

DEEP REJUVENATING SLEEP IS CRUCIAL TO OUR HEALTH

If you suffer from fatigue, irritability, night sweats, skin conditions, nausea, hair loss, memory loss, asthma, headaches, aches, immune and/or nervous systems disorders, lung, nose and throat cancers or allergies....the problem may be your mattress and your bedding.

**Since we spend 1/3 of our life between the sheets, let's make sure they're not TOXIC!
Sleep Loss is cumulative and must eventually be regained.**

Loss of Sleep Problems:

1. *we are de-energized and accident prone (eg. falling asleep at the wheel)*
2. *we experience foggy thinking and become forgetful*
3. *we have mood swings and sometimes nausea*
4. *we can experience bad breath*
5. *our immune system suffers so we are susceptible to sickness*
6. *we lose muscle mass and can gain excessive weight*

MATTRESSES:

1. Our **Deep Sleep Latex** is the **ONLY 100% CERTIFIED ORGANIC LATEX** in the world, from a managed rubber tree plantation in Sri Lanka. The rubber is poured into moulds and baked to produce the various densities that offer custom support for the human body. This latex cannot sustain mould, mildew, bed bugs, dust mites or bacteria and has a 20 year life span! You will never need to turn it as the latex does not compress. Bonus...Latex is Washable!

2. **Memory Foam** is toxic with fire retardants (see list below) and other chemicals used in processing it. There is nothing natural about it. The biggest complaint from users is that they get hot. This is because memory foam off-gases and it doesn't breathe. Since our skin is the largest organ of absorption this means we are being toxified while we sleep. We now know that toxins in mattresses are further activated by drool and urine which can exacerbate the levels of toxic uptake. Think SIDS. Also, memory foam cannot be cleaned.

3. **Conventional Mattresses** are also toxic, using flame retardants (see list below). Also, the conventional cottons and synthetics are problematic (pesticides and chemicals), as are the glues and adhesives (see list below). Some others include formaldehyde, arsenic and boric acid (a bug poison). Again, we need to be concerned about SIDS. In addition, the metal springs used adversely affect the body's natural bio-rhythms, magnetic field and electrical circuitry. Conventional mattresses cannot be cleaned.

1. **Boric Acid:** A flame retardant that can cause reproductive and developmental issues, and is often used as a pesticide.

2. **Antimony:** Antimony, a possible carcinogen, is also a flame retardant. It can cause damage to the heart and lungs. According to the EPA, the amount of antimony found in conventional mattresses is 27.5 times higher than the recommended amount.

3. **Decabromodiphenyl oxide:** This is yet another toxic flame retardant that can cause hair loss, memory loss, and possibly cancer.

4. **Polyurethane:** Polyurethane foam is found in memory foam and conventional mattresses, and is made from combining Toluene Diisocyanate and Polyol. Toluene Diisocyanate can cause asthma, headaches, nausea and disruptions in both your immune and nervous systems.

5. **Adhesives:** The chemicals methylene chloride, benzene, and formaldehyde are the most common ones found in mattress glues and adhesives. These may cause lung, nose and throat cancers as well as allergies and skin irritations.

This list doesn't even begin to cover the pesticides found in conventional cotton and only half of the chemicals used.

It just doesn't make sense to take care of your body all day long, and then spend all night lying down in a toxic environment.

100% CERTIFIED ORGANIC BEDDING:

Our bodies need to 'breathe' at night. Wool is the number one best material to allow the body to breathe, and it is a natural fire retardant. Using Mattress Toppers and Duvets made from 100% Certified Organic Wool (including the stitching) just makes sense.

100% Certified Organic Luxury Italian Wood Fibre Sheets and Pillow Cases and 100% Certified Organic Indian Cotton Sheets and Pillow Cases (including the stitching). Longer lasting than other sheets and cases and super luxurious. The finest available world-wide.

Chemical Contaminants in Mattresses:

The bed you sleep on is the most important piece of furniture in your home. It should enhance your health and be free of chemicals as well as be comfortable. If you have a conventional mattress that is treated with flame-retardants and contains toxic chemicals, your body is not able to repair and rejuvenate during the night when sleeping. The following paragraph, taken from Chem-Tox.com, further explains the importance of avoiding the toxicity in conventional mattresses today.

"While bed mattresses were previously made of untreated natural materials, the majority of mattresses today are made using a variety of petroleum based chemicals, foams, plastics and controversial flame retardants. Research and personal accounts suggest people can in fact become ill by repeated and continuous exposure to the low level of chemicals continuously emitted during the sleep process. The situation is dramatically compounded by the fact that sleeping on a bed (or chemically manufactured pillow) places the individual in extremely close proximity to the chemical source (inches compared to feet for most other chemical exposures). This direct contact means that concentrations of chemicals are many, many times higher than they would be if the source was at a greater distance, and thereby becoming less harmful because of dilution. Research is now available showing that chemicals used in bed manufacturing are in fact evaporating and entering into the air. Some of these are documented carcinogenic and mutagenic compounds. Common petroleum based chemicals have been clearly shown to have the ability to weaken or damage the immune and nervous system. Autoimmune disorders have also been linked with exposure to petroleum-based chemicals and have been found to be the underlying etiology of many common health problems today (soft tissue damage, arthritis, etc)."

We may worry about the chemicals in food, clothing or toys, but we often neglect mattresses, says Christopher Gavigan, CEO and executive director of Healthy Child Healthy World, whose new book (named after his organization) warns against the chemical contaminants found in conventional mattresses. "Traditional mattresses contain polyurethane foam and vinyl, which is essentially like sleeping on a bed of oil," says Gavigan. "Additionally, the vinyl surfaces on many mattresses, especially crib mattresses, are made of polyvinyl chlorate (PVC), which has phthalate plasticizers." Gavigan notes phthalates have been implicated as potential carcinogens and can cause endocrine and nervous system developmental problems.

Gavigan says another major mattress contaminant is synthetic fire-retardant coating of what are commonly known as PBDEs, or polybrominated diphenylethers. "These flame retardant chemicals have been linked to liver cancers, liver hyperactivities, thyroid problems, motor behavior problems and brain dysfunctions—it's scary stuff."

Thinking about your sleeping surface is an important step toward positive overall health, says Gavigan. After all, "it's the womb we all go back to every night."

RECYCLING YOUR OLD MATTRESS: www.mattressrecycling.ca offers a great eco service here in the lower mainland (Burnaby). Drop off your old mattress or box spring for \$12.50 each and they will be recycled or disposed of in an environmentally conscious way.

