

The 10 Advantages of SAMINA

Sleep is the biggest source of health. Your sleep quality determines your physical and mental health, attitude, performance, energy, productivity, overall well-being, success in life and more. So the decision for the ideal sleeping system is very important. But how can you compare SAMINA with mattresses already on the market? How do you know what's really important? What matters most for your sleep? Your health? This list clarifies how SAMINA is different and why it is a clear choice for people concerned about the quality of their sleep and their lives. More than 100,000 satisfied SAMINA sleepers around the world speaks for themselves.



SUPPORTING
YOUR
HEALTHY SLEEP

Healthy Sleep with SAMINA is the Confident Choice for the Knowledgeable Consumer

1 A truly holistic sleep system

The unique layers of the SAMINA healthy sleep system fulfill the body's requirements for sleep completely and naturally. This includes your orthopedic, temperature-regulating, moisture-regulating, electro-biological, and hygiene needs for natural sleep. While many beds may support only one or two of these areas, the SAMINA healthy sleep concept addresses each of your body's sleep needs. What's more, every product is created by hand with loving care.

2 Unadulterated, natural materials

SAMINA places high value on its social responsibility by using only eco-friendly, sustainable raw materials and voluntarily commits to CO₂-neutral production reducing its own carbon footprint. For SAMINA sleepers, this is one more way SAMINA offers peace of mind for a good night's sleep.



3 Careful craftsmanship by hand

Bio-active, natural raw materials can become contaminated when mass-produced with machinery which is why SAMINA remains committed to hand-crafting every product with care not to spoil the valuable natural substances. Further, every item is created in the fresh, pollution-free air of the Austrian mountains.

4 Active support for your sleep

In contrast to the majority of mattresses, SAMINA offers an active sleeping system that fulfills the requirements essential to the orthopedics of lying down. Active support independent of body weight, body size, and body shape, is provided when

heavier area like the buttocks, hips and shoulders sink in while the lumbar and neck areas remain actively lifted with support. This maintains the natural double-S-shape of the spine for optimal relaxation of back muscles. While most mattresses offer passive support systems, the active support of the SAMINA sleeping system is noticeable the moment you lie down.

5 Best sleeping comfort – layer by layer

The SAMINA sleeping system works harmoniously with your entire body. The double-sided, freely suspended slat frame supports your back and spine, self-adjusting with any movement enhancing your comfort for better sleep quality. The natural rubber mattress is highly elastic and its optimal resilience provides consistent and even support for your soft tissues and muscles preventing pressure points and improving circulation. The wool topper is filled with 100% bio-active sheep's wool exclusively from free-roaming, living sheep that, like your skin, helps with moisture wicking and temperature regulating properties benefitting healthy sleep with an anti-rheumatic effect.





6 The orthopedically proper pillow

The SAMINA sleep healthy concept is even better with an orthopedic pillow. For over 25 years, SAMINA has cooperated closely with orthopedic physicians, chiropractors, and physical therapists to develop and make proper pillows. Due to differences in individual body shapes, sizes, and preferences, SAMINA offers a variety of pillows including different natural fillings to assure optimal care of the sensitive neck area for everyone.

7 Bio-active, supple duvets and covers

SAMINA duvets are organic and filled with bio-active sheep's wool to ensure a dry, warm bed. This is accomplished by harnessing the power of sheep's wool which has a high self-cleaning power and can absorb moisture up to 30% of its own weight quickly releasing it into the air making it a perfect filling for bedding. Best of all, sheep's wool is the best all-round climate fiber making them warm during the winter and pleasantly cool during the summer. SAMINA duvets are cuddly and comfy, too.

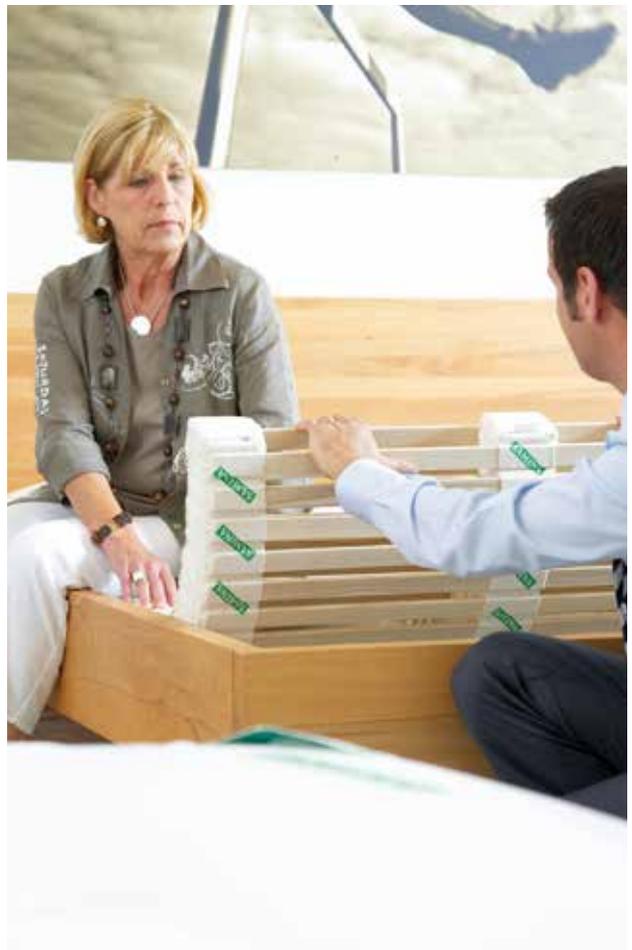


8 Highest sleeping comfort – layer by layer

SAMINA is not a one-size-fits-all solution. Instead each healthy sleep system is designed with the correct components for each individual's body shape and size. The system also may be adjusted to meet the unique requirements of different people. The entire system may be easily installed into most existing bed frames with simple modification requiring no special structure. Additionally, the double-slatted wood frame may be adjusted by removing or replacing slats with wool cushions when areas such as the hips may feel too much pressure. SAMINA has several optional ways to customize the sleep system with a reading upright frame, relaxation frame and wedges to raise the head and feet areas as desired.

9 The "barefoot-effect" through the night

SAMINA developed the Lokosana® grounding pad incorporating a thin layer of bio-active sheep's wool, bio-magnets and a layer of fabric interwoven with pure silver to grounding your body while sleeping. Grounding is, as its name implies, like walking on the ground barefoot giving your body a direct connection with the earth.



Simply Healthy Sleep

Scientists have discovered that when we ground ourselves, free electrons get into our body balancing the positive electrons in our bodies which, in abundance, can cause inflammation and spread. With Lokosana®, we are able to take advantage of stabilizing electro-magnetic fields (EMF's) for a more restful sleep and more vitality when we awaken. The Lokosana® grounding pad can be used with virtually any sleeping system although it is ideally suitable for the SAMINA healthy sleep system which is also 100% free of metal which can irritate the earth's magnetic fields.



10 Competent healthy sleep consultation

Sleep is a complex topic that is characterized by many individual factors. The mystery of sleep is not solved yet. Therefore, SAMINA continues to prioritize comprehensive and personal consultation and in addition to the consideration of all individual needs and facts, SAMINA remains abreast of the latest findings in the world of sleep research and sleep medicine to constantly improve the quality of our consultation and our healthy sleep products.

Countless customer testimonials attest to improved sleep quality with SAMINA healthy sleep systems. Read more at www.samina.us

