

Press release

## SWITCH OFF, RECHARGE, GET GOING - SLEEP HEALTHIER WITH TEAM 7

It's better to sleep well: everyone knows from experience that night-time regeneration plays an important role in our mental and emotional health. Getting a good night's sleep ensures a high quality of life. A pleasant, unencumbered environment in which the body can rest helps with this. With natural wood beds, an ergonomically designed bed interior and high-quality bed accessories, TEAM 7 creates the perfect conditions for that.



Always online, always available: Both professionally and privately, we are networked and connected to the world around the clock. But we need to be able to switch off at night. It's the time when our brain processes the impressions of the day. At the same time, the immune system shuts down, which makes our body more sensitive to external influences. This applies to sounds and odours, but also to haptic sensations. A natural environment with healthy materials and the observance of basic ergonomic principles are therefore among the most important prerequisites for restful sleep. They ensure relaxation and a feeling of security - and create a necessary balance to the demands of the day. The well thought-out, environmentally conscious sleep systems from TEAM 7 start right here.

### An unencumbered sleeping environment

There is no piece of furniture that we are closer to than our bed. It therefore makes sense to pay attention to the right materials here in particular. The use of natural materials in particular promotes an uncontaminated, pollutant-free sleeping environment: TEAM 7 uses only natural materials for its own beds, mattresses and slatted frames. In addition to wood, these include virgin sheep's wool, coconut fibres and natural latex. The latter is obtained from the milk of the rubber tree and adapts to the body thanks to its point elasticity. The open cell structure ensures a constant exchange of air and is resistant to fungi, bacteria and mites. Natural

wood also contributes to healthy regeneration: The smell and pleasant feel alone often increase our sense of well-being. Natural wood breathes, regulates moisture, has an antistatic and antibacterial effect. TEAM 7 also uses no screws or metal elements for its beds. This means that the effects of the earth's natural magnetic field are not amplified, which also makes it easier for sensitive people to sleep.

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This press release, in addition to other press materials and photos, is available for download at [www.team7-home.com](http://www.team7-home.com)

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## The art of sleeping

Good sleep supports our body's self-healing powers. For example, the spine is supported - provided we have an optimal lying position. As we turn up to 80 times during sleep, we need a bed interior that constantly adapts. If the mattress is too soft, every change of position costs additional energy. If it is too firm, unpleasant pressure points are created, to which the body reacts by changing position again. The **aos** sleep system from TEAM 7 supports the body in the right places - and gives way decisively in others. This makes it the ideal complement

to the TEAM 7 beds made of natural wood: **aos** consists of an insert frame, mattress and spring element. It can be selected open with an underbed or enclosed - encased in a cover. In both variants, the structure of individual components ensures air circulation within the system. The individual components of **aos** can be easily separated for maintenance. An optional topper also gives the sleeping system a box-spring-like appearance and provides additional comfort.



## Into the comfort zone

The **classic** mattress also proves to be a reliable accomplice to a good night's sleep. Its point-elastic latex core is divided into a shoulder, pelvic and foot area. Together with the high density, this achieves contour-accurate pressure relief. Elaborate surface cuts also ensure flexible adjustment and contribute to ventilation. The natural cotton cover is quilted with breathable climate fibre and is easy to wash. Incidentally, in combination with the metal-free slatted frames and slat bases from TEAM 7, further fine-tuning is possible at any time. Finally, the customised sleeping comfort is rounded off by various pillows and blankets as well as a duvet made of virgin sheep's wool. The textile sleeping accessories are certified with the Global Organic Textile Standard, an internationally recognised organic certification - once again guaranteeing a healthy, natural sleeping environment.



Photos: TEAM 7