

PROTECT·A·BED®'s Healthy Sleep Zone Solutions provide healthy and hygienic ways to help you and your family have a healthier night's sleep.

We spend on average one-third of our lives in bed! Sleep is so important to our general health and well-being. Sleep restores our immune system, it is required for laying down memory, to save our body's energy, to restore mental function and for physical growth.

For us to have the healthiest sleep possible, our beds need protection from bacteria, dust mites, allergens, liquids, body fluids and stains. Many allergic reactions can actually be made worse by our sleep environment. However, general comfort and hygiene can be greatly improved with the help of simple bedding products available from PROTECT·A·BED®.

Whether you have allergies, incontinence or bed-wetting, skin disorders such as eczema or just wish to improve the general hygiene of your sleep environment – PROTECT·A·BED® has all your needs covered!

Tips for a better night's sleep

- 1 Invest in a mattress that will allow for good posture
- 2 Invest in mattress protection and bedding products that will improve your sleep hygiene and protect your bed from bacteria, mould, dust mites, spills, perspiration stains and allergens
- 3 Make sure your room is at a comfortable temperature – not too hot or cold
- 4 Ensure the room is dark – light can trick the body into waking up
- 5 Avoid caffeinated drinks late at night
- 6 Regular exercise is a great way to improve sleep (however not close to bedtime)
- 7 Start a relaxing bedtime routine – relaxing activities with lowered lights

MORE INFORMATION?

For more information – please contact the PROTECT·A·BED® online Healthy Sleep Nurse on healthysleep@protectabed.net.au

Please Note: This fact sheet is for information purposes only. Please consult with your doctor or other health professional for medical advice.

References:

- 1 Sydney Children's Hospital/health/factsheets/bedwetting. Hunter Children's Health Network -2005-2007. www.sch.edu.au/health/factsheets/joint/?bedwetting.htm
- 2 Sydney Children's Hospital/health/factsheets/bedwetting Hunter Children's Health Network -2005-2007. www.sch.edu.au/health/factsheets/joint/?bedwetting.htm
- 3 Incontinence Foundation of Australia/website/facts and stats/2008 www.continence.org.au/site/index.cfm?display=112594

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Bed-wetting and Incontinence



PROTECT·A·BED®

Healthy Sleep
Zone Solutions™

We have you covered!

Everything you need for a healthy night's sleep

Bed-wetting

Wetting the bed at night is common in young children. In fact, it is very normal up to the age of five years. This is generally because the waking response is not fully developed in some young children.

Some facts to remember:

- About half of all three-year-olds and about 10% of five-year-olds wet their beds.¹
- It is a little more common for boys than for girls.²

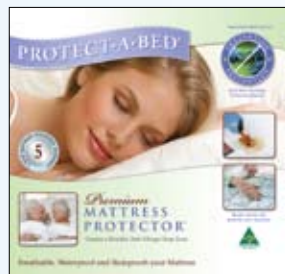
The great news is that 97% of kids who wet the bed will no longer do so by the time they're 12. Often the best cure for bed-wetting is simply time.

In the meanwhile – PROTECT•A•BED® has several products that can help to keep your child's bed dry and comfortable thereby relieving much of the anxiety felt by children and reducing much of the stress felt by parents.

- PROTECT•A•BED® StainSafe™ Terry towelling Waterproof Mattress Protector
- PROTECT•A•BED® Premium Waterproof Mattress Protector
- PROTECT•A•BED® Draw Sheet and PROTECT•A•BED® Quilted Mattress Pad
- PROTECT•A•BED® Waterproof Quilt Protector



PROTECT•A•BED® StainSafe™
Mattress & Pillow Protectors



PROTECT•A•BED® Premium
Mattress & Pillow Protectors



PROTECT•A•BED®
Linen Protector/Draw Sheet



PROTECT•A•BED®
Quilted Mattress Pad



PROTECT•A•BED®
Waterproof Quilt Protector

Incontinence

Urinary incontinence is a term used to describe losing control of your bladder. This can lead to being damp or soaked and is particularly uncomfortable at night while in bed.

Should you suffer from urinary incontinence – don't feel alone! It affects 13% of men and 37% of women – representing 4 million Australians!³



There are many factors that contribute to urinary incontinence and include pregnancy, childbirth and menopause as well as diabetes, chronic cough (linked with asthma, bronchitis and smoking), constipation and obesity.

For information and advice on how to live with incontinence – please contact your doctor or contact the Continence Foundation of Australia.

In the meanwhile – PROTECT•A•BED® has several products that can help to keep you dry and comfortable while sleeping:

- PROTECT•A•BED® StainSafe™ Terry towelling Waterproof Mattress Protector
- PROTECT•A•BED® Premium Waterproof Mattress Protector
- PROTECT•A•BED® Draw Sheet and PROTECT•A•BED® Quilted Mattress Pad
- PROTECT•A•BED® Waterproof Quilt Protector

PROTECT YOUR INVESTMENT IN SLEEP:

Mattresses represent a considerable financial investment (ranging from \$800 to \$5000) and are worthy of protection against spills, body fluids, infestation by dust mites and bed bugs.

Protect not only your bedding investment but more importantly the health of you and your family.