



Every body deserves one



# A refreshing approach to sleep

**At Silentnight we understand that your bed doesn't just shape how you sleep, it affects how you feel when you're awake too. A good night's sleep isn't just about getting to sleep or staying asleep. It's the quality of what happens to your body while you're asleep that makes all the difference to how you feel the next day.**

So this is what we've been working on – how to give you the best night's sleep you can possibly have. We've been busy in our sleep laboratory, talking to people, listening to people and watching how they sleep. And we've discovered that people sleep in lots of different ways.

This got us thinking – if there's no such thing as a standard night's sleep, then there's no such thing as a standard bed. So we've worked with scientists, doctors and universities to develop beds that are as individual as you are. Beds that are scientifically proven to work hard while you're asleep, whatever type of sleeper you are.

## What type of sleeper are you?

- Restless or peaceful?
- Mainly sleep on your side, back or front?
- Often disturb your partner or they disturb you?
- Sleep with a heavy or light partner?
- Wake up with aches you didn't have when you went to sleep?
- Wake up tired?
- Overheat in bed?

# How to choose the **perfect bed**

**Whatever type of sleeper you are, there's a Silentnight bed for you, and there are just three simple steps to choosing it.**

## **Step 1:** choose your Miracoil® support

The foundation of all our beds is our unique spring system.

Discover the magic of Miracoil® and then choose between our two ranges – the popular Miracoil® 3 or our new advanced Miracoil® 7.

## **Step 2:** select your comfort and delight layer

We've developed new materials to suit the needs of different sleeper types. Find out about our range of comfort options and then choose the combination that's right for you.

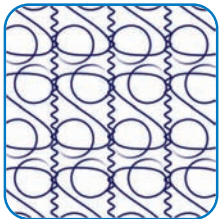
## **Step 3:** consider the perfect microclimate

The top layer of our bed works with your body to create a healthy sleeping environment. Make sure the sleep range you've chosen has the right healthy top layer for you.



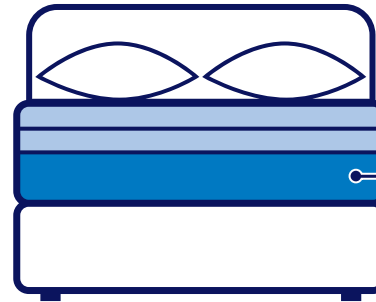
## Step 1: choose your **Miracoil®** support

People come in different shapes and sizes and sleep in different ways, but we have one intelligent spring system that delivers perfect support for everyone. At the heart of all our beds is the Miracoil® spring – totally unique in its design and simply the hardest working spring system there is. Unlike ordinary springs that are basically circular, the Miracoil® has its own special shape, which means it can do very special things...



### The unique Miracoil® gives:

- Zoned support that loves your back
- Pressure relief for a perfect night's sleep
- More personal sleep space
- Individual sleep zones for undisturbed sleep



Miracoil® support layer of mattress



# Step 1: choose your **Miracoil®** support

## Zoned support that loves your back

A busy day can leave you feeling tired, stressed... and shorter! Your spine is squashed by up to 2cm each day and how you sleep at night affects how well it will recover. Our Miracoil® springs support the different areas of the body in different ways. They are strong around your hips, where half your body weight is, and they are gentle and supportive around areas that need cushioning, like your shoulders. We've tested all different shapes, sizes and sleeper types and the result is always the same – these three different support zones let your body relax into the perfect stress-free position. This means your spine can completely recover overnight, so you can walk taller the next morning.



**Silentnight Miracoil®** – perfect spinal alignment means a stress-free sleeping position for complete back recovery and healthy sleep



**Pocket spring bed** – not enough support around the hip area can mean a poor spinal position, causing aches and pains



**Open coil spring bed** – not enough cushioning around the shoulders can mean a very poor spinal position, causing back problems



## Pressure relief for a peaceful night's sleep

Feeling the pressure? Tossing and turning, aches and pains, waking up with parts of your body numb?

These are all signs that pressure points are causing restless sleep. Because your body is not uniform, certain areas like the shoulders and hips will experience pressure while you sleep. Our unique Miracoil® spring system is designed to spread body weight evenly, so there are no uncomfortable pressure hotspots and you get an undisturbed night's sleep.



**Silentnight Miracoil®** – perfect pressure relief for undisturbed sleep



**Pocket spring bed** – pressure can build up around the shoulders and hips, causing pins and needles



**Open coil spring bed** – pressure can build up into painful hotspots, causing aches and pains

- Hotspots... aches and pains
- Ouch... pins and needles
- Phew... no pressure

## Step 1: choose your Miracoil® support



MORE SLEEP  
SPACE

### More personal sleep space

The more space you have in bed, the better you sleep. So we've made every single centimetre of our beds work to ensure you have as much space as possible.

Because our unique Miracoil® springs don't wobble, collapse or bulge, they give you support across the whole surface of your mattress. This means you can sleep comfortably right to the edge without rolling off – reclaiming space lost in an ordinary mattress. In fact, sleeping in a Silentnight bed can give you an extra 25% more personal sleep space to enjoy.



NO ROLL  
TOGETHER

### Individual sleep zones for undisturbed sleep

If you or your partner are one of the 50% of people who wake up in the night, then sharing a bed might not be much fun. Our unique Miracoil® spring system

runs from head to toe, so any movement runs up and down the mattress, not across. This means that you and your partner have individual sleep zones – you won't disturb each other and you won't roll together. So you can both enjoy deep and refreshing sleep, whatever your shape or size.



## Which is the best Miracoil® support for you?

All our beds have Miracoil® as the ‘engine’ – you just need to choose which of our two sleep ranges is right for you.



### miracoil 3

Miracoil® 3 is the most popular sleep range in the UK. It gives you zoned support that loves your back, pressure relief for a perfect night's sleep, edge to edge support for extra sleep space and individual sleep zones for undisturbed sleep.

#### Perfect if you or your partner:

- Don't have any particular sleep problems
- Prefer a medium to firm feel



### miracoil 7

Miracoil® 7 is our advanced sleep range. It gives you all the benefits of our Miracoil® 3, but has been enhanced to feature an extra sensitive support layer to provide more targeted support. With even more gentle cushioning around the shoulder and neck area, and more sensitive support around the hips, our Miracoil® 7 beds offer luxurious comfort with ultimate support.

#### Perfect if you or your partner:

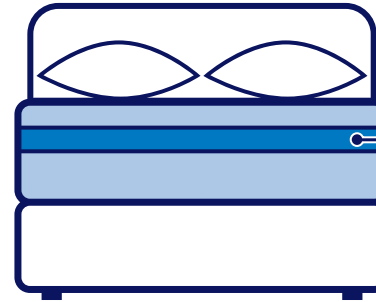
- Prefer extra cushioning when you sleep on your side
- Love more luxurious comfort and support

## Step 2: select your **comfort and delight** layer

All our beds feature standard fillings that offer the latest in comfort technology. But we've taken this a step further. We've developed new materials to suit the needs of different sleeper types. So there's a mattress that's the perfect fit for your body and the way you sleep.

### Look out for:

- Memory foam for body moulding comfort
- Latex for instant comfort
- Mini pocket springs for luxurious comfort



Comfort and delight  
layer of mattress



## Step 2: select your **comfort and delight** layer

### Memory foam for body moulding comfort

If memory foam's your thing, you'll love our new generation memory foam. Working with your natural body heat, it moulds to your curves to relieve uncomfortable pressure points. Our intelligent new design means that unlike other foams, you can also now turn over easily – keeping your body's circulation healthy.



#### miracoil 3 Memory

Available in our Miracoil® 3 sleep range, our **new body moulding memory foam** spreads rather than sinks, has quicker recovery and offers more stable support – so it gives you great pressure relief with no loss of movement or support.

#### Perfect if you or your partner:

- Occasionally have neck, shoulder or back problems
- Love body moulding comfort



#### miracoil 7 Memory Breathe

If you like the idea of memory foam, but you or your partner tend to feel too hot in bed, then our **new Memory Breathe** is the perfect choice. It has all the benefits of our body moulding foam, but is specially aerated to allow three times more airflow. Available in our advanced Miracoil® 7 range, Memory Breathe helps keep your whole mattress ventilated, so you can sleep comfortably without any annoying heat build up.

#### Perfect if you or your partner:

- Get too hot
- Occasionally have neck, shoulder or back problems
- Love body moulding comfort

## Latex for instant comfort

Looking for ultimate comfort in an instant? Our new natural latex gives you cushioned support and great pressure relief but, unlike memory foam, it doesn't need body heat to be activated. It's also naturally hypoallergenic and ideal for allergy sufferers.

As latex is the most durable and resilient sleep surface available, your mattress will always retain its bounce.



### miracoil 3 Latex

Available in our Miracoil® 3 sleep range, our **new natural latex** contours to your body and relieves pressure on your shoulders and hips. This means you get cushioned support all through the night.

#### Perfect if you or your partner:

- Are a restless sleeper
- Love instant comfort and easy bounce back



### miracoil 7 Innergetic® Latex

Want to re-energise your whole body? You can do it in your sleep. Our **new Innergetic® Latex** contains thousands of bubbles that are literally energy giving.

It also has unique elasticity, giving a natural bounce that helps you move freely for healthy sleep. Available in our advanced Miracoil® 7 sleep range, Innergetic® Latex provides instant pressure relief and total comfort, so you'll wake up refreshed and ready for anything.

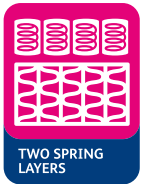
#### Perfect if you or your partner:

- Wake up feeling tired
- Are a restless sleeper
- Love instant comfort and easy bounce back

## Step 2: select your **comfort and delight** layer

### Mini pocket springs for luxurious comfort

You know springs offer support, but did you know that they can also offer luxurious comfort? Our mini pocket springs are one third of the size of normal ones, so they can be used with the main Miracoil® spring system to create a unique combination of durability and comfort.



### miracoil 3 Pocket + miracoil 7 Pocket

Available in both our Miracoil® 3 and Miracoil® 7 sleep ranges, our **new mini pocket springs** increase the overall spring count of your mattress. This means they are a great choice if you prefer firmer support but still want luxurious comfort. Held under tension in fabric pockets, mini pocket springs give you gentle bounce back for healthy movement and are naturally ventilated.

#### Perfect if you or your partner:

- Like a firmer bed
- Are particularly heavy
- Get too hot
- Love a little luxury

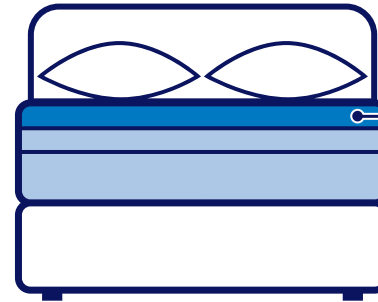


**Why not combine our  
mini pocket springs with  
another comfort and delight  
layer for even more luxury?**

Our mini pocket springs are available with any of our other comfort and delight layers, across both our Miracoil® 3 and Miracoil® 7 sleep ranges.

## Step 3: consider the **perfect microclimate**

The top layer of our mattress is more than just the icing on the cake. It actively works with your body to create a healthy sleeping environment. But we have taken this even further in our Miracoil® 7 sleep range. We have developed Cirrus Airflow – a clever new material that stops you overheating and creates the perfect microclimate – how cool is that?



Healthy top  
layer of mattress



## Step 3: consider the **perfect microclimate**



### miracoil 3

All our Miracoil® 3 beds feature a comfortable top layer that is **hypoallergenic** for a healthy night's sleep.

#### Perfect if you or your partner:

- Enjoy that fresh bed feeling every day
- Are concerned about allergies and dustmites



### miracoil 7

Did you know that the deep and replenishing stage of sleep can only happen if you are at the right temperature? So if you get too hot, the quality of your sleep will be affected. Our **new Cirrus Airflow** is a brilliantly simple solution to overheating. Its main claim to fame is that, unlike standard polyester and cotton, it doesn't absorb moisture. Cirrus Airflow is a totally unique breathable fibre that allows excess heat and humidity to escape.

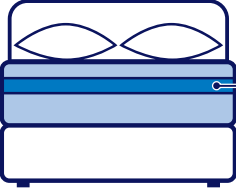
Only available in our advanced Miracoil® 7 sleep range, Cirrus Airflow has been independently proven to keep you cooler and drier, so you can enjoy deeper, healthier and more refreshing sleep.

#### Perfect if you or your partner:

- Get too hot
- Feel moist and clammy
- Enjoy that fresh bed feeling every day
- Are concerned about allergies and dustmites




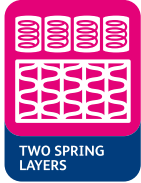

**Super sleep**  
Look out for  
our new range of  
Cirrus Airflow pillows  
and bedding for  
deep refreshing  
sleep

# Quick guide to your perfect bed

	Your choice:	Perfect if you or your partner:
 <p><b>Step 1:</b> choose your Miracoil® support</p>	<b>Miracoil® 3</b>	Are a peaceful sleeper Prefer a medium to firm feel
	<b>Miracoil® 7</b>	Prefer extra cushioning when you sleep on your side Like a little extra luxury
 <p><b>Step 2:</b> select your comfort and delight layer</p>	<b>Standard comfort layer</b>	Have no particular sleep problems
	<b>Memory or Memory Breathe</b>	Occasionally have neck, shoulder or back problems
	<b>Latex or Innergetic® Latex</b>	Are a restless sleeper or you always wake up feeling tired
	<b>Mini pocket springs</b>	Are particularly heavy Like a firmer bed, but still want luxurious comfort
 <p><b>Step 3:</b> consider the perfect microclimate</p>	<b>Hypoallergenic</b>	Enjoy that fresh bed feeling every day Are concerned about allergies and dustmites
	<b>Cirrus Airflow</b>	Overheat in bed Enjoy that fresh bed feeling every day Are concerned about allergies and dustmites




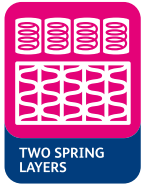

# miracoil 3

Our range of beds

	Miracoil® support layer	Comfort and delight layer			Healthy top layer
	 <p>LOWER BACK SUPPORT ZONE</p>	 <p>BODY MOULDING MEMORY FOAM</p>	 <p>NATURAL LATEX</p>	 <p>TWO SPRING LAYERS</p>	 <p>HYPOALLERGENIC</p>
Miracoil® 3 Pocket Latex	●		●	●	●
Miracoil® 3 Pocket Memory	●	●		●	●
Miracoil® 3 Pocket	●			●	●
Miracoil® 3 Latex	●		●		●
Miracoil® 3 Memory	●	●			●
Miracoil® 3	●	standard comfort layer			●

# miracoil 7

Our range of beds

	Miracoil® support layer	Comfort and delight layer			The perfect microclimate
	 7 TARGETED SUPPORT ZONES	 MEMORY BREATHE	 INNERGETIC® LATEX	 TWO SPRING LAYERS	 CIRRUS AIRFLOW
Miracoil® 7 Pocket Innergetic® Latex	●		●	●	●
Miracoil® 7 Pocket Memory Breathe	●	●		●	●
Miracoil® 7 Pocket	●			●	●
Miracoil® 7 Innergetic® Latex	●		●		●
Miracoil® 7 Memory Breathe	●	●			●
Miracoil® 7	●	standard comfort layer			●

# Your questions answered

## How do I find the perfect bed for me?

Follow the three simple steps in this guide and think about the type of sleeper you are. Look at the different options available in our ranges of beds. You spend a third of your life in bed so it's worth taking the time to try before you buy. The best thing to do is to visit a store and give our beds a go. Allow yourself plenty of time to test each bed properly – don't just sit on the edge and bounce up and down, take your coat off, lie down and stay there for ten minutes or more. And don't feel embarrassed, that's what our beds are there for.

## Can I use a Miracoil® mattress on a bedstead?

Absolutely – because our Miracoil® springs run head to toe, a Miracoil® mattress is the perfect partner for a slatted base.

## How long is the guarantee?

All our beds are rigorously tested under laboratory conditions to British Standards and carry a tiered five-year guarantee. For full details of Silentnight guarantees, please visit [www.silentnight.co.uk](http://www.silentnight.co.uk)

## Why are there no comfort or firmness ratings on the beds?

Comfort and firmness are very subjective. Some people like to feel as though they're sinking into their bed, others prefer to lie on the surface. Because of this, we don't give our beds comfort or firmness ratings like some manufacturers. The best thing to do is to visit a store and try our beds for yourself.

## Can I purchase a new mattress to use on an existing base?

As long as your base is in good condition, then it should be suitable for use with any new Silentnight mattress. However, if you're replacing your mattress because of its age, then we recommend that you consider replacing the base at the same time.

## What sizes can I choose from?

All Silentnight mattresses and divans are available in the following standard sizes:

<b>Single</b>	90cm x 190cm (approximately 3'0" x 6'3")
<b>Double</b>	135cm x 190cm (approximately 4'6" x 6'3")
<b>King</b>	150cm x 200cm (approximately 5'0" x 6'6")
<b>Super King</b>	180cm x 200cm (approximately 6'0" x 6'6")





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