



Celebrating **50 years of**
Heimtextil Together

**... and 50 tips for
a good night's sleep!**

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CELEBRATING THE 50th EDITION



Vorwort

On the occasion of its **50th anniversary**, Heimtextil is offering you 50 tips for optimal sleep. These tips have been developed in cooperation with Schlafkampagne.

Also, we cordially invite you to participate in **Sleep! The Future Forum** which will take place in the foyer of Hall 11.0. Familiarise yourself with the latest developments in the science, research and industrial sectors and meet the exciting guests who will be on our stage including top athletes, scientists, researchers, and sleep coaches from around the world.

The Schlafkampagne team around Markus Kamps also will be on site to answer questions regarding healthy sleep habits. We look forward to seeing you there!

Meike Kern

Director Heimtextil
Messe Frankfurt Exhibition GmbH

Sleep tips from the expert

**Prof Dr med
Ingo Fietze**



In 1990, Prof Ingo Fietze opened the first sleep laboratory at Charité and in 2005 he established the Interdisciplinary Center of Sleep Medicine at the Cardiology and Angiology Clinic at Charité-Universitätsmedizin in Berlin which became an autonomous department in 2019.

Prof Ingo Fietze is an active member of diverse national and international trade associations and professional federations. In addition to chairing Schlafmedizin Berlin Brandenburg, he is director of Deutsche Stiftung Schlaf and of the Deutschland Schläft Gesund (DSG) initiative.

His sleep tips for you:

1. Let sleep come, don't force it. Sleep is like a feather – it flies away if you try to grab it.
2. Establish a sleep ritual, for example, turn off your mobile phone, do some relaxation exercises, read or listen to an audiobook or the radio, watch TV, make a to-do list for the next day, count sheep, etc.
3. You will be lying in the sleep environment you have made – make it comfortable, calm, dark, and slightly cool.
4. Don't go to bed hungry or on a full stomach.
5. If you don't sleep well for more than four weeks, seek information regarding healthy and disturbed sleep.

Sleep tips from the expert

Dr Hans-Günter Weeß



Psychologist Dr Hans-Günter Weeß has extensive experience in the science of sleep as well as clinical sleep medicine. He has published numerous scientific articles and papers.

Dr Weeß teaches at diverse universities, is a member of the board of the German Sleep Society (DGSM), and chairs Rheinland-Pfälzische Gesellschaft für Schlafforschung und Schlafmedizin (RheiGSM).

His sleep tips for you:

1. Establish a bedtime ritual! Start resting your mind in good time before turning in – a good book, an imaginary journey, relaxing music, or writing in your diary can help.
2. Germans may feel they sleep best in front of the TV; however, these naps are the number one sleep killer – they reduce sleep pressure and make it more difficult to fall asleep in bed.
3. Relaxation is the silver bullet for better sleep! Leave your large and your small sorrows outside your bedroom door.
4. If you want to sleep, stay awake! Many people do battle with their pillows in bed trying to find sleep. This creates tension, and tension is the enemy of sleep. When in bed, try not to think about sleeping at all and the zzzs will come to you effortlessly.
5. Turn your bedroom into an oasis of wellbeing where you think only of the good things in your life! Banish anything reminding you of your everyday to-dos such as technical books, tax documents, clothes needing ironing, etc., from your bedroom.

Sleep tips from the expert

Dr Christian Benedict



Hamburg-born Dr Christian Benedict studied ecotrophology and completed his doctoral and post-doctoral studies at the Institute for Neuroendocrinology at Medizinische Universität in Lübeck. In 2008, he attained a doctoral degree in human biology; his dissertation was awarded the Otto-Roth-Preis in 2009.

In August 2009, Dr Benedict joined the Institute for Neurosciences at Uppsala University in Sweden.

More than 100 of his scientific articles have been published in trade journals.

His sleep tips for you:

1. "Sleep alone"

Studies show that couples who do not get enough sleep fight more. If you suffer because of your partner's sleep habits, sleep in a separate room – for the sake of love!

2. Avoid eating late in the day

Having a late heavy meal can cause heartburn at night and make your attempts to sleep hit a sour note.

3. No nightcap

Alcohol allows us to fall asleep faster but it also prevents us from sleeping through the night.

4. Mobile phone off

Put your mobile phone aside or turn it off in the evening. This will help you disengage mentally from work e-mails and other to-dos.

5. Establish rituals

Rituals such as brushing your teeth and perhaps reading a book or dimming the light can help attune your mind and body to night time and help you fall asleep more easily.

Sleep tips from the expert

Nick Littlehales
Elite Sport Sleep Coach



UK-born Nick Littlehales has more than 30 years' experience as a sleep expert. He works as a sleep coach for top athletes from around the world including Cristiano Ronaldo and Lewis Hamilton, for sports teams such as those in North-American basketball, football and ice hockey leagues, for football teams such as Manchester United, and for cycling teams, for example, Team Sky.

His sleep tips for you:

1. Awareness

If you get sufficient sleep (7.5 hours per night is optimal), your body will regenerate faster after strenuous exercise because during sleep your organism releases the growth hormone somatotropin which stimulates cell regeneration and reproduction.

Athletes find it more difficult to concentrate when they fail to get enough sleep and a lack of concentration can affect their performance during tournaments or training (mental fitness).

2. Timing control

Avoid thinking in sleep blocks of eight hours; instead think in 90-minute sleep cycles. If you know you will have a short night ahead, you should sleep either one and a half or three hours. Five sleep cycles per night lead to complete recovery.

3. When and what to eat

Athletes should consume their last large meal of the day at least three hours before bedtime to give their intestines time to do their work.

4. Take breaks – even at noon

We already know from history that having a second sleep is beneficial. Our inner clocks also demand a second break. Power napping – either simply lying down or taking a guided nap coupled with oxygen or audiotherapy for 15 to 30 minutes – refreshes us and reduces stress. This often leads to better results for falling asleep in the evening.

5. Beware of blue light and other disrupters – turn off your smartphone and choose candlelight over lamps.

Filters can help, but stand-by lights on devices make it difficult for the brain to fall into deep sleep.

Your bedroom should be completely dark to facilitate release of the sleep hormone melatonin. Room temperature also is important: The optimal range is between 16° and 21° C.



Sleep tips from the expert

Markus Kamps
Preventologist



Markus Kamps supports people, organisations, and the sales and industrial sectors by giving lectures and leading seminars and workshops on healthy sleep.

As a lecturer on bedding and as a sleep practitioner, Kamps has been committed to promoting sleep and back health for more than 20 years.

Kamps is the first preventologist consulting in the area of sleep and stress. He is the founder and director of Schlafkampagne.de, a leading Internet portal on sleeping and bedding. Kamps conducts workshops on health promotion and health management at companies and is a popular interview participant and TV partner.

His sleep tips for you:

1. Don't worry

You can't always be at your best, no matter how much sleep you get. A varying degree of fitness over the course of the day is absolutely normal. You may feel sleepy for the first time only 90 minutes to two hours after you wake up and this rhythm may repeat itself throughout the day. While we would prefer it, a continuous high is unnatural. Our lowest point typically comes between 1:00 and 3:00 p.m., regardless of whether and how much we have eaten.

2. Mind your minimum amount of sleep!

Over a 24-hour period you need at least 4.5 hours of sleep; this amount will suffice in emergencies. People who sleep badly tend to worry when they had a short night. Normally, these worries are unfounded, except you run the risk that your nerves will be on edge. Sticking to the facts and calming down is recommended. As a rule, after two nights at the most, you will sleep without having to take any action at all.

3. Also on weekends

Extend your weekday routine for going to bed and getting up in the mornings to the weekend. Avoid going to bed extra early after a bad night's sleep; stick to the same bedtime every night.

4. Naps

You may want to take a nap around midday. Your nap will be most beneficial if it lasts between ten and twenty minutes. Because you may have to learn how to limit your naptime, use an alarm clock if needed. Napping for longer or later in the day will spoil your sleep at night because your need to sleep will not set in until later or will be interrupted even if you fall asleep well.

5. Coffee and Co. – when and where?

Coffee, black tea, and nicotine are stimulants that help us bridge drops in performance during the day. Their full effect sets in 30 minutes after consumption and continues for an extended period of time. These substances have been proven to prevent sleepiness and, for example, falling asleep at the wheel. However, if you consume them too late in the day they will forestall your sleep from setting in at the usual time.



25 additional helpful tips for sleeping well

1. Relaxing music or audio therapies

Quiet soft sounds are particularly suitable. Very pleasant is relaxing music. Please make sure that the Frequencies do not encourage too much movement. Audiotherapies for „sleeping and relaxing“ are very well suited. Delta waves are inaudible waves with a very low frequency, which lead to a deeper sleep. At 0.5 - 4 Hertz the optimal regeneration is achieved and cell growth is at its highest.

2. Dozy due to warm feet - a hot bath has a relaxing effect

Enrich the water with a bath oil or bath salt that contains sleep-promoting substances such as lavender. If the bath takes place after 9 p.m., the balance between biorhythm and a temperature of 36-38 degrees is ideal.

3. Better than hops - a cup of herbal tea

Over the evening beer to the necessary bed weight. Alcohol is not a recommended sleeping pill. The falling asleep takes place as if one is stunned, the sleeping through however becomes substantially worse. Only alcohol in small quantities (max. 0.21 litres of wine or 1 glass of beer!) has a positive effect on sleep.

But beware: too much alcohol worsens the quality of sleep! Tea is advantageous - please do not drink too much after 18:00-19:00, but ideally only 20 minutes or half an hour before going to sleep. Herbs such as passion herb, lemon balm, valerian roots, hops and lavender are particularly suitable.



4. Full belly means bad sleep - never go to bed with a full stomach

Full up in bed has nothing to do with „sleep slim“ anymore. Eating too much is usually worse than having eaten the wrong thing. Protein without carbohydrates in the evening promotes fat burning even during the night. However, if the body is busy with heavy digestion, it is not adjusted to sleep.

Sleep is restless and associated with easier waking up at night. The last meal should be taken at least two or better three hours before bedtime.

5. Only sex and sleep - nothing else

Switch off thoughts before and practice letting go outside the bedroom. Anyone who reads in bed, watches television or even rolls around problems should not be surprised if they cannot fall asleep.

The body learns to associate the bed with activities other than sleeping. The fatal consequence: the body is adjusted to activity. One activity is the exception: Sex. Because physical and mental relaxation usually improve falling asleep afterwards.



6. Only to bed when you're really tired

Never try to do too much justice to your partner by staying up or staying awake because your partner is still awake or active.

Listen to your tiredness and if you wait too long, falling asleep no longer works. You only have 12-20 minutes when you are tired to use this window to fall asleep. If you miss your sleep window, then starting from the point of fatigue, it is better to make the second attempt with the next wave of fatigue 85-90 minutes later.

The body shows its need for sleep through fatigue. In other words: Your body gets sleep when it needs it. So why go to bed when you're not tired? Listen to your body. Do not orient yourself by the room clock, but by your inner clock.

7. Boring but good for sleep - ritualize your going to bed

Before going to bed, always get used to the same activities. Check the daily schedule, tidy up, take out clothes for the next day.

Pre-plan the next day, finish it first, then drink tea or just read. Do things you enjoy, initiate your relaxation, but always in the same way - your personal ritual.

8. Fragrance or stench - prefer pleasant fragrances

Some bedrooms are not ventilated enough. Please ventilate in the morning - approx. five to eight minutes are completely sufficient. When the room temperature has cooled down because of the change in humidity in the bedroom, turn the heating slightly higher to avoid too much negative humidity and the tendency to mold.

Regularly, please change the bedlinen and nightclothes.

A pleasant room fragrance with fresh air helps to relax. A very old household remedy is also the scent of a fresh apple. This is to remind of the childhood and promotes so the relaxation.

9. Get up straight away and in a good mood - get up at the same time every morning

Two important specifications: One is regularity. You will see that your body quickly gets used to it. If your internal clock also knows when it is time to get up, you will also get the necessary bed weight in time in the evening.

As I said, the body gets the sleep it needs. The other thing is that you increase your fitness in the morning when you get up by waking up around the dream sleep (REM phase) or by adjusting the sleeping point to your alarm clock in the morning. That means simplified.

If you want to get up at 6:00 a.m., try to go to sleep a multiple of 85-90 minute units before and then hit the dream phase when the alarm clock rings. There are also good Sleep-Phase-Alarm- Clocks available.

10. Sweet or sour against sleep disorders - Cherry juice against milk with honey

1-2 small glasses Cherry juice are to extend even directly before falling asleep the sleep period by 30-45 minutes, say new American studies, because the Cherry juice has a high proportion of Melatonin.

Persons with problems in the acid household should be please careful with Cherry juice, here would be nevertheless rather 20 minutes before going to bed a glass of hot milk with a spoon honey for calming advised. Also banana with honey is an absolute insider tip: Because Tryptophan, an amino acid, is converted by the body into the neurotransmitters Serotonin and then turned into Melatonin.

Please pay attention also to the fact that no lack of calcium is present, this is in suspicion to cause particularly sleep disturbances. Fish for dinner is also advantageous because it is easily digestible and its vitamin B6 strengthens nerves and defences and provides the body with a good supply needed to increase the hormone melatonin.

11. Bed weight - make a good-night walk

Those who go to bed too full often have difficulties falling asleep. It is better to take a short walk to let your thoughts circulate but also to get the necessary bed weight.

Many people can sleep better after a small walk at the evening.

12. Interior design – cool colours help you relax

Make sure your bedroom is dominated by cool colours such as blues and greens and lighter shades.

Red and red tones stand for erotic, warm and darker colours for activity. Pink, on the other hand, is the equilibrium of the soul, while yellow or orange symbolize calmness and the rising sun.

Blue or light blue means water of relaxation or the skies and clouds. Please do not just create clinically white walls in the bedroom and if you do, then use carpets or furniture to make them cosy and feel good, so that the bedroom is not degraded to a junk room.

Order creates rest - even from the inside.



13. Snoring or mold - ensure sufficient humidity

Too dry room air can have an unfavourable effect on sleep, just like a too damp one. We recommend 45-65 room humidity at 16 to 18 degrees. Too cool can trigger new sweating episodes by physical counter regulation and too warm can cool the body by too much heat and it sweats afterwards.

If the room air is too dry, one wakes up more often at night, one has to drink more or snore with the consequence of an even drier throat. On the other hand, if the air in the room is too humid, mould can develop in the room, especially with tilted windows and often near the windows or doors or directly in the bed between the mattress and the slatted frame.



14. Beautiful but dangerous - no plants in the bedroom

Potted plants, but also cut flowers, produce oxygen in daylight, which we all need to breathe, but at night they stop producing oxygen and consume it again. That alone is not the main reason why plants should be avoided in the bedroom.



The wrong main-taining of the plants (wet earth) and partially molds and their negative effect on the respiration are the main reasons to avoided plants at the bedroom.

15. Learn relaxation techniques

Today there are many different ways to relax in an ideal way. My tip: Contact a sleep trainer you trust, your health insurance company or a preventologist near to you. Almost all offer cour-ces with breathing exercises.

All courses with the goal for stress reduction and relaxation help and are also partly subsidi-zed by the health insurance companies.



16. Foot or back - a massage can be wonderfully relaxing

It doesn't matter that you have orthopaedic expertise. The main thing is that you feel good about it.

And if there is no partner at your side to practice, then at least a foot massage of your own will work wonders and make cold feet pleasantly warm.

17. Think positive - I will fall asleep wonderfully

If the hustle and bustle of the day does not calm you down, try to think of something pleasant, beautiful and quiet. This could be a shady clearing on a summer morning, a cosy blazing fireplace, a basket of young kittens playing.

The thought of a sleeping baby can also help. Or in situations or places where you have already fallen asleep.



18. Make monotonous things - counting sheep or motorcycles

This tip is meant quite seriously. Of course, it is not important whether you count sheep, cows, deer, cars or motorcycles. Important: the monotony of a repetitive movement distracts your thoughts. The mind can relax and find peace.

19. 4-note chord in harmony - a bed must suit me

A functioning bed is an ideally matched system that is created by the interplay of duvet, pillow, mattress and slat base. The pillow serves to balance the heavy head, the duvet regulates the bed climate to 70%, while the mattress is responsible for muscle and pressure sensations. The substructure is jointly responsible for the alignment of the bed, the orientation of the spine and shoulder lowering and is often underestimated.



But correctly well, pressure-relieving and supporting, ergonomically and relaxing it becomes mostly only as perfectly co-ordinated system of all four components - the basis for good sleep is the suitable bed.

20. Window fully open instead of just tilted - correct ventilation

Proper ventilation does not mean keeping windows tilted day and night: Better ventilation is the so-called shock ventilation.

Here it is recommended to open the window completely for a maximum of 15 minutes in the evening before going to bed and in the morning after getting up for about five to eight minutes.

With this method there is a real exchange of fresh air in the room. Attention: do not reheat immediately, otherwise there is a risk of mould formation.

21. Avoid sleeping on the sofa at any cost

Even though dozing off in front of the telly may be enticing, getting up to go to bed may interrupt your cosy relaxation.

If you already have snatched a few hours of sleep, you may be punished by lying awake when you go to bed.

22. Cut your perceived waking time in half and double your sleep time

When we lie awake, we tend to miscalculate enormously. More often than not, the time we lie awake is only half of what we believe it to be.

Also, the brain often falls asleep before we notice.

23. If you lie awake for more than 20 minutes – get up

Doing something constructive when you cannot sleep is the sensible thing to do. However, don't miss your next sleep window which will open up in about 90 minutes. Don't be afraid of getting a reduced amount of sleep.

24. Start bending the rules a bit during the day

Taking a generous look back at things you did half-heartedly during the day generally will trigger the serenity you need for a good sleep.

25. Sleeping longer does not automatically refresh you more

All you will achieve is an interrupted rhythm. As in all other areas of life, an excessive amount of sleep is not productive.