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SOMNIUM

Somnium updates centuries-old mattress technology with blue hourglass-shaped springs made of thermoplastic polyether-ester elastomer — a material used in the automotive and aviation industries.

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To sleep, perchance to dream

HEALTH AND BEAUTY EXPERTS AGREE: ADULTS NEED EIGHT HOURS of sleep for optimum wellness, appearance, and performance. Yet three out of four Americans fail to get that recommended amount of time to let their bodies rejuvenate on a daily basis. If you do not get quality rest time once you do crawl into bed, your mattress could be a causative or contributing factor — especially if you suffer from back pain, allergies, or asthma.

Los Angeles-based Somnium has patented a replacement for traditional metal coils: hourglass-shaped, omnidirectional, lightweight elastomer springs in two firmness grades (softer ones for shoulder and hip areas and firmer ones for lumbar support).

According to Somnium, the average person during sleep loses about a pint of moisture — a main food source for dust mites, a common and hard-to-control allergen. The Somnium structure allows greater air circulation to keep the bed cool and dry. The mattress covers are made from nontoxic, antimicrobial, and hypoallergenic Oko-Tex and zip off for washing.

Although the cost is higher than for traditional bedding (i.e., \$3,600 for a king-size mattress), the benefits of healthy sleep may be priceless. Visit www.somniumbeds.com.

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