

# GOOD SLEEP

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SLEEP

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## OUR GUIDE TO **THE PERFECT SLEEP**

Why is a good night's sleep so important to your child's well-being, and what do you as a parent need to focus on in order to create healthy sleeping habits for your child?

You can find qualified answers to these questions in the FLEXA Good Sleep guide. The guide will give you relevant knowledge about how you can initiate good sleeping patterns for your child.

# CONTENTS

PAGE

**06**

Why a good night's sleep is so important

PAGE

**09**

The younger the child, the greater the need for sleep

PAGE

**10**

How to give your child the best night's sleep

PAGE

**12**

A good sleep's four friends - mattress, sheet, pillow and duvet

PAGE

**14**

The right mattress

PAGE

**16**

Types of mattresses

PAGE

**17**

Types of mattress cover

PAGE

**18**

The perfect duvet for your child

PAGE

**20**

The pillow for a good night's sleep

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# WHY A GOOD NIGHT'S SLEEP IS SO IMPORTANT

Well-rested children are healthier and happier. They have more energy and a better starting point for learning, than children who have had a poor night's sleep.

Our brains aren't fully developed until the age of 21, and until then a good night's sleep is one of the brain's most important building blocks. It is especially necessary for younger children to enjoy a good, long sleep every night.

Your child's day is filled with new experiences, and at night, your child needs peace and comfort, so that all new impressions can be processed. If your child doesn't get a good night's sleep, all the impressions pile up and the brain won't be ready to welcome the next day's many experiences.

Quality sleep boosts your child's ability to focus, remember and be creative, just as sleep is crucial to the successful development of your child's reading and mental maths skills.

Not enough sleep, poor or restless sleep can soon lead to a significant deterioration of the mental processes going on in your child's brain, affecting their ability to concentrate and handle challenges.



## DID YOU KNOW

*The recipe for a good night's sleep is not just a matter of airing the bedroom and sticking to regular bedtime routines – it also requires the right bed with the right mattress, sheet, duvet and pillow for your child.*





## THE YOUNGER THE CHILD THE GREATER THE NEED FOR SLEEP

Children's sleep needs are to some extent individual, but studies show that many children sleep too little. So, the recipe for a good night's sleep often starts with changing the number of hours your child sleeps.

The younger the child is, the more sleep he or she needs.

### SLEEP NEED BY AGE

0-2 months:	14-17 hours
3-11 months:	12-15 hours
1-3 years:	11-14 hours
3-5 years:	10-13 hours
6-13 years:	9-11 hours
14-17 years:	8-10 hours
18+ years:	7-9 hours

A child of 11 months will typically need to sleep between 12 and 15 hours a day, while a young person of 17 needs to sleep between 8 and 10 hours.

If your child doesn't get enough sleep, you will soon notice a negative development. Your child will learn less and lack concentration.

# HOW TO GIVE YOUR CHILD THE BEST NIGHT'S SLEEP

Children who have been active and had plenty of fresh air during the day will fall asleep easily at night. Similarly, a worry-free day also has a positive impact on the depth and quality of your child's sleep.



YOU CAN ENCOURAGE HEALTHY SLEEPING HABITS BY FOCUSING ON THE FOLLOWING FOUR AREAS:

## A HEALTHY INDOOR CLIMATE

Make sure the bedroom is a nice environment to be in. Air the duvet and pillow before making the bed. The moisture from the mattress can then evaporate, making the indoor climate healthier. Air the bedroom every day and create a comfortable temperature at bedtime – preferably between 18 and 21 degrees.

## REGULAR BEDTIME ROUTINES

Encourage your child to go to bed and wake up at about the same time every day. This helps them develop a natural, regular day rhythm, so they find it easier to relax when going to sleep.

## COMFORT

Choose a mattress, sheet, duvet and pillow that can give your child the best support and comfort.

## HEALTH AND SAFETY

The bed environment must comply with the highest safety requirements and should be free from harmful chemical substances. Ideally, you should choose OEKO-TEX certified products.

A photograph showing a child's feet sticking out from under a white duvet on a bed. The duvet is pulled up to the child's waist, and the feet are visible at the bottom. The child is wearing dark-colored pants and blue socks. The bed is covered with a white sheet. The background is a plain, light-colored wall.

# A GOOD SLEEP'S FOUR FRIENDS **MATTRESS, SHEET, PILLOW AND DUVET**

Just like good sleeping habits promote good sleep, your child will benefit from a physical bed environment appropriate to their age, size and development.

# THE RIGHT MATTRESS

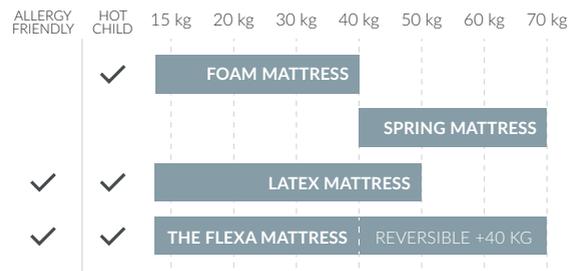
Choose a mattress in accordance with your child's weight, which at the same time can help regulate body temperature.

## HARDNESS AND MATERIALS

The mattress must support the child's back.

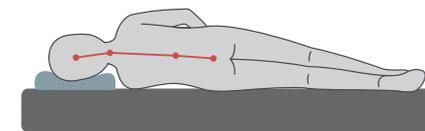
**CHILDREN UNDER 40 KG:** Choose a foam or latex mattress that adapts to the child and their movements. Latex is also allergy friendly, as dust mites cannot survive in the material. Latex has holes with heat and moisture transporting properties and it can regulate the temperature.

**CHILDREN OVER 50 KG:** Choose a mattress with springs, as the child is now heavy enough to press down on the springs, giving the right support.

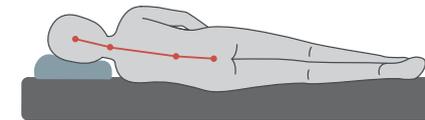


## TIP - LET YOUR CHILD TEST THE MATTRESS

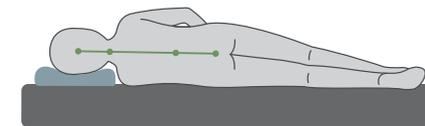
There are major differences in which mattresses are suitable for which children, as it depends on both the child's build and weight. FLEXA recommends that you let your child try the mattress before purchasing it.



✗ TOO FIRM



✗ TOO SOFT



✓ JUST RIGHT

FIND THE BEST MATTRESS THROUGH THESE TESTS:

1. When the child is lying on their side, the hip and shoulders should sink slightly into the mattress so that the spine is completely straight.
2. When the child is lying on their back, the bottom of their back and heels should not sink into the mattress. Try pushing a hand under the small of your child's back- if it is difficult, the mattress is providing good support for the child's back.

## TYPES OF MATTRESSES



### THE FLEXA MATTRESS

A mattress with 3 cm latex with coolgel on one side, 5 cm cold foam in the middle and 4 cm latex on the other side. The mattress is reversible to secure the right support for the growing child. Latex with air ducts provide good ventilation and transport moisture away from the body. Suitable for children with sensitive skin or allergies.



### FLEXA LATEX

6 cm latex and 6 cm cold foam on each side of the mattress. Latex with air ducts provide good ventilation and transport moisture away from the body. Suitable for children with sensitive skin or allergies. A mattress that adapts to the child's body.



### FLEXA FOAM

12 cm premium foam and a zone landscape which adjust to the movement of the child. The foam mattress has good ventilation, which prevents the child from overheating.



### FLEXA SPRING

The spring mattress consist of 218 springs per m2. Surrounded by 3 cm soft flexible cold foam to ensure increased comfort for the child. Good ventilation, which prevents the child from overheating.

## TYPES OF MATTRESS COVER

The cover is important for helping your child enjoy a more comfortable sleep. FLEXA has developed three different covers, each supporting different sleep needs.



### BAMBOO COVER

Perfect for children with sensitive skin or allergies. The cover is antibacterial, creating a hygienic sleeping environment. At the same time, it has a silky soft surface.



### EUCALYPTUS COVER

Perfect for children who sweat at night. It has a cooling effect, so it helps the child to transport the heat away from the body. The cover has a good ability to absorb moisture, ensuring the sleeping environment is dry and comfortable.



### COTTON COVER

100% natural material, breathable and with a soft surface, which helps the child's body to breathe and regulate its temperature.

# THE PERFECT DUVET FOR YOUR CHILD

CHOOSE A DUVET WHICH BEST SUITS  
YOUR CHILD, BASED ON THE FOLLOWING:

## THE DUVET SHOULD MATCH THE BODY TEMPERATURE

Some children have a high body temperature, while for others it's low. A down duvet often suits a cold child or if the child sleeps with a lower temperature in the room. Children who experience high temperature fluctuations during the night will benefit from a heat-regulating duvet which continuously adjusts to the child's heat level.

## NOT TOO LONG – NOT TOO SHORT

As a rule of thumb, the duvet should be at least 30 cm longer than the child's height and 30 cm wider than the child's shoulder measurements. A junior duvet measures 100x140 cm, and an adult duvet measures 140x200 cm.

Normally, children use a junior duvet from about age 1 until they are around 5 years old.

## THE DUVET SHOULD FEEL COMFORTABLE

Duvets have many different kinds of filling, and preference is an individual matter. If your child sleeps best with a light and airy duvet, choose a duvet with down. The weight and heat of the duvet can influence whether your child kicks off the duvet during the night, but the duvet's weight does not have any bearing on how warm it is – it all depends on the filling.





## THE PILLOW FOR A GOOD NIGHT'S SLEEP

When choosing a pillow for your child, you should consider everything from pillow height to size and filling.

### PILLOW HEIGHT

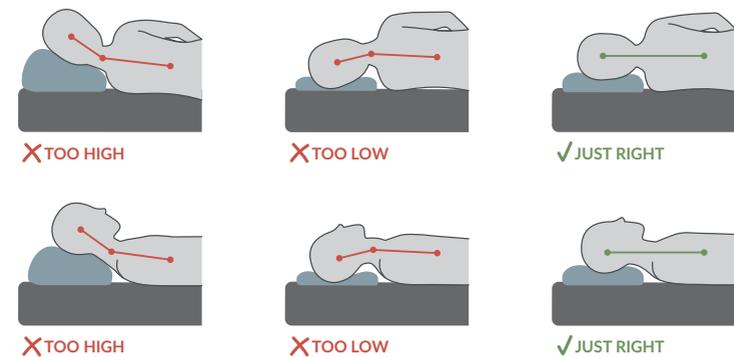
The ideal pillow height depends on your child's sleeping position.

**STOMACH:** Choose a low pillow

*(however, it is not recommended that you sleep on your stomach as it causes an unnatural curve in the spinal column)*

**BACK:** Choose a pillow of medium height

**SIDE:** Choose a high pillow



If you are in doubt about which pillow is suitable for your child, let them try it before you buy. A good rule of thumb is that when the child's ears are level with their shoulders, the pillow is providing optimal neck support.

### PILLOW SIZE

The purpose of a pillow is to support the head, and for the first few years your child does not need a pillow at all. The time when they start to sleep with a pillow varies from child to child, but it will usually be around the age of two. The first pillow will often be a junior pillow that is not too high. When the child is around five to six years old, it will be natural to switch to an adult pillow.

### PILLOW FILLING

Pillows with down filling support and adapt to your child's position, as the filling is flexible, and you can mould or hug the pillow however you like.



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