



SleepHarmonyTM

made exclusively for Dreams

SleepHarmonyTM

by Silentnight

Better sleep for better days



the UK's **most trusted** sleep brand

We help sleepers everywhere get the best out of bedtime and provide quality sleep for all the family. For over seven decades we've led the way in British bed making.



Everyone has different needs
when it comes to sleep

That's why we think **sleepers before springs**

No sleeper too tricky, **no problem** too tough

we're always making new products to
meet new sleep needs

and test them to **the highest of British
Standards,** and beyond

crafted by experts and backed by science



Introducing the **SleepHarmony™** collection, for every type of sleeper

made exclusively for **Dreams**



breatheasy

breatheasy

Aloe vera infused fabric is naturally soft-touch and with active ingredients, it soothes the skin.

Eco Comfort sustainable fibres wick away heat and moisture from your body, for a cool and breathable night's rest.

support

Aloe vera infused fabric is naturally soft-touch and with active ingredients, it soothes the skin.

Memory Comfort cocooning memory foam moulds with the contours of your body for soothing pressure relief and core support where you need it most.

support



recovery

recovery

Aloe vera infused fabric is naturally soft-touch and with active ingredients, it soothes the skin.

ActivEnergy™ the unique 3D shape provides bounce-back and durability to aid sleep recovery and give you that 'get up and go' feeling.



SleepHarmony™

Better sleep for better days

Actively working to improve your wellbeing while you sleep, so you feel fully refreshed in the morning.



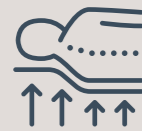
Plant powered

The Aloe vera infused fabric is naturally soft-touch and with active ingredients, it soothes the skin



Solutions for every sleeper type

Whatever you're looking for, we've got something for you



Enhanced spinal support

Whatever type of sleeper you are, you need to support, rest and rehydrate your spine at night

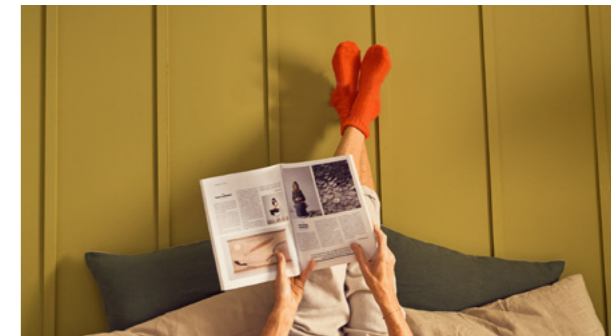
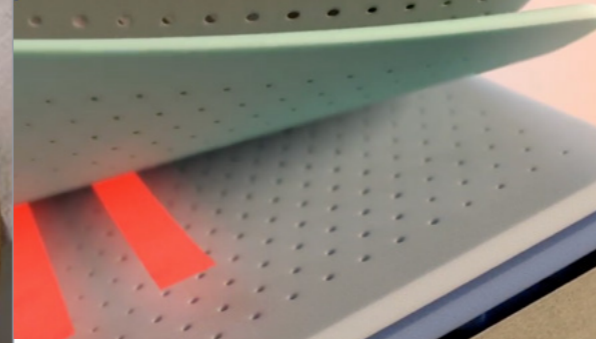
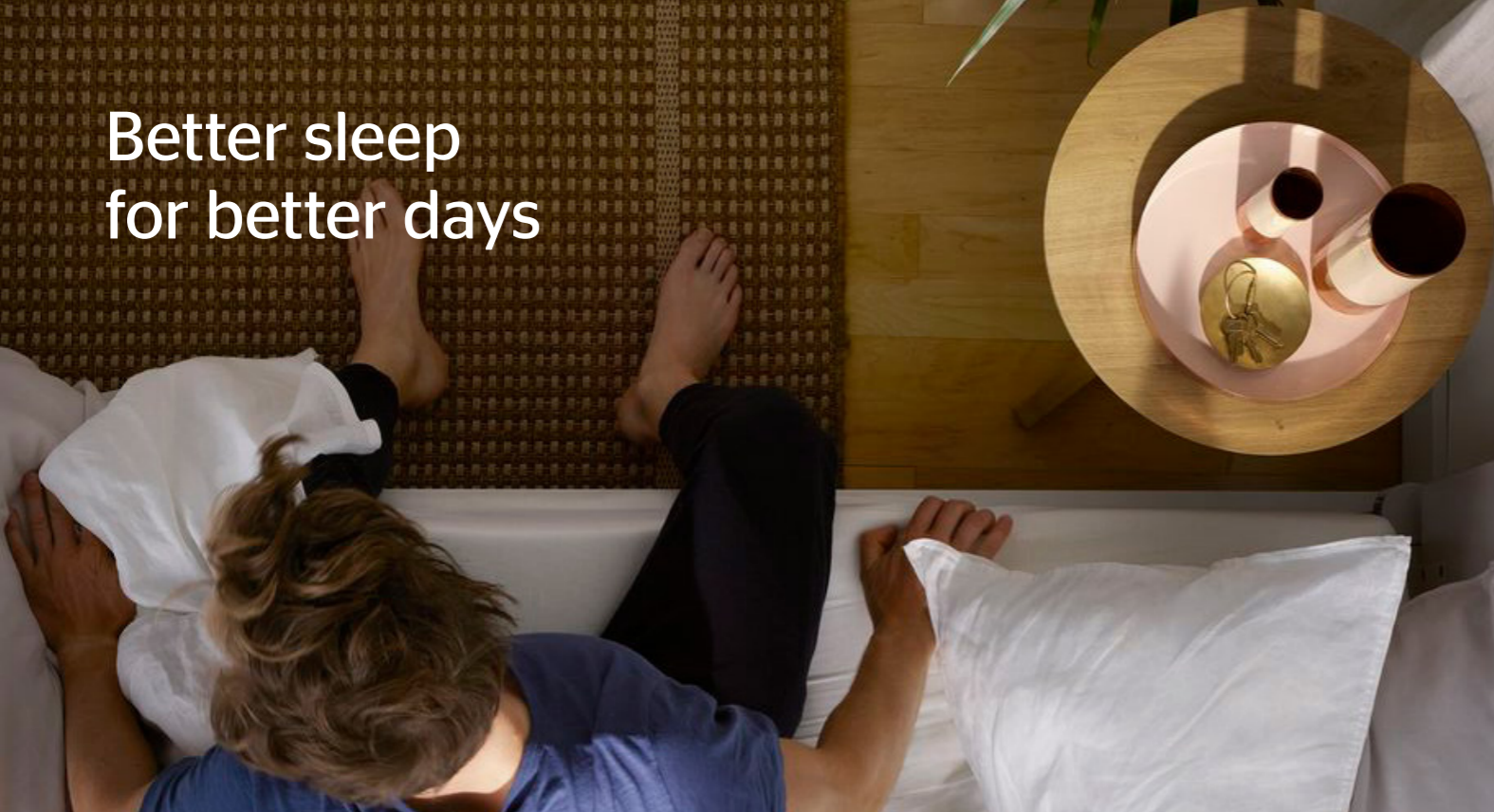


Where sustainability meets performance...

Better for you and the environment too



Better sleep
for better days



SleepHarmony™

made exclusively for **Dreams**

Imagine a mattress that does more than just provide a comfortable place to sleep

The SleepHarmony™ range of mattresses actively work to improve your wellbeing while you sleep, so you feel fully refreshed in the morning.

They're designed with advanced sleep technology that helps regulate body temperature and alleviates pressure points, helping your body to relax, for an undisturbed night's sleep.



SleepHarmony™

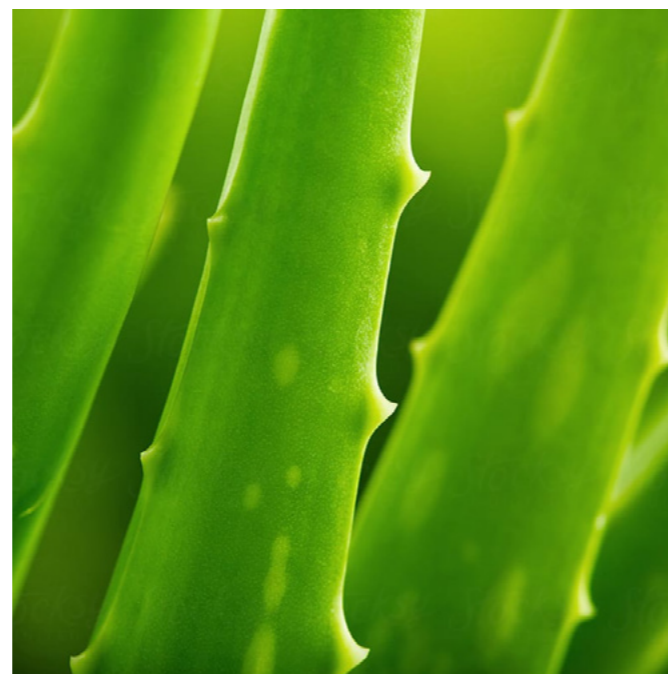
made exclusively for **Dreams**



Plant powered
Aloe vera infused fabric

Say hello to nature's wonder plant. All three mattresses in the collection feature our unique Aloe vera infused sleep surface.

The quilted sleep surface of this mattress is Aloe vera infused, **offering a naturally soft-touch feel, and due to the active ingredients, it is soothing for the skin.** Welcome the feeling of a spa in your own bed.



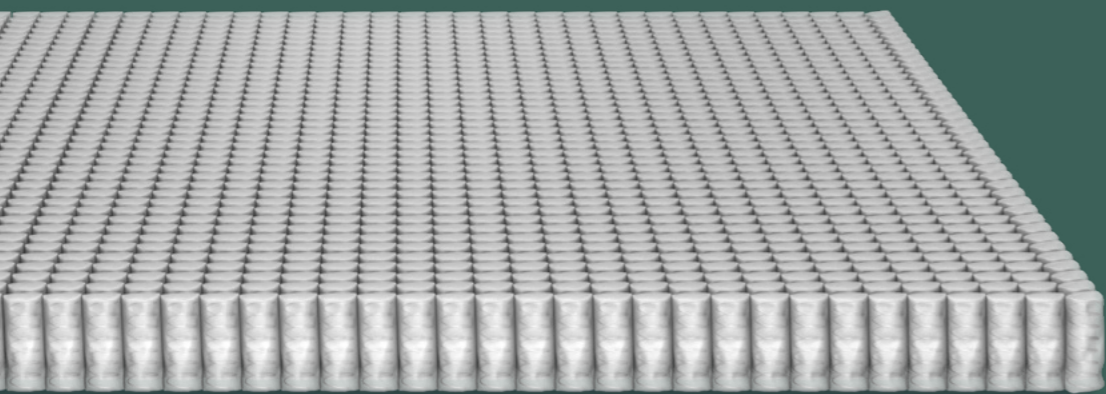
support system

Mirapocket® makes up the core of the mattress and is key to comfort, support and sleep quality.

Mirapocket®

Our Mirapocket® support system offers zoned support and luxurious comfort that's tailored to you.

- Individual, responsive pocket springs conform and adjust to your body weight. Working independently, they spread weight and pressure evenly, whilst adjusting to your movements through the night.
- As each Mirapocket® spring acts independently, when you twist and turn throughout the night, your partner won't feel a thing and can continue to enjoy a peaceful night's sleep.
- Our zoned support system has been scientifically proven to improve your spinal alignment and posture, so you can finally say goodbye to those niggling aches and pains.
- Whether you're a front, back or side sleeper, all of our Mirapocket® support systems are designed with a firmness rating to suit your sleeping position.





breathes easy



Aloe vera infused fabric

Aloe vera infused fabric is naturally soft-touch and with active ingredients, it soothes the skin.



EcoComfort Fibre™

Sustainable fibres wick away heat and moisture from your body, for a cool and breathable night's rest.



made with the planet in mind

Crafted from 78% recycled plastic materials for a sustainable future.



enhanced spinal support

1000 Mirapocket® spring zoned support provides optimal spinal alignment.



support

SleepHarmony™ by Silentnight



Aloe vera infused fabric

Aloe vera infused fabric is naturally soft-touch and with active ingredients, it soothes the skin.



premium memory foam

Gently hugs you to sleep, moulding with the contours of your body for soothing pressure relief and sink-in comfort.



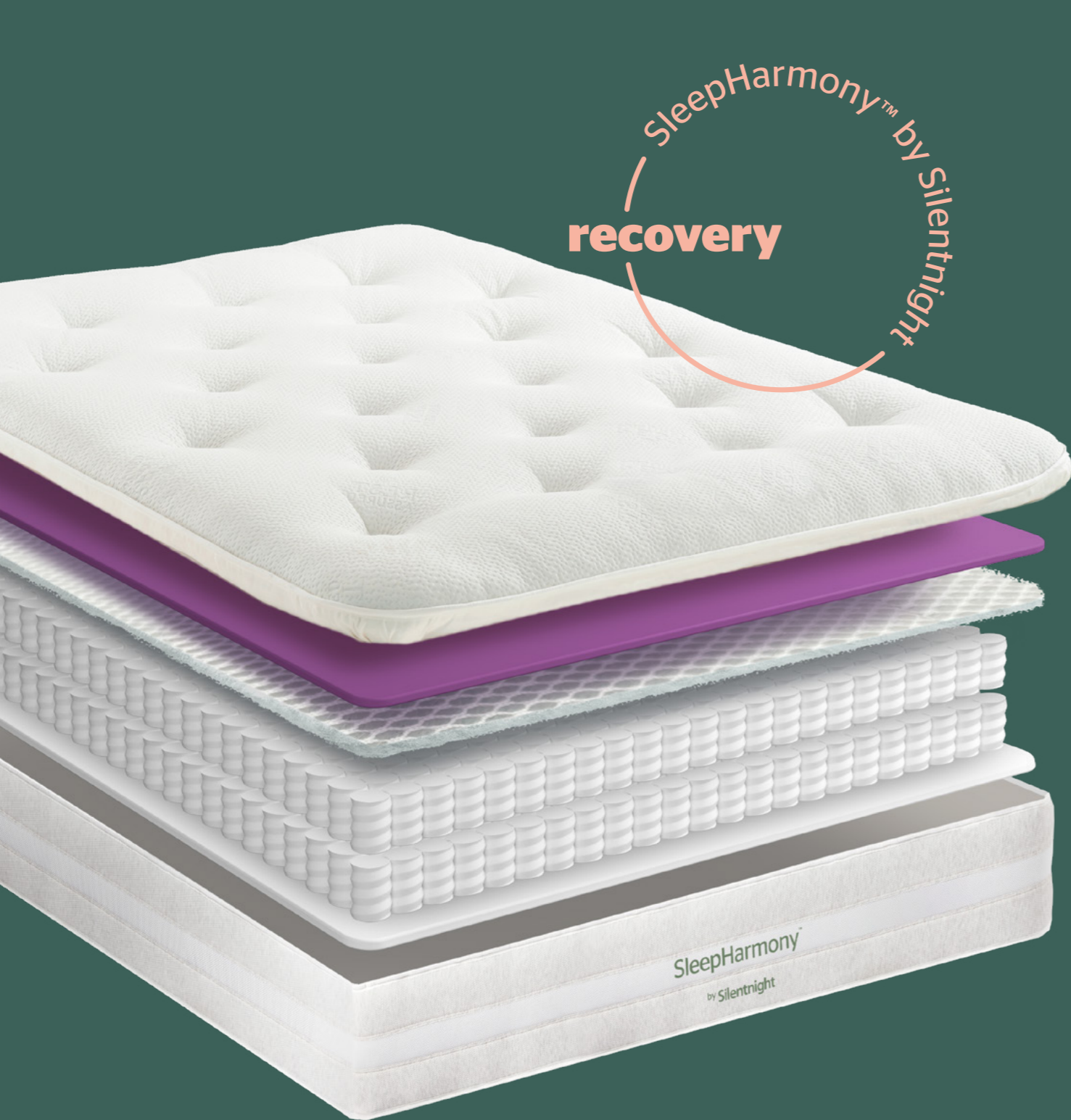
pillow top comfort

Sumptuous pillow top layer for exceptional comfort and durability.



enhanced spinal support

1400 Mirapocket® spring zoned support provides optimal spinal alignment.



SleepHarmony™ by Silentnight
recovery



ActivEnergy **Get up and go**

All the sleeper benefits of breathable comfort.
The unique 3D shape provides bounce-back and durability to aid sleep recovery and give you that 'get up and go' feeling.



60% recyclable & ultra lightweight



energy giving comfort



breathable technology to regulate temperature



Aloe vera infused fabric

Aloe vera infused fabric is naturally soft-touch and with active ingredients, it soothes the skin.



enhanced spinal support

2000 Mirapocket® spring zoned support provides optimal spinal alignment.



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