



Created. Just for you.

www.sleeptime.co.tz

Buying the Perfect Mattress

The average person spends one-third of his or her life in bed. Which is why your rest – the amount and quality of your sleep – is a critical factor in your overall well-being. It can affect how you feel physically and mentally as well as your productivity.

When purchasing a mattress, there are several things you should consider:

First, determine what **size** mattress you need. The smallest size mattress you can purchase is a twin mattress. The next largest is a single, then a full (also called a double), followed by a queen, and a king mattress. If you need a great deal of room or will be sharing the mattress with a partner, you will likely need at least a queen size mattress. At the same time, you must consider the size of your bedroom to ensure it can accommodate the mattress size you select.

Another consideration when purchasing a mattress is its **firmness**. Your mattress should be firm enough to support your body and to make you feel comfortable, which means it should be consistently firm throughout the entire mattress and capable of keeping your body aligned. At the same time, the contact points of your mattress should feel soft against your body. Otherwise, your body may begin to ache and you will have a restless sleep.

The mattress you select should also be well **constructed**. A high quality mattress will have thick padding to provide optimum support and comfort. The padding is important because it provides comfort and helps prevent the mattress from sagging.

Make sure the mattress provides **enough space** for easy, free movement. Couples should sleep on a queen or king-size mattress. And keep in mind that a mattress and base are designed to work together. Buy them as a set and get the most out of your investment in yourself.

Of course, you must also consider the **appearance** of your mattress. This may not be much of a concern for you, since your mattress will likely be covered most of the time. Nevertheless, you should consider the colour, the pattern, and the fabric used to make the mattress. The mattress will be a part of your bedroom for many years, so you need to be sure it is one you will be happy with – both when the sheets are on and when they are off.

Sizes Available



Ranges Available

The SleepTime® Mattresses are available in the following ranges:

BEDDING
Comfort

Luxury
BEDDING

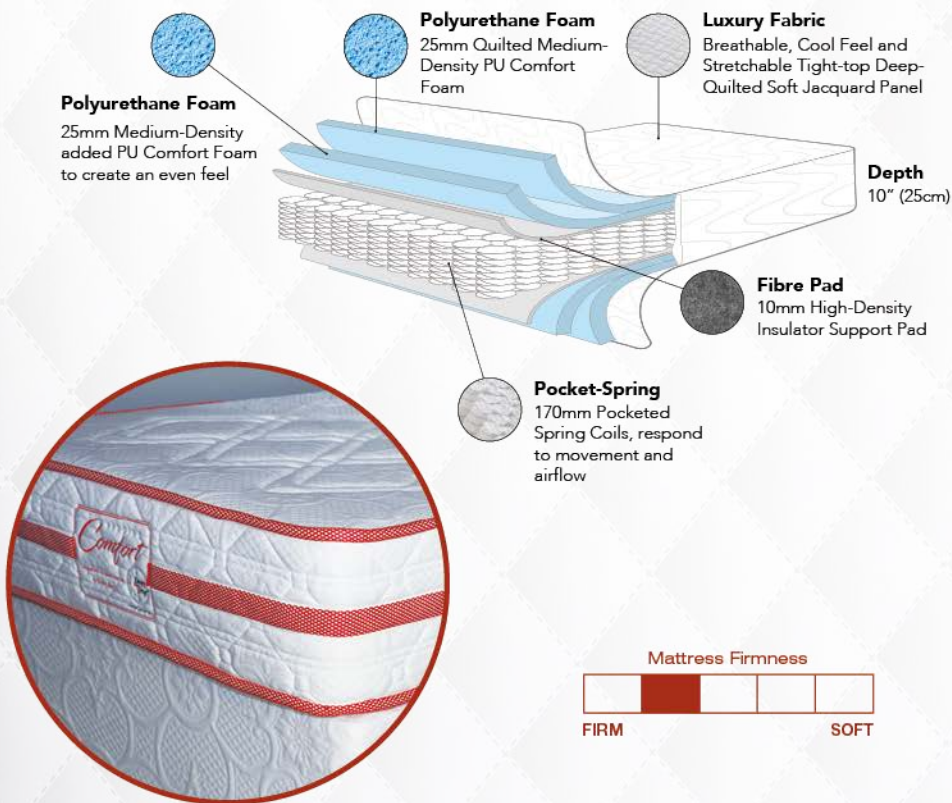
Ortho
BEDDING

BEDDING
Royal

B E D D I N G

Comfort

Enjoy the calmness in your mind with our Comfort range of double-sided tight-top mattresses with pocket-spring technology and deep layers of PU foam.



POCKET SPRING



TIGHT - TOP



BACK SUPPORT



DEPTH

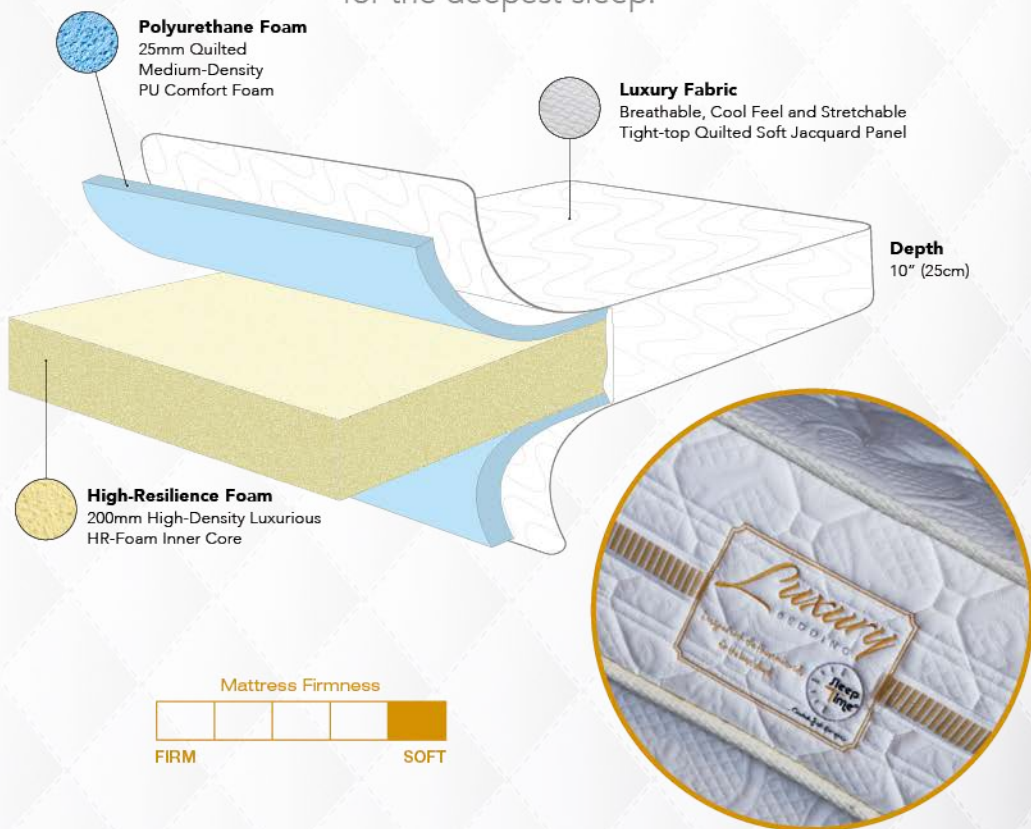


WARRANTY

Luxury

HR - FOAM

Constructed with High Resilience Foam (HR) and covered with a luxurious breathable fabric (double-sided), enjoy the softest mattress for the deepest sleep.



HIGH RESILIENCE
FOAM



TIGHT - TOP



FOAM INNER



10
INCH
25 CM

DEPTH



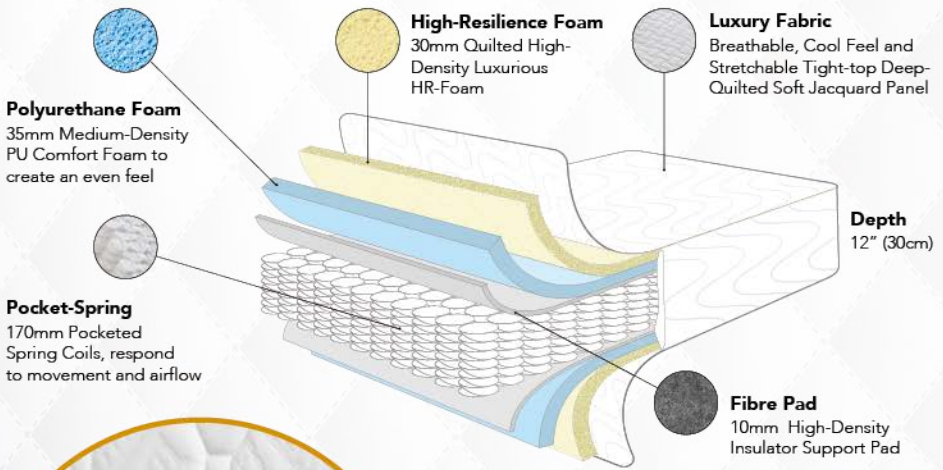
7
YEARS

WARRANTY

Luxury

HYBRID - SPRING

Constructed with a Pocket-Spring inner and deep layers of hybrid HR and PU foam (double-sided), enjoy the best in luxurious sleep.

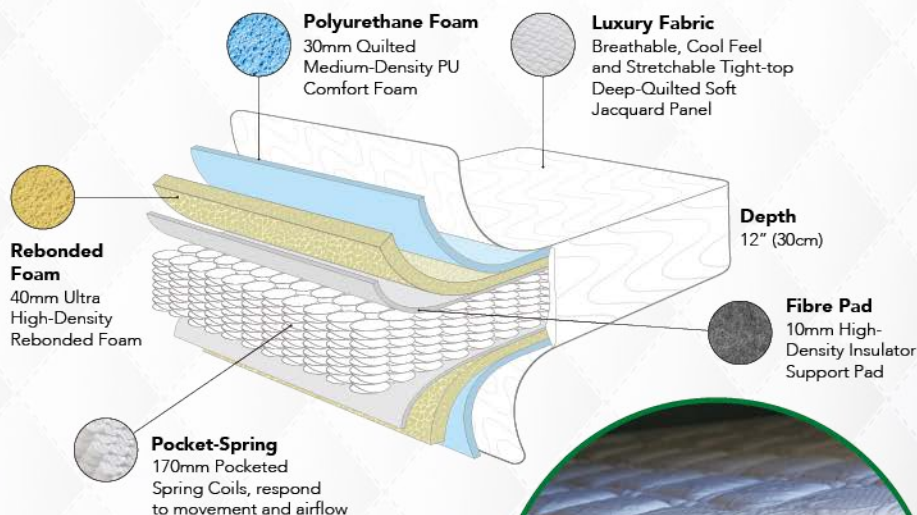


- 
**HIGH RESILIENCE
FOAM**
- 
TIGHT - TOP
- 
POCKET SPRING
- 
**12
INCH
30 CM**
- 
BACK SUPPORT
- 
**7
YEARS**

Ortho

B E D D I N G

Get your prescribed posture with the firm orthopaedic double-sided tight-top mattresses with edge-support, pocket-spring inner, and luxury comfort layers.



ORTHOAEDIC



TIGHT - TOP



POCKET SPRING



12
INCH
30 CM

DEPTH

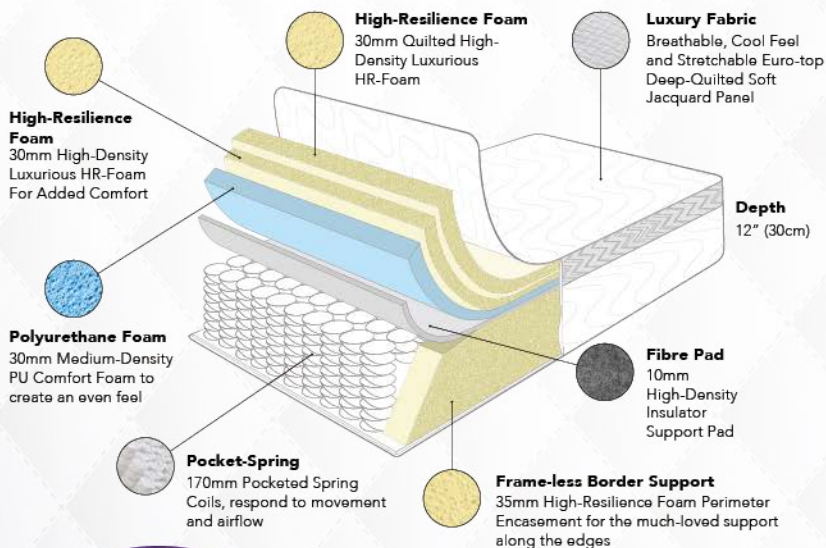


7
YEARS

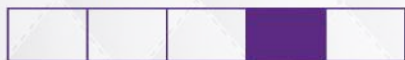
WARRANTY

EURO-TOP Royal

Made for Royalty – Luxurious and deep layers of PU and HR-foam in a single-sided Euro-top with a pocket-spring inner and a frame-less HR-Foam encasement.



Mattress Firmness



FIRM

SOFT



HIGH RESILIENCE
FOAM



EXTRA COMFORT
FILLING



EURO - TOP



WARRANTY



POCKET
SPRING



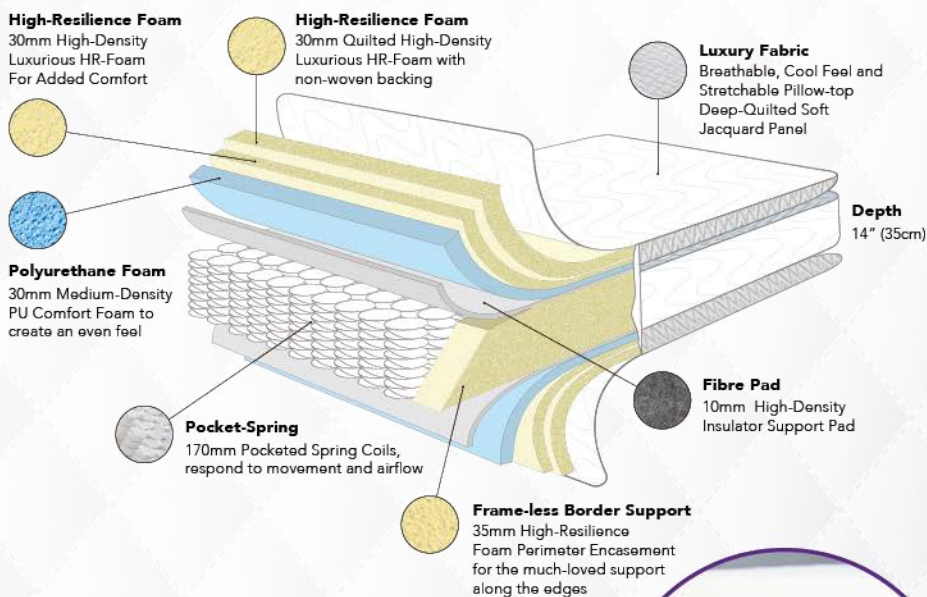
BACK
SUPPORT



DEPTH

DOUBLE PILLOW-TOP Royal

The ultimate for Royalty - Deep layers of PU and HR-Foam in a double-sided pillow-top with a pocket-spring inner and a frame-less HR-Foam encasement.



**HIGH RESILIENCE
FOAM**



**EXTRA COMFORT
FILLING**



**POCKET
SPRING**



Mattress Firmness



**BACK
SUPPORT**



**DOUBLE
PILLOW - TOP**



DEPTH

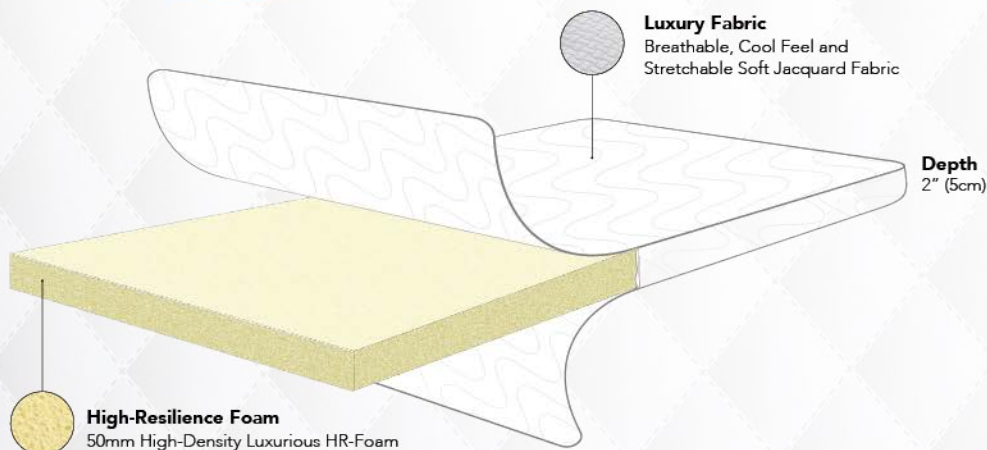


WARRANTY

HR - Foam

T O P P E R

Add extra bounce to your SleepTime® Mattress or existing sleep product with the super-soft HR-Foam Topper.



HIGH RESILIENCE
FOAM



DEPTH



FOAM INNER

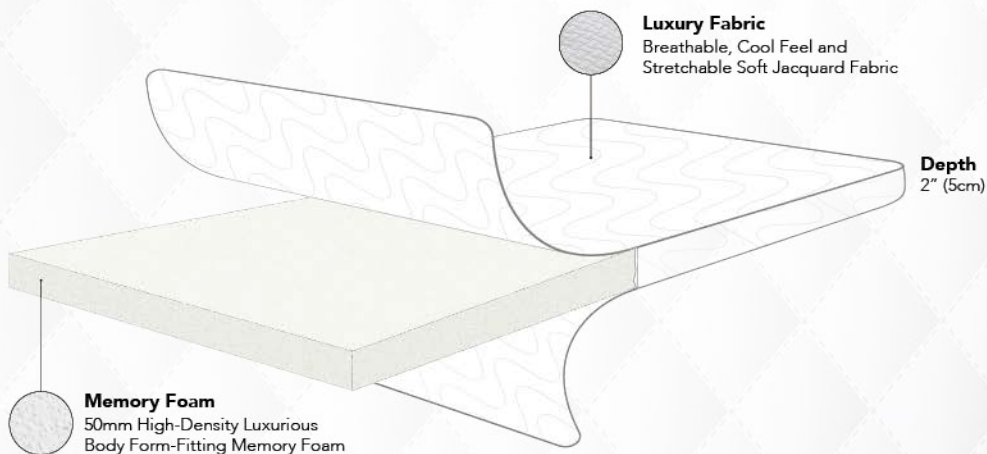


WARRANTY

Memory Foam

T O P P E R

Make your mattress surface mould perfectly to your body and sleeping posture with the form-fitting Memory-Foam Topper.



MEMORY FOAM



FOAM INNER



DEPTH



WARRANTY

Bzzzzzzzzzz...

*Every SleepTime® product is
Created. Just for you.
when you select
your perfect mattress!*



Using the right mattress maintains proper spinal alignment

The Support which you Don't See
But You Can Feel

www.sleeptime.co.tz