, it's not hard to see how your mood can suffer when you're sleep deprived.

■ Puts Pressure on Heart

Lack of sleep can increase blood pressure and raise stress, both of which are bad news for the health of your heart. A 10-year Harvard University study that involved over 70,000 women found that those who slept less than 5 hours a night were 40% more likely to develop coronary heart disease compared to those who slept an average of 8 hours a night.

■ Weakens Immune System

Yes, lack of sleep can affect your immune system. Studies show that people who don't get quality sleep or enough sleep are more likely to get sick after being exposed to a virus, such as a common cold virus. Lack of sleep can also affect how fast you recover if you do get sick.

RISKS RELATED TO SLEEP DEPRIVATION

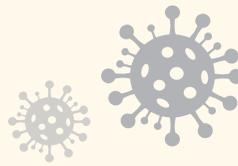
4 out of 10

Australians don't get enough quality sleep

Nearly

3x

Risk for Type 2 Diabetes



4x

Sleeping less than 6 hours increases likeliness of catching a cold by four times



INCREASED RISK OF HIGH BLOOD PRESSURE

GREATER RISK FOR



- Depression
- Irritability
- Anxiety
- Forgetfulness

BENEFITS OF WHOLE-BODY VIBRATION THERAPY

Bone Density



Whole-body vibration has been shown to improve bone mass in the lumbar spine

Circulation



Improve circulation, which plays a vital role in tissue healing



Increase relaxation in muscles; may relieve chronic back pain through a genuine analgesic effect

WHY AN ADJUSTABLE BED?



Reduces heartburn and acid reflux, by raising upper body



Assists in reducing snoring and reducing positional sleep apnea

PREVENTION + INDEPENDENCE

Alzheimer's & Sleep



During deep sleep, the brain appears to wash away waste products that increase the risk

Optimal Sleeping Position



For people with asthma and heart conditions



Reduce leg swelling and the risk of blood clots by raising legs

Alzheimer's & Sleep



Assist in maintaining independence by support getting into and out of bed with ease.

Interested in learning more about the benefits of whole-body vibration, adjustable beds and Celliant®?

Read the details of references, studies and clinical papers here: sleephive.com.au/sleep-resources

References:
Asleep on the job, Sleep Health Foundation (2017), <<https://www.sleephealthfoundation.org.au/>>
The effects of sleep deprivation, John Hopkins Medicine, (2020), <<https://www.hopkinsmedicine.org/>>
See full list of references, studies and clinical papers at [SleepHive.com.au/sleep-resources](https://sleephive.com.au/sleep-resources)



Celliant Infrared Technology Improves Sleep Quality

Celliant is a responsive textile that captures and converts body heat into infrared energy, providing a number of benefits, including promoting more quality sleep and helping healthy individuals recover faster.



Increased Local Circulation



Improved Cellular Oxygenation



Temperature Regulation



Faster Cell Recovery



Quick Drying



Odour Inhibiting

Fall Asleep Faster



Average of

2.6%

Improved sleep efficiency

2010 Pilot Study: Double Blind, Placebo Controlled, Crossover Trial on the Effect of Optically Modified Polyethylene Terephthalate Fiber Mattress Covers on Sleep Disturbances in Patients with Chronic Back Pain, Dr. Marcel Hungs and Dr. Annabel Wang, University of CA Irvine

Get More Quality Sleep



Average of

18.3%

more minutes of sleep per night

2010 Pilot Study: Double Blind, Placebo Controlled, Crossover Trial on the Effect of Optically Modified Polyethylene Terephthalate Fiber Mattress Covers on Sleep Disturbances in Patients with Chronic Back Pain, Dr. Marcel Hungs and Dr. Annabel Wang, University of CA Irvine

Fall Asleep Faster



Average of

8.4%

tissue oxygenation, which gives you more energy

2014 Randomized Controlled Trial Comparing the Effects of Far-Infrared Emitting Ceramic Fabric Shirts and Control Polyester Shirts on Transcutaneous PO2, Dr. Ian Gordon, James Wason, Dr. Lawrence Lavery, Dr. Michael R Hamblin and MS Thein, Long Beach VA Memorial Hospital, Journal of Textile Science and Engineering
The minimum threshold to pass TCPO2 testing is on average increase of 7%.

Scientifically Tested Clinically Proven

Celliant is the most rigorously tested infrared textile in the world. Tested and proven in 11 clinical, preclinical, technical and physical trials and 8 peer-reviewed published studies.



11 Clinical, Preclinical, Technical & Physical Trials



8 Peer-reviewed Published Studies

T

ITANIUM COLLECTION

The Titanium Collection is our premier sleep system.

Complemented by a German-inspired frame, the Titanium Collection mattress has been engineered from the ground up with one goal: to give you perfect sleep for as long as possible.



Technology

A layer of Celliant improves circulation as you sleep.



Perfectly Supported

Our mattress coils are ultra-thin for better support and comfort.



Designed for Comfort

CoolGel Memory Foam supports your body and disperses heat.



Balance in Bed

A zoned support base keeps you stable even when you change positions.

Key features

- Lumbar support
- Anti-Snore position
- Wireless remote with TV position, Zero G position, Memory Setting
- Flat and Massage
- LED under bed lighting
- USB Port
- Anti-Roll technology
- Body vibration therapy
- Fire retardant
- Wallhugger movement
- 320 KG weight limit for the bed
- 150 KG weight limit for the mattress
- 12 year warranty on bed frame
- 5 year warranty on mattress



Designed for Life

Desk work, heavy lifting, and poor posture can compromise how you sleep – and how you live. That’s why we created the Titanium Collection.



Each base features four articulated segments designed to align your spine while you sleep. These segments elevate and lower independently, relying on four German-engineered motors to automatically adjust to your body position.

Science tells us that better spinal alignment leads to more relaxed muscles, enabling better blood flow and encouraging faster muscle recovery.

We also took inspiration from German design – the Titanium Collection base is sleek, simple, and beautifully functional, designed to be a permanent part of your bedroom.

Ideal posture positioning, combined with unmatched longevity. Sleep doesn't get more perfect.





CLOUD LUXURY COLLECTION

SQUEEZE EVERY DROP OF ENJOYMENT OUT OF LIFE BY ENHANCING YOUR SLEEP QUALITY WITH THE THERAPEUTIC BENEFITS OF TWO CLASS 1 MEDICAL DEVICES: SLEEPHIVE SLEEP SOLUTIONS SIGNATURE CLOUD LUXURY COLLECTION.

Do you wake in the morning with a stiff back, aching hips, or a dry throat from snoring? Is finding a comfortable position in bed difficult, due to existing injuries or health issues? Is prevention and staying healthy and independent longer, important to you?

SleepHive's signature **Cloud Luxury** range is designed to support you, your health and improve your sleep efficacy. A high quality, modern base design allows you to adjust your sleeping position easily, with the added benefit of optional whole body vibration. Rest easy on your Tri - Cloud Cool



Gel memory foam mattress, inclusive of Celliant® technology to assist with increased local circulation. Manage all these features easily through the press of a button on your wireless remote control.



■ BASE DESIGN

- Modern, generously padded base and frame design
- Wireless remote with LCD screen
- LED Under bed lighting
- Whole Body Vibration therapy
- Whisper quiet dual lift system
- High quality all steel frame
- Low voltage power consumption
- 300KG weight limit for the bed
- Wall hugging smooth glide movement
- Battery backup capability
- Independent split systems available
- USB ports for phone or tablet charging
- Adjustable legs with castor option available
- 10 year warranty on bed frame

■ MATTRESS DESIGN

- Wall Hugging Smooth Glide movement
- Tri-Cloud Mattress Technology
- Cool Gel Memory Foam
- Celliant® technology exclusive to SleepHive
- 150KG weight limit for the mattress
- 5 year warranty on all mattresses

EURO LUXURY HILO SLEEP SYSTEM



MAINTAIN A GREATER LEVEL OF INDEPENDENCE WITHIN YOUR OWN HOME, WITH YOUR EURO LUXURY HILO SLEEP SYSTEM.

Make getting into and out of bed safer and easier for you and any care staff with the horizontal lift function of SleepHive's **Euro Luxury HiLo** sleep system. A simple remote control allows you to raise your bed to up to 920mm or lower to 550mm (depending on mattress choice) giving you more choice and flexibility. Raise the upper and lower body independently of

each other, or with dual lift capability, to set your most comfortable position for rest and sleep.

Ideally suited for people with, or caring for, mobility issues, SleepHive's **Euro HiLo Luxury** system offers practicality with quality and style.

■ BASE DESIGN

- Whole Body Vibration therapy
- Whisper quiet dual lift system
- High quality all steel frame
- Low voltage power consumption
- 180KG weight limit for the bed
- Wall hugging smooth glide movement
- Battery backup capability
- Independent split systems available
- Advanced base and frame design

■ MATTRESS DESIGN

- Tri Layer 10 inch luxury memory foam mattress
- Temperature regulating cool gel infused layer (CoolBalance)
- Anti-roll technology
- Dust mite resistant and hypo allergenic
- 150KG weight limit for the mattress
- Celliant® technology exclusive to SleepHive
- 5 year warranty on all mattresses

C AELUM COLLECTION

Sleep System



We wanted to deliver a sleep experience that felt divine, so we used four key features to make it happen.

Each Caelum Collection mattress holds a **6.5** rating on the firmness scale, which equates to 'medium-firm'. Medium-firm mattresses are typically best for back sleepers and heavier side sleepers, because they support body weight and prevent sinkage.

To accommodate lighter side sleepers and couples, we crafted the Caelum Collection with dual layers of memory foam – the Tri-Cloud Foam Comfort Layer core and Cool Gel exterior work together to conform to individual body shapes and minimise motion transfer.

Finally, we complemented each mattress with a cerulean blue machine-washable cover. The colour blue has been found to alleviate anxiety and slow fast breathing; study from Color Research and Application found that blue increases calmness and slows heart rate.



Whole-body Vibration Therapy

Whole-body vibration therapy can help relieve pain, improve circulation, and alleviate stress.



Seamless Support

Our mattresses are made with a Tri-Cloud Foam Comfort Layer to support every part of your body.



Designed for Australia

Cool Gel memory foam minimises motion transfer and disperses heat.



The Sleep You Deserve

A mite-resistant and hypoallergenic inner cover help you get your best sleep, every night.

Base Design Features

- Whole body Vibration Therapy
- Whisper quiet dual lift system
- High quality all steel frame
- Under bed LED lighting
- Low voltage power consumption
- 300KG weight limit for the bed
- 150KG weight limit for the mattress
- Independent split systems available
- LCD screen remote control
- USB ports for phone or tablet charging
- 10 year warranty on bed frame
- 5 year warranty on mattress

Powered by science for better health.

Our bodies aren't perfect. We're human, not divine. Most people live with pain – old injuries, diseases, and chronic conditions.

That pain can make getting a good sleep hard, which is why we created the Caelum Collection. We wanted sleep to feel like gazing at the stars: peaceful, serene and effortless. And we wanted waking up to feel just as amazing. Each Caelum Collection sleep system features a whole-body vibration therapy function, which can be turned on and off with your



system's remote control. Whole-body vibration therapy (WBVT) is a type of holistic physical therapy used in both sports and medicine to improve health and aid muscle recovery.



A body of scientific literature has found that WBVT may:

- Reduce back pain
- Improve muscular strength and performance
- Enhance balance
- Improve bone strength and density
- Increase circulation
- Alleviate stress
- Boost fat loss

One study even found that WBVT may help you get to sleep faster and improve the quality of your sleep.

[Reference: Utami, I. (2018) Building design and performance test of vibration beds with Whole Body Vibration. Journal of Global Pharma Technology. 10(5), 35-40.]

Your sleep should be more than just sleep. It's time to take your nights to new heights.

H

HAVEN THERAPEUTIC RECLINER LIFT CHAIRS

SINK BACK INTO THE COMFORT OF A SUMPTUOUS RECLINER CHAIR, WITH THE SUPPORT YOU NEED TO FULLY RECLINE OR TO LIFT, AND EASE YOU TO A STANDING POSITION.

SleepHive's **Haven Therapeutic Recliner Lift Chairs** give you the support needed to completely relax, with dual functions to allow you to recline, or tilt functions to ease you out of the chair. With in-built whole-body vibration technology and a back-up battery pack, these chairs are the ultimate in luxury and comfort.



Designed with supportive lift features, SleepHive's **Haven Therapeutic Recliner Lift Chairs** take stress and pressure off your knees, hips, back, shoulders and arms when getting into and out of your chair.

With the press of a button on your easy-to-use remote control, find your perfect position every time you sit or rest.



■ CHAIR FEATURES

- Celliant® , technology exclusive to SleepHive
- Fully electric Lift and Recline
- Ergonomically designed remote control
- 3 Zone Whole Body Vibration Therapy
- Advanced and automatic massage shut off timer
- Weight rates to 150 kg per person
- Advanced dual motor technology
- Independent back and foot elevations 10 vibration massage functions & intensities
- Smooth glide whisper quiet recline and lift
- 2 years warranty on the Haven Recliner Chair
- High quality steel frame
- A choice of quality fabrics and colours

COLOUR CHART - MICROFIBRE



BLUE



BURGUNDY



CHOCOLATE



OLIVE

COLOUR CHART - GENUINE LEATHER



BLACK



BURGUNDY



CHOCOLATE



LATTE

The SleepHive Difference

We believe in design, engineering and innovation with one goal: to improve your life through improved sleep. We are driven to create the best products available to make our goal a reality. Rest assured that our products are backed by science. SleepHive beds are Class 1 medical devices and are included on the Australian Register of Therapeutic Goods. The Celliant® mattress cover is also included on the ARTG under Perform-Tex.

Product Feature Comparison

	Standard Bed	Adjustable Bed	SleepHive Therapeutic Sleep System
Whole body vibration	✗	✓	✓
Head and foot elevation	✗	✓	✓
Celliant infrared technology	✗	✗	✓
Fire retardant	✗	?	✓
Wall Hugger	✗	?	✓
Two Class 1 Medical Devices	✗	✗	✓
NDIS	✗	?	✓
Dual system	?	?	✓
20 years of experience in innovation and product development	✗	?	✓
USB Ports	✗	✓	✓
Removable and Washable Mattress Cover	✗	✓	✓
2019 Australia's #1 Most Outstanding Therapeutic Sleep Provider	✗	✗	✓
National Distribution	?	?	✓
Under Bed Lighting	✗	✓	✓
Anti-roll in Mattress	?	?	✓
Delivery within 14 days	?	?	✓
10-year Warranty on Frame	?	?	✓
5-year Warranty on Mattress	?	?	✓
2-year Warranty on Motors	?	?	✓
1-year Warranty on Remote	?	?	✓
Adjustable Legs	?	?	✓
Police clearance – Sales Force and Delivery Drivers	?	?	✓
Dedicated Customer Service Manager	?	?	✓
Celliant technology tested and proven in 11 clinical, preclinical, technical and physical trials and 8 peer-reviewed published studies	?	?	✓
Included on the Australian Register Of Therapeutic Goods (ARTG)	?	?	✓

*Celliant® Fibre is manufactured by Hologenix, LLC, 17383 Sunset Blvd Suite A420 Pacific Palisades, CA 90272, USA.

Celliant® is a registered trademark of Hologenix, LLC.

*In Australia, SleepHive is sponsored by Clews Holdings Pty Ltd, PO Box 1150, Ashmore City, Queensland 4214, Australia.

*In Australia, Celliant® is sponsored by Perform-Tex Australasia, PO Box 1083, Hartwell, Victoria 3124, Australia. In New Zealand, Celliant® is sponsored by Perform-Tex Australasia, 75 Boston Road Mt Eden, Auckland 1023 PO Box 96016 Auckland 1342.

See Why Our Clients Love SleepHive



// Comfortable and love using the massage

We find the bed very comfortable, it has improved our sleep pattern (as I have insomnia). I have found that it has eased my severe back pain. My wife has knee problems which makes it difficult for her to have a good night's sleep. Before the bed was installed, she had to use pain medication to sleep through the night. With the bed, she was amazed by how comfortable her knees were, especially using the elevation on her legs, and hasn't had to use pain medication in quite some time. //

- Maul

// Very Very Satisfied Customer

We are truly happy with our new bed. I can honestly say it's the most comfortable bed we've had in our 50 years of marriage!

It's been an absolute pleasure dealing with SleepHive. Everyone was very friendly and professional and both Mik and I can highly recommend their product and their magnificent service. //

- Sue

// Relief of my aches

As a sufferer of Osteoarthritis I find the vibration settings invaluable for relief of my aches in my back and neck. //

- Kevin

Clients Are Really Everything

// At SleepHive we CARE about our clients and each other, we're family //

Customer Care Sleep Wellbeing Tips

As you begin your SleepHive journey, a personal sleep concierge will be available to guide you through the installation and use of your new sleep system. Good sleep relies on a range of different factors, so your sleep concierge will help advise you on the best ways to maintain your sleep wellbeing. Keep reading to discover our five most effective sleep recommendations.



1. Adjust Bed Position

SleepHive therapeutic sleep systems work so well because they can be adjusted to match your individual body shape, sleeping style, and health requirements.

Adjust your therapeutic sleep system until you feel your muscles completely disengage and relax – this is the optimal position for whole – body vibrational therapy, which can promote a range of health improvements. Whole – body vibrational therapy stimulates blood flow, and is more effective on relaxed muscles than contracted muscles.

2. Get a Good Pillow

Once you've adjusted your sleep system to suit your individual preferences, it's time to find a pillow that's just as effective. Having a pillow of the correct firmness and size to support your head and neck is extremely important for your posture, sleep and spinal health. A pillow of the wrong size or density can push you upright, contracting your muscles and impairing your breathing, or not provide enough support, straining your neck muscles and causing you to toss and turn.

“ Hello...after your instructions, I had a better sleep... My back has improved, and the circulation in my left leg has improved. I also found out the different modes of massage. Thank you. ”

Giovanna S.

3. Ensure a Comfortable Temperature

Maintaining a comfortably cool sleeping environment is essential for a good sleep. If your bedroom is too hot, you may experience disrupted sleep, especially if you like sleeping with a doona or weighted blanket. If you have air conditioning, aim for a temperature of 18 –18.5°C.

4. Minimise Light Exposure

Light helps regulate your circadian rhythm, which is part of the internal clock that tells your body when to sleep and when to wake, and the release of melatonin, a sleep hormone. If you have too much light in your bedroom, you may struggle to enjoy a deep, restful sleep.

5. Relax Before Bed

Whole body vibrational therapy works best on relaxed muscles, so try and calm both your body and your mind before bed. You'll fall asleep faster, and the natural healing promoted by your therapeutic sleep system will be more effective.

How To Take Care of Aging Parents

As your parents get older, you may feel unsure about how to keep them safe and healthy. Understanding their needs, reviewing options, and making decisions can feel overwhelming. Use these six steps to form a practical, realistic plan to help your parents be as healthy and happy as possible.

1. Assess the needs of your parents

Take a step back to understand how much help your parents need with everyday life. Think about key areas like family support, home safety, medical needs, cognitive health, mobility, personal hygiene, meal preparation, and social interaction.

2. Consider your own needs and abilities

Before you make the assumption that you can take care of your parents' needs by yourself, consider: whether your health allows you to physically care for someone; whether you live close enough to visit as needed; whether you want to share residences; whether you have a relationship that allows you to spend time together; and whether you're willing to learn how to provide care.

3. Include them in the decision-making process

Independence is increasingly important as we age, so involve your parents as much as possible



when you're planning for their care. This helps them see you as a partner rather than someone who's swooping in to make changes.

4. Understand the financial situation

Think about the medical care your parents may need, the cost of their potential living situation, and expenses like food, caregiving supplies, and home safety modifications.

5. Take care of home safety basics

Safety hazards in the house add up over time, making it easier for older adults to trip, fall, or hurt themselves. Preventing falls by improving visibility and removing clutter will go a long way to keeping your parents independent for as long as possible.

6. Make sure communication is simple and accessible

Make sure your parents' phones are easy to use and easily accessible. A simple mobile phone with pre-programmed numbers can be useful. Additionally, if your parents are open to the idea, consider wearable medical alert devices.



“ The team at SleepHive are great to deal with. After constant travelling my whole life as a professional surfer, I found it very difficult to get a full night sleep on a bed as I was constantly swapping from hotel to hotel in shocking beds.

After discovering the therapeutic beds via some research I decided to get myself one.

The first night and every night on since owning one, I have been having awesome sleeps and sleeping throughout the night without any discomfort. Couldn't be happier. ”

Kelly N

Please visit
SleepHive Online Sleep Resources
for more information.



www.sleephive.com.au

YOUR SLEEPHIVE SLEEP ADVISOR

SleepHive Sleep Advisor Name :

SleepHive Sleep Advisor Contact Number :

SleepHive Sleep Advisor Email Address :

Website ————— www.sleephive.com.au

If you have any questions or require more information or just want to talk to us, please feel free to contact our Customer Care Manager.

Phone Number : 07 3085 0127
1800 616 061 Option 6
Email Address : sleepwell@sleephive.com.au

For all enquiries about deliveries, please contact our Delivery Team.

Phone Number : 1800 616 061 Option 2
Email Address :

For all enquiries about maintenance, please contact our Service Team.

Phone Number : 1800 616 061 Option 3
Email Address :