

Study "CLIMSOM & Quality of Sleep": The first pilot study on the interaction between sleep and bed temperature

Professor Damien Leger, from Sleep and Vigilance Center of the Hotel Dieu in Paris conducted the first pilot study on the relationship between sleep quality and temperature of the immediate environment of sleep: the bed. Temperature is a decisive factor for our biological rhythm because it acts on creating the melatonin, a key chronobiotic hormone in sleep regulation. The CLIMSOM mattress topper, whose temperature is adjustable to the exact degree, helped conduct this study and learn more about what can improve sleep quality.

Study Background

Falling asleep and deep sleep are characterized by a decrease of body temperature. The principle of the study was to analyze sleep and daytime vigilance of 15 people using CLIMSOM mattress topper "blindly" for 5 days on the refreshing mode and a placebo, the following 5 days. The product testers were not suffering from any specific sleep disorders and were followed day and night by an actigraphy: a wrist sensor that measures the day and night activity by the number and intensity of physical movements made. The time the testers went to bed, fell asleep and awoke at night and their daytime activity were recorded. Medical questionnaires used by sleep experts to measure the subjective sleep appreciation of patients also allowed us to collect testimonies from the study participants.

Results

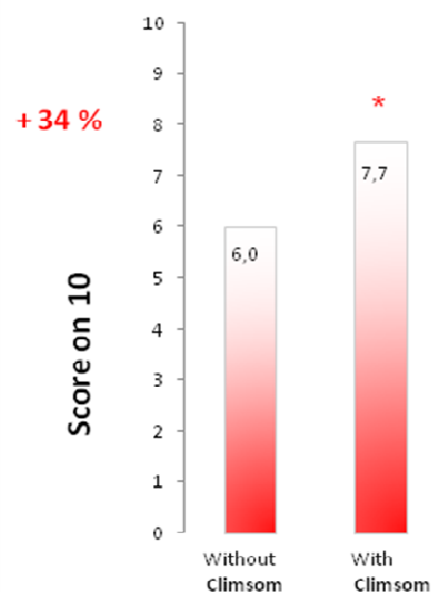
Improvement of the quality of night: + 34%

Whether it is the delay in falling asleep, nocturnal awakenings or quality of awakening, quality of the nights on the refreshing CLIMSOM mattress topper increased by 34% compared to nights without CLIMSOM. Also, "the dynamism in the morning" has been improved by 48% according to the questionnaire of "Vis Morgen".

Improvement of the quality of day: + 19%

French Sleep Day 2011 has particularly insisted on problems of daytime sleepiness experienced by one person out of 5 at least 3 times per day. Revealed by the "Epworth score", states of sleepiness decreased significantly (-33%) among study subjects who used the thermoregulation bed device. This improvement in daytime vigilance has a direct impact on improving overall quality of the day of 19% for these same subjects.

Night quality



Quieter/ Calmer nights: - 24.5% of nocturnal movement

The L5 is an indicator that reveals the calmest time of the night and corresponds to the most relaxing 5 hours. With the actigraphy, there was a decrease in nocturnal movements during L5 of 24.5% for the nights with CLIMSOM mattress topper.

Increase of sleep time: + 23 minutes

The total sleep time is longer of 23 minutes in those who slept on the mattress CLIMSOM.

"We know that for a good sleep we must lose a degree of body temperature and this minimum temperature at night (between 2 and 5 am) corresponds to recovering sleep. Facilitating the reduction of temperature probably can improve sleep and quality sleep in some subjects. This is precisely how CLIMSOM acts. In this preliminary study, we have been marked by the well-being felt by the majority of subjects during the night, with an increase of felt sleep time, but also by the quality of awakening and vigilance. Although this pilot study shall be consolidated by a larger study, the recording of sleep by actigraphy shows an trend towards improvement of sleep time with CLIMSOM"

Professor Damien Léger

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CLIMSOM: the benefits from the freshness...

The CLIMSOM mattress topper, thanks to its network of thin tubes, in which tempered water is running, allows everyone to find the ideal solution for quality sleep.

It offers to the user the choice of freshness at the exact degree.

The benefits of the cold are enjoyed:

- during heat waves,
- in cases of sleep disorders
- those affected by:
 - heavy legs
 - Restless legs
 - Menopause
 - overweight
 - thyroid problems
 - allergies to dust mites
 - pregnancy

CLIMSOM can also be used to heat the bed. The effect of "hot bath" provided by CLIMSOM mattress topper helps relieve:

- back pain
- muscle aches
- muscle spasms

RRP From £299.

Further information on www.climsom.com