

Cumberland Bedding Company

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Dates to keep in your calendar; Bed Fed; [27-28 September 2011](#)

This year at National Bed Federation show we are showing our amazing range of Natural & Organic Cot mattresses



Here are just some of the benefits of Cot Mattress;

Guarantee a sleep environment free from chemicals, toxins and dyes

Cushion baby's developing spine with the healthy support of all-natural latex

Provide a hypoallergenic, antimicrobial and temperature regulated sleep environment

For a complimentary ticket to come and see Our Natura range e-mail grace@cumberlandbeddingco.co.uk

Have you won the Spanish lottery? Does your bank account need you to authorise your details? We all get scam emails/phone calls during our working life but please all be on guard against a very well thought out and detailed scam that we uncovered this month.

Being approached by the Iraqi government to help provide beds for the re-building seemed possible if not farfetched and the sheer amount of detail that went into the emails/contracts/phone calls was just short of genius. Thanks to wise owl having flown around the block a few times during his life we did not get caught up in this operation and we urge all customers to be on alert due to the fact the Iraq's scam is not only targeting beds but all soft furnishings. If it seems too good to be true it normally is.

Baby I love your way...

Ever heard "When baby isn't sleeping, no one is sleeping"? According to recent studies bringing baby home can result in as much as 750 hours of lost sleep within the first year. If there were a naturally healthy way to help baby sleep better, wouldn't you want to know about it? Our cot mats provide that solution with luscious amounts of yummy good for your baby fibres with British lamb's wool being the main component

Wool soothes babies.

Research studies show that, in general people sleep better when they sleep on wool, and that in particular, infants fall asleep faster and stay asleep longer when they're sleeping on wool. Studies have even shown that premature babies who sleep on wool have lower resting heart rates (that's a good thing!), grow and develop at a faster rate and cry less than babies who don't sleep on wool.

What makes wool so good for babies?

- This natural fibre is one of nature's best, most efficient temperature regulators
- Wool is hygroscopic. It can take in up to 30% of its own weight without feeling damp, and it processes that moisture, drawing it in and releasing it back out into the environment. No more cranky baby waking up damp and cold!
- Wool is naturally flame resistant; it ignites at a higher temperature, has a lower rate of flame spread, low heat release and doesn't melt or drip; and it chars – which makes it insulating, self-extinguishing and shed less toxic gases and smoke
- The crimped shape of a wool fibres lends greater bulk to wool fabrics which gives them superior pressure-point buffering power



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TRUE OR FALSE?

1. You can't 'store up' your sleep.
2. Lots of physical exercise helps you sleep well.
3. Youngsters who can't fall asleep at nights should sleep more at weekends.
4. Caffeine can keep you awake.
5. Not dreaming is a sign of mental illness.
6. Sleep deteriorates with age.
7. Once a poor sleeper always a poor sleeper.
8. Daytime naps are bad for you.
9. Boring social and work activities make you go to sleep.

ANSWERS - All the statements are false.

1. If you know that you may not get enough sleep, or are going to work a night-shift, then trying to get extra sleep the day before can improve your alertness.
2. Physical fitness is associated with good sleep, but too much exercise immediately prior to sleep causes wakefulness.
3. Regularity of bedtimes and getting up times helps ensure good sleep.
4. Caffeine is actually very complicated. For most people it may improve mental performance. However, it may not prevent sleep in the very sleepy whereas it may turn poor sleepers into outright insomniacs. To make matters worse its effects change with age. To stay awake, it's best to get enough sleep, not drink loads of coffee.
5. There is no association between not dreaming and mental illness - everyone has REM (dreaming) sleep but not everyone remembers their dreams.
6. Poor sleep is associated with ageing but this deterioration is invariably associated with other ailments.
7. it's always possible to achieve better sleep.
8. Planned daytime naps improve alertness without necessarily affecting nocturnal sleep. Naps caused by sleepiness may impair night-time sleep.
9. Boring occasions don't cause sleepiness, they reveal it.