



Training Sheet

A reduced body temperature makes it easier to fall asleep and helps improve sleep quality once asleep. Conversely, an elevated body temperature is associated with alertness.

Dunlopillo Plus mattresses feature a special fabric that keeps skin temperature at least 1°C below that of the body, enough to induce and maintain a deeper sleep.

The fabric works by actively conducting heat away from the body. A useful analogy is a marble and a wooden surface in the same room. Despite being at the same temperature the marble surface feels significantly cooler than the wood. This is because marble is a conductor while wood is an insulator. The same principle applies to Dunlopillo Plus.

Maintaining a skin temperature approximately 1°C below the body's temperature avoids the body temperature dropping too low, so the customer never feels 'chilled.'

