



Press Release  
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**Survey "There were two in a bed and the other one said...":  
An independent study with 1000 respondents, probing the difficulties  
couples face when sharing a bed**

Have you ever awoken in the night, clinging for your life to the edge of the bed whilst your partner looks like they're trying to make a snow angel in the bed sheets? Well you're not the only one fighting for territory on those long hot summer nights.

In a recent survey conducted by OnePoll, on behalf of [Climsom](http://www.climsom.com), it was revealed that a whopping 83% of people in relationships argue over sleeping habits. And given the likelihood that a couple spends more time in bed together than anywhere else, it's clearly an area in need of attention. In fact when given the options the majority noted their partners sleeping habits as the main contributor to a bad night's sleep. A following 1/3 acknowledged that temperature, and subsequent health problems, have a major effect on the quality of their sleep.

When we sleep our body temperature drops and if the environment doesn't correspond to this, the body struggles to achieve its desired temperature for a comfortable sleep. For more details about the connection between the temperature of a bed and quality of sleep, check:

<http://www.climsom.com/eng/ClimsomBenefit.php>

7 out of 10 people say that either they or their partner suffer from a lack of, or trouble sleeping. As a result more and more British couples are opting for separate rooms, which seems an extreme and somewhat counter productive measure to save a relationship. Especially when 49% of people said their relationship would be significantly improved if they could do something to combat restless nights.

So before you skulk off to the next room for some much needed, albeit slightly lonesome sleep, surely it's worth looking into alternative methods to solve this common problem. Don't let your relationship turn into a nightmare.

For more information on Climsom, the cooling and warming mattress topper, visit: <http://www.climsom.com>

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