

# SAMINA Sleeping Systems – The ideal way to sleep

Recommended by physicians and therapists across Europe for more than 20 years, the SAMINA sleeping system is the ideal way to sleep. More than a bed, the SAMINA sleep system is a specialised solution for people with back pain and other pain that can interfere with sleep.



Much more than the sum of its parts.



### Orthopaedic Pillow

The right pillow is very important for orthopaedic reasons and to maintain the proper bed environment. In collaboration with orthopaedic experts, SAMINA has created a range of pillows to suit everyone. Filled with sheep's wool and natural latex, these pillows provide support to the cervical spine and head and complete the SAMINA system.

### Bioactive Duvet

SAMINA duvets are filled by hand with sheep's wool and covered in luxurious twisted cotton. The sheep's wool is highly effective at drawing moisture away from the body, making these duvets comfortably warm in winter and pleasantly cool in summer. The dry warmth provided by sheep's wool has an antirheumatic effect.

### Climate-regulating Wool Pad

The wool pad forms the top layer of the SAMINA sleeping system. It is filled with 100 % biologically active sheep's wool, providing an ideal dry-warm bed environment. Wool fibre in its natural state stores moisture equal to more than a third of its own weight. The resulting dry warmth lets you sleep comfortably and has an anti-rheumatic effect. SAMINA wool fleece is bonded using a labour-intensive dotted cross-stitch method. This avoids cold bridges and creates the incomparable dry-warm SAMINA bed environment.

### Lokosana® - Through the night with the "barefoot effect"

Human beings are bio-electrical systems living on an electrical planet. The basic idea of the Lokosana® earthing overlay is to improve quality of sleep through earthing and the desired stabilisation of natural magnetic fields. The result is similar to the positive effects of walking barefoot and having direct contact with the earth.

### Natural Rubber Mattress

SAMINA mattresses are lightweight and durable and made from 100% natural rubber. This cushioning layer is thin enough for the slat base to be effective yet thick enough to provide a comfortable sleep. In conjunction with the slat base, the latex mattress guards against pressure sores and circulatory disturbances. Latex has natural antibacterial properties and ensures optimal moisture and temperature conditions and a perfectly hygienic sleep.

### Flexible Slat Frame

The basis of the SAMINA system is the patented freely suspended, flexible slat frame. This frame has been designed to provide optimum support for the spine and relieve pressure on intervertebral discs. The frame's unique construction enables it to interact with the sleeper providing an even distribution of pressure in any sleeping position.

**SAMINA**  
simply healthy sleep