

Simply Healthy Sleep



SAMINA



The SAMINA Philosophy

Founded in 1989, the SAMINA head office and production center are located in the naturally beautiful town of Frastanz nestled in the Vorarlberg mountains in Austria. SAMINA is a family business committed to helping people achieve better sleep and have more energy for life.

The vision to help people achieve healthy sleep became a reality through the work of Professor Dr. Gunther W. Amann Jennson; a renowned sleep psychologist and health expert. He became the founder of Bioenergetic Sleep® and inventor of the SAMINA healthy sleep concept. With an ongoing commitment to this vision, SAMINA continues to create products that improve the quality of peoples' lives by making healthy sleep a reality.

Dr. Gunther W. Amann Jennson's contribution to healthy sleep is not limited to his development of SAMINA products. As author of the bestselling books "Healthy Sleep" and "Sleep for Youth, Fitness and Success", he continues to share his knowledge and experience widely.



"Over the last 25 years, we have pursued the SAMINA vision, to create products that improve the quality of peoples' lives. Today this vision is a reality and we continue to support our customers in achieving better sleep and living healthier, fitter and more successful lives."

Dr. med. h.c. Günther W. Amann-Jennson,
SAMINA Founder & CEO

100%
Unadulterated
MATERIALS



SAMINA Healthy Sleep Concept

Relaxation for Body and Mind

Sleep is the greatest source of health, vitality, performance and productivity. Approximately one third of our lives are spent sleeping—it is a time during which vital physical and mental recovery takes place. The SAMINA sleeping system is based on many years of research in the field of sleep medicine. It is a system that addresses all aspects of sleep including the orthopaedic needs of the body, the bed climate and hygiene.

The materials used to create SAMINA products have been carefully selected to support these needs. The freely suspended slat base, natural rubber mattress, virgin sheep wool pad with organic fabrics, duvet and pillows form a system that encourages a deep, restful sleep. SAMINA is the first system to provide Bioenergetic Sleep® - the highest form of physical and mental regeneration through sleep.



"Relax, refresh, renew - every night full of regeneration and deep relaxation allows us to be in top form during the day. SAMINA is all you could dream of for a good night's sleep."

Julia & Timo Pritzel,
SAMINA Customers & Personal Yoga, Health & Life Coaches
Photo: Viktor Strasse



MADE BY HAND
WITH



TRADITIONAL

∞ CRAFTSMANSHIP ∞

Carefully Hand-crafted in Austria

In Harmony with Nature

The SAMINA sleeping system is made exclusively from natural materials such as wood, natural rubber, virgin sheep's wool and organic cotton. Only the best quality raw materials are used and great care is taken to preserve the integrity and conserve the subtle energies of these natural materials. Many hours of preparation and careful construction ensures that every SAMINA product is durable and of the highest quality.

The meticulous choice of raw materials is matched by processing that is part of a tried and tested traditional craft. For the most valuable raw materials and other materials are useless if unhealthy auxiliary materials are used in the production process or if machine-based manufacture destroys the natural vital components. Handicraft and diligent processing at SAMINA conserves the subtle energies of the natural materials used. Every single one of the 90 organic ash wood slats is checked before being crafted by hand. The covers for the sheep's wool pads, covers and pillows are filled very carefully with virgin sheep's wool. Special features such as the cross-stitch fixing of the wool fleece means that our customers will have a product that lasts and we avoid inflexible quilting seams that result in thermal bridges. This ensures an unrivalled, dry and warm bed climate.





SUPPORTING
YOUR
HEALTHY SLEEP

The Orthopedics of Sleep

The Spine – the Key Factor

Unlike most mattresses and beds, the SAMINA system provides active support, fulfilling the orthopaedic needs of the body during sleep. The natural S-shaped curves of the spine are maintained and there is an even distribution of pressure in any sleeping position. The SAMINA system creates a gentle stretch of the spine, alleviating tension and reducing painful pressure on spinal discs and nerves. Only in these circumstances is optimal recovery of the spinal column and supporting musculature possible.

Most beds have a passive role towards the sleeper depending on the material and bed base. Heavy body parts such as the shoulders and buttocks exert more pressure on it and the natural S-shape of the spine is lost through lack of pressure equalization. As a consequence, the spine and muscles have to create the necessary balance by becoming taut. To allow for optimal recovery of the back, the spine and musculature, the bed support needs to reproduce the contours of the body as they are in standing position. The SAMINA sleeping system satisfies this criterion to perfection thanks to its double-sided, freely suspended slat frame. It supports and eases the strain on the body and ensures constant pressure equalization.



"The SAMINA sleeping system supports an orthopaedically correct way of lying and thus fulfils one of the most important factors of healthy sleep."

Dr. med Friedhelm Heber,
Orthopedic Physician

Temperature Balancing
FOR
NATURAL
SLEEP



SAMINA - The Ideal Way to Sleep

More than the Sum of its Individual Parts

The result of a SAMINA sleeping system: the harmonious and natural interplay of the individual elements of the system for more energy during the day. The basis of the SAMINA system is the patented flexible slat frame. This frame is constructed by hand using ash wood slats. Each slat is individually examined and tested before being placed in the slat base. SAMINA mattresses are made from 100% natural rubber. Rubber has natural antibacterial properties and has the ability to regulate moisture and temperature conditions.

The SAMINA sheep's wool pad is the top layer of the the SAMINA sleeping system. It is filled with 100 % organic virgin sheep's wool which has the ability to absorb a high degree of moisture and has its own ideal self-cleaning properties, thereby eliminating moisture, frequently a breeding ground for allergy-inducing house dust mites. Dry warmth has the effect of inducing comforting sleep and is anti-rheumatic.



SAMINA duvets are filled with virgin sheep's wool and covered with luxurious organic fabrics, and the variety of orthopedic pillows are similarly crafted to complete the SAMINA Healthy Sleep Concept.



SAMINA Healthy Sleep System Overview

Orthopaedic Pillow

In collaboration with orthopaedic experts, SAMINA has created a range of pillows to suit everyone.



Bioactive Duvet

SAMINA duvets are filled by hand with virgin sheep's wool and covered with organic fabric. Made using a labour-intensive cross-stitch process, it is cuddly, fluid and simply marvellous.



Climate-regulating Wool Pad

The wool pad is filled with 100 % organic biologically active sheep's wool, providing an ideal dry-warm bed environment.



Lokosana® Grounding Pad

The result of grounding is similar to the positive effects of walking barefoot and having direct contact with the earth.



Natural Rubber Mattress

The natural rubber mattress transfers the action and properties of the slat frame. It is characterized by high point elasticity and an exceptionally good resilience.



Flexible Slat Frame

The freely suspended, double-sided support for the lumbar spine and at the same time eases the strain on the spinal discs and the musculature.



THE
SAMINA

HEALTHY SLEEP
CONCEPT

A Sound Sleep Starts Here

Comprehensive Advice to Improve the Quality of Your Life

Sleep is the greatest source of health and vitality and is the single most important factor influencing longevity. The science of sleep is still a relatively new topic of research, however recognition for the importance of sleep continues to grow. And while there is still a great deal about sleep that is unknown, most of us are well aware of the impact of a bad night's sleep.

By improving the way we sleep, we enable rejuvenation of our bodies and minds and thereby set ourselves up with the energy needed for our day. Waking from a good night's sleep can leave you feeling refreshed and alert, vibrant and full of energy. SAMINA consultants can advise you on everything you need for a sound sleep. They are supported and trained by a company with over 25 years of sleep science experience and knowledge.

Talk to your SAMINA consultant today - a sound sleep starts here.



WITH • THE
POWER
OF
NATURE

Your personal specialist shop for healthy sleep:

Austria

Germany

Switzerland

Liechtenstein

Netherlands

Italy

France

Spain

Slovakia

Czech Republic

Russia

Turkey

Canada

USA

Indonesia

SAMINA locations worldwide

www.samina.com



SAMINA Produktions- und Handels GmbH

Obere Lände 7 | 6820 Frastanz | Österreich

T +43 (0) 5522 53500 | F +43 (0) 5522 53500-20

samina@samina.com | www.samina.com

SAMINA

simply healthy sleep