



THE INDIANAPOLIS STAR CHICAGO **SUN-TIMES**

OKLAHOMAN  
PIONEER PRESS



NEWS La Opinión



YAHOO! NEWS SUNDAY TELEGRAM

# Bedding trends to fight insomnia

3D fabrics, scented mattresses, organic bedding to assist you in falling asleep

BY KIM COOK

If you've tossed all night because you were hot, restless or uncomfortable, read on.

Manufacturers are developing new ways to combat insomnia, including some technologies introduced at this fall's Las Vegas Furniture Market and High Point Market, two of the country's largest trade shows.

### The hottest trends

◆ Anti-sweat mattresses use new 3D fabrics that circulate air so you sleep cooler. Dormia and Hollandia International's versions are priced in the \$1,500-\$2,800 range for queen size.

◆ Homeopathic mattresses impregnated with essential oils like lavender, chamomile, rose and calendula have long been popular in Europe; now it's our turn. The scents are natural relaxants, and some even have anti-bacterial properties. Nanotechnology infuses millions of lavender microcapsules into the mattress' cover; when you lie down, some of the capsules break, releasing the fragrance. Magniflex's Lavender Comfort queen is \$1,899.

◆ Organic bedding can help people with allergies and those susceptible to chemicals emitted by synthetic materials. Eco-friendly wool, cotton, solid wood and natural rubber latex is produced by companies like Northern Califor-



Beddingsets.com's Soft-Tex memory foam on a fiber bed is one of many new ideas for a good night's sleep. | AP

nia's OMI, which was co-founded by author Walter Bader, who suffers from chemical sensitivity himself. Their OrganicPedic Sierra is \$1,995, while Ecomfort's plant-based foam mattress and Aireloom's certified organic cotton version are in the \$1,000 to \$3,000 range, depending on size.

◆ Lightweight futons are also new, replacing the bulky traditional standby. Futons are finding favor with those unwilling to

spend on pricey, space-gobbling sofa beds. The new versions use refined foam engineering to make a plush, versatile sleep surface.

According to Michael Nermon, vice president of the Specialty Sleep Association, other trends include customized mattresses with one firm side and one soft one. Advancements in the American bedding industry in recent years mean consumers can shop for more domestic products, too.

And personal technology demands have led manufacturers to design command central beds, complete with iPod docking stations and TVs. Just remember, multitaskers: Use that command post as a comfy "office" during the day, but turn it all off at night. Experts say you need to calm your brain with a book, quiet conversation or solitary reverie to get a good sleep.

AP



Photo provided by Bedroomfurniture.com

- CARROLL COUNTY TIMES
- The Huntsville Times
- Daily Tribune
- Cortland Standard
- Doughkeepsie Journal
- Wausau Daily Herald
- TIMES-HERALD
- Northwest Herald
- Stevens Point Journal
- The Burlington Free Press
- THE LAWTON CONSTITUTION
- THE DAILY ADVERTISER
- Corpus Christi Caller Times

- The Daily Courier
- The Gainesville Sun
- Press Journal
- The Advocate
- The Vindicator
- Sunday Freeman
- Johnson City Press