SleepMaker® 美容觉期刊 Control C



THE GUIDE TO BEAUTY SLEEP









A good night's sleep is one of the most important things you can do for your health, and enjoying good health is the biggest contributor to achieving natural beauty. Some even say that routinely enjoying plenty of sleep can turn back the clock.

Often overused, the term 'beauty sleep' comes from a common thought that there is strong link between quality sleep and a healthy appearance with youthful looking skin. While there are many alternative remedies which promise to replenish dull and tired skin, there is no substitute for giving our bodies the rest and recuperation of a good night's sleep. For many people, the idea that sleep plays a big role in beauty is not a surprise. So why are so many of us sleeping less, and what damage are we doing to ourselves to as a result?

We discuss some of the not-so-pretty side effects that poor sleep can have and some easy ways to improve our complexions & overall health.

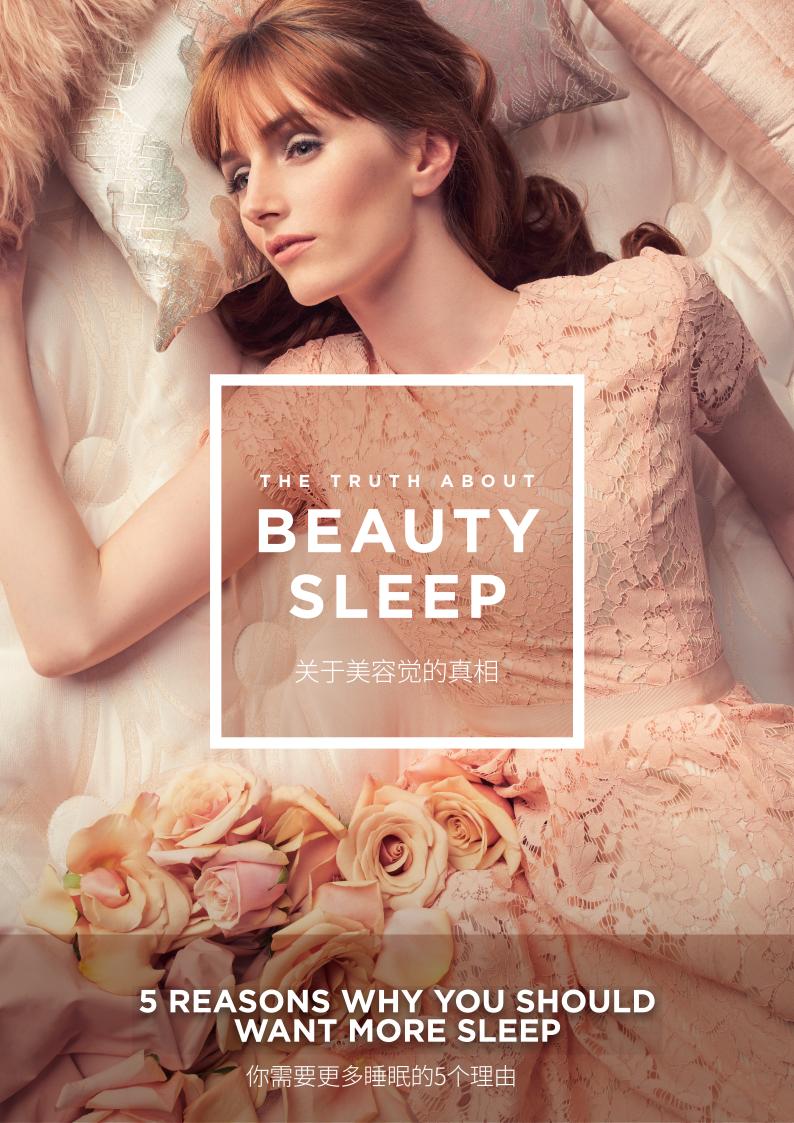


一个好的睡眠至关重要,是一生健康的基础,拥有良好的睡眠才能拥有好气色。人们常说,睡好美容觉可以让时光倒流让你变美。

"美容觉"这个词经常被滥用,它源于一种普遍的观点,即高质量的睡眠与健康的外表和年轻的皮肤之间有着密切的联系。虽然有许多替代方法,可以遮盖皮肤的暗沉和劳损,但不能从根源上替代睡眠来达到修复身心的效果。

对于许多人来说,睡好美容觉至关重要而且深入人心。那么, 为什么还有如此多的人睡得少,结果对自身又有怎样的伤害 呢?

在这里,我们讨论睡眠不足可能带来的一些伤害,以及一些改善肤色和睡眠健康的简单方法。





GETTING THE RIGHT AMOUNT OF SLEEP HELPS TO ACHIEVE A HEALTHY AND BALANCED LIFESTYLE

充足的睡眠有助于平衡健康与生活

WE all know that leading a balanced lifestyle is essential to maintaining a happy and healthy life, but we often overlook the benefits for our skin.

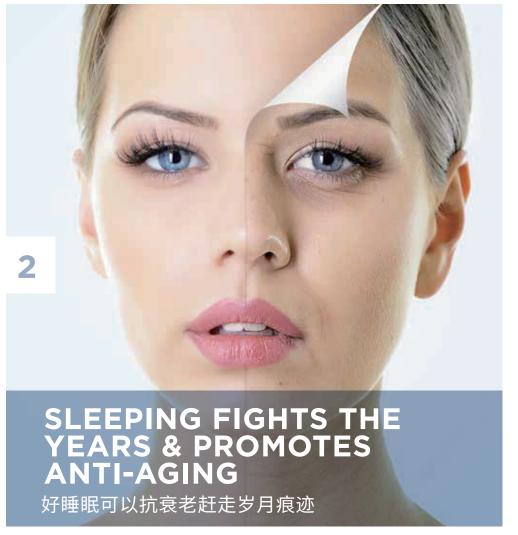
Healthy, clear skin requires a good PH balance and cutting back on essential sleep can disrupt your skin's natural PH levels. When you're running low on sleep your skin becomes more alkaline and often has a harder job maintaining moisture levels.

For anyone who has experienced dry skin, you will know how uncomfortable dry and irritated skin can be. Continually subjecting your skin to these alkaline conditions can leave you with an uneven appearance and can even stimulate breakouts. A youthful appearance can also be tested as dehydrated skin can look tired and prematurely aged. Fortunately many of our much-loved night time beauty products can be slightly acidic, with the intention of slowing this dehydration process. A less expensive and much more effective alternative is to simply listen to our bodies and give ourselves the sleep that we individually require.

我们都知道平衡的生活方式对于保持快乐和健康很重要,但是我们经 常忽略了它对我们皮肤的好处。

健康、洁净的皮肤需要良好的PH值来平衡,减少必要的睡眠会破坏皮肤的自然PH值。当你睡眠不足时,你的皮肤会变得更碱性,并且通常很难保持水分。

对于任何经历过干性皮肤的人来说,都知道干性皮肤和刺激性皮肤是多么的不舒服。不断地让你的皮肤处于这些碱性环境下,会使你的外表不均匀,甚至会刺激皮肤长痘痘,长久下去更会导致面部皮肤无光、松弛,显得苍老。一些深受人们喜爱的夜间美容产品或许可以用轻微酸性来减缓皮肤的老化。不过一个更便宜、更直接、更有效的方法是,仅仅听从我们身体的信号,提供充足的好睡眠。







THE best thing we can do to wind back time is to give ourselves between 7 and 9 hours sleep each night. A proper night's sleep is the best anti-aging 'product' available to us, not only vital to our health, but also vital to the way we look.

Sleep is essential to many of our vital functions, including our natural cell regeneration process. Throughout a typical day we expose our bodies frequently to damaging elements. Sunlight, processed food and drink, household products, personal care products and even stress or simply negative emotions can all be sources of harsh toxins. As we damage different cells throughout the day, our bodies constantly work to repair and replace damaged cells with healthy new ones.

Skin cell regeneration becomes more active throughout out sleep. By reducing the amount of sleep we give ourselves, we in turn reduce the time we are giving our bodies to replace all those damaged skin cells.

我们所能做的最好的事情就是让自己每晚睡7到9个小时。适当的睡眠对我们来说是最好的抗衰老"产品",不仅对我们的健康至关重要,而且对我们的外表也至关重要。

睡眠在许多方面都发挥着重要作用,包括我们的自然细胞再生过程。 通常情况下,我们的身体经常暴露在有破坏性因素的环境里:阳光、 加工食品、饮料、家用产品、个人护理产品,甚至压力或仅仅是负面 情绪,都可能是毒素的来源,当我们一整天都在损伤不同的细胞时, 我们的身体需要不断地用健康的新细胞去修复和替代受损的细胞。

而在整个睡眠过程中,皮肤细胞再生变得更加活跃。如果减少睡眠时间,反之会减少身体细胞自我修复的时间。



CORTISOL is a stress hormone secreted by the adrenal glands. It is primarily within our bodies to rapidly convert protein into fuel to enable us with our classic survival instinct, the fight or flight response. Cortisol is also a vital hormone for daily functions such as the control of blood pressure, reducing inflammation and strengthening the immune system. Many of us are triggering the release of too much cortisol. Over an extended period of time this can be damaging to our health and wellbeing. One such side effect of this powerful hormone is weight gain. Elevated levels over a sustained period of time cause the body to more readily store fat – especially around our stomach region.

Unfortunately for us, high levels of cortisol can also reduce our bodies natural collagen. Collagen is concentrated in the skin to provide structure and elasticity. A loss of skin's collagen can be identified by an increase in fine lines and wrinkles. So why are we releasing too much cortisol? Allowing our bodies to get low on sleep is primary attribute to this phenomenon. So it makes sense that we need to sleep more, right? Well it gets a little more complicated than that. Although lack of sleep is a main contributor to its excessive release, cortisol in itself prevents us from getting a good night's sleep. Remember the fight or flight response? If your body is preparing for either of these actions, you'll likely struggle to drift off asleep

皮质醇是肾上腺分泌的一种应激激素。它的产生遵循昼夜节律,主要是在我们体内快速将蛋白质转化为燃料,使我们具有经典的生存本能、战斗或应激反应。皮质醇也是日常功能的重要激素,如控制血压、减少炎症和增强免疫系统。

我们大部分人都在触发过多的皮质醇的释放,在很长一段时间内,这可能会损害我们的健康。这种强大的激素的其中一个副作用就是体重增加,持续一段时间的升高会导致身体更容易储存脂肪——尤其是在我们的胃周围。

不幸的是,高水平的皮质醇也会减少我们身体的天然胶原蛋白。胶原蛋白集中在皮肤中,以提供结构和弹性。皮肤胶原蛋白的减少可以通过细纹和皱纹的增加来识别。那么,为什么我们要释放太多的皮质醇呢?主要是因为睡眠不足导致,所以我们更需要延长睡眠时间。除此之外,皮质醇本身就阻止了我们睡个好觉,还记得战斗或应激反应吗?如果你的身体正在为这两种行为做准备,你有可能会很难入睡。



SKIN care technology is constantly advancing. The beauty industry has an extraordinary range of products available (many of which are intended for use in the evening) promising healthier, younger looking skin.

The potential for these products to help fight the signs of aging is relatively high as treatments intended for evening use often contain higher concentrations of active ingredients compared to their day time equivalents. This is because while we sleep, our skin cell regeneration is most active. But applying anti aging products in the evening may still not be enough. Even the most effective products in the market will struggle to penetrate sleep deprived skin. Sleep deprivation means our skin cells do not get sufficient time to repair and recover, making it hard to utilise all the benefits of any anti-aging products, no matter the brand's promise.

A common practise of applying evening anti-aging products during the day time as well as in the evening will improve their affects is usually ineffective. Natural sunlight can break down their active ingredients, and you'll often missout on vital SPF protection found in most day-time products. Maximise the benefits of a good beauty regime with substantiated brands and their products and plenty of sleep.

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SLEEP is more essential for our brains than any other part of our anatomy. During our sleep, areas of the brain disengage from the senses to give it the peace and quiet needed to repair and recover, to process the day's events and to commit our day's experiences to memory.

The part of our brain responsible for this activity is the cortex. The cortex is responsible for functions such as our thoughts and actions, language and decision making. In essence, it is what makes us who we are, and what makes us distinguishable from another.

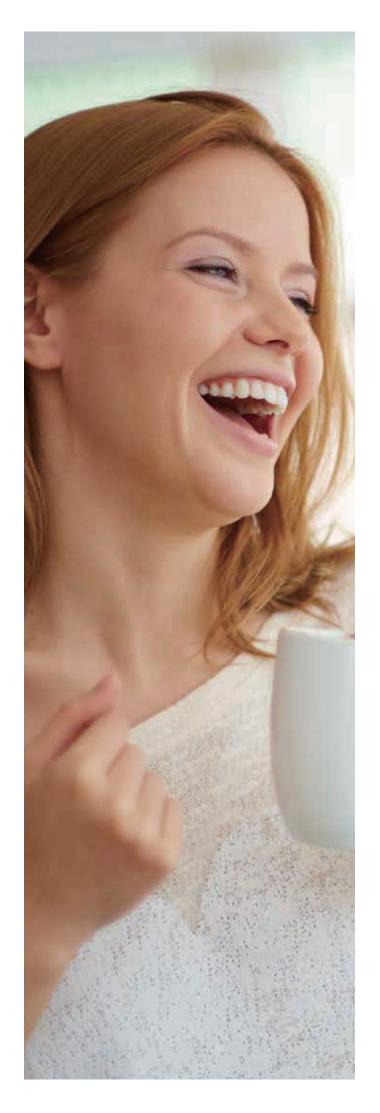
Denying ourselves of sleep will have a noticeable effect on the kind of person who wakes up the following day. Increased anger, depressive thoughts, irritability and anxiety are all examples of the negative impacts limited sleep can have on our brains. If beauty truly comes from within, we need to nurture our brains with plenty of sleep.

睡眠在大脑健康方面起着至关重要的作用。休息时,大脑皮层处于抑制状态,各项生理机能低速运转,以平静和安宁来帮助恢复精力,同时将白天冗杂的垃圾信息进行清理,起着"排毒"作用。

大脑皮层是整个神经系统中最高级的部位,具有语言、学习、记忆、思维等功能。从本质上说,它使我们成为谁,使我们区别于他人。

否认我们自己的睡眠会对第二天醒来产生明显的影响。如愤怒、抑郁 和焦虑等,都是缺少睡眠导致大脑产生的负面影响。真正的美是由内 而外透出来的,以优质的睡眠调整身体机能,保持肌肤最佳状态,让 美绽放。





BREAK BAD CYCLES

打破恶性循环

EXCESSIVE cortisol release is strongly attributed to poor quality sleep but if cortisol prevents sleep, and the resulting tiredness triggers cortisol, how are we meant to break the cycle? Reducing stress appears to be the key to maintaining hormones in harmony so try some of these tricks to find a better balance.

LAUGHTER truly is the best medicine. Even the anticipation of laughter can reduce cortisol levels by nearly half. Spend time with friends on a regular basis as socialising with others and the resulting fun and laughter is a natural and effective combatant to the stress hormone.

睡眠不足会促进身体分泌更多的皮质醇,但皮质醇持续偏高,会增加身体脂肪影响代谢功能,进而导致失眠,那么该如何打破这个循环呢?减少压力激素(如皮质醇)似乎是保持平衡的关键,所以这些技巧值得尝试。

笑确实是最好的良药。仅是对开心或好笑事情的期待,就可以使皮质醇水平降低一半。多花些时间和亲朋好友在一起,参加一些社交活动,由此产生的愉悦和放松心情,可以减少压力激素的产生。





REGULAR exercise can work wonders on the mind and the body. Cortisol prepares us for physical action. Incorporating a regular exercise routine can utilise this stress hormone and stimulate the release of endorphins and dopamine, giving you a natural high.

REDUCE your caffeine intake. Have you ever wondered what wakes you up in the morning? It is the elevation in cortisol levels which occurs naturally every day. Caffeine stimulates the adrenal glands to release more cortisol, giving us that wide awake feeling. Excessive cortisol is not optimal and to add to the problem, both caffeine and cortisol dehydrate the skin creating a double whammy for skin health.

PUT your gadgets down an hour before bedtime. The self-luminous light emitted from electronic devices stimulates brain activity and suppresses the sleep hormone melatonin. These factors prevent tiredness from taking you off to sleep. Try turning your bedroom into your sanctuary. Low lighting, relaxing music, a good book and a luxuriously comfortable bed will help your body relax and ready it's self for a restful night.

有规律的锻炼可以对大脑和身体产生奇迹。皮质醇为我们的身体活动做好了准备。定期锻炼可以利用 这种压力激素,刺激内啡肽和多巴胺的释放,给你一个自然的快感。

减少咖啡因摄入量。你有没有想过早上是什么叫醒了你?这是每天自然发生的皮质醇水平的升高。咖啡因刺激肾上腺释放更多的皮质醇,给我们那种非常清醒的感觉。但过量的皮质醇不是最佳的,而且咖啡因和皮质醇都会使皮肤脱水,对皮肤健康造成双重打击。

睡前一小时放下电子设备。电子设备发出的自亮光会刺激大脑活动,并抑制睡眠激素——褪黑激素的产生,这些干扰因素会让你无法入睡。试着把你的卧室变成你的避难所,昏暗的灯光,放松的音乐,一本好书和一张豪华舒适的床将帮助你的身体放松,准备好度过一个宁静的夜晚。







GIVE your skin a break overnight. Wash away the impurities of the day with a cleansing routine suited to your skin type. Sebum, or the oil produced by our skin, contains many less desirable compounds including 'environmental material' collected during the day.

Removing this before you sleep will aid your skin in the recovery and repair process as cells regenerate overnight. Choose a suitable night time moisturising cream to nurture and hydrate your skin, giving it the best chance of renewal as you sleep.

Did you know that your sheets could also be coming between you and youthful skin? Low quality or synthetic pillow cases increase the friction on your skin as you sleep. This tugging and pulling can cause pressure on the face and promote the development of wrinkles. Synthetic materials are also poor at dissipating body heat which builds up as you sleep. If your body temperature creeps up, it can cause you to toss and turn which is not only adding to the pressure on your skin but results in a disruptive, poor quality sleep. Swap your rough sheets for good quality, cotton alternatives.

Check out our *natural TENCEL pillow protectors* which will keep you cool.

减轻你皮肤的压力

让你的皮肤休息一夜。用适合自己肤质的产品清洗掉一天的杂质和污垢。

睡前的认真清理有助于肌肤修复和细胞再生, 辅以合适的夜间 保湿霜进行滋养, 让肌肤在睡觉时再次焕发新生。

你知道床品也会引起肌肤问题吗?

劣质或合成的床品会在睡觉时加重皮肤摩擦造成的伤害,导致 皱纹的产生。同时合成材料不透气、不散热,当体温升高时, 会导致频繁翻身,影响睡眠质量。建议更换高质量的床品保障 优质睡眠。



Check out SleepMaker's skin-friendly bedliner, which will keep you fresh and sleepy.

看看SleepMaker造梦者的亲肤助眠床品,它会让你保持清爽好眠。



TRAVEL旅行套装

名称: 商务旅行三件套

功能: 防水防污、防螨抗菌、全效保护、 洁净睡眠环境

面料: 高支高密CVC酒店专用面料 规格: 被单头170*250/1

床单130*200/1 枕套50*80/1个

名称:家庭旅行四件套

床单180*200/1 枕套50*80/2个







奥克眠半包三件套

结构: 床罩半包防护(松紧带), 枕套(隐形拉链)功能: 防水防污、防螨抗菌、纯天然无染色、可双面睡面料: 床面100%有机棉; 裙边100%聚酯纤维规格: 床罩180*200*40cm; 枕套50*75cm





奥克眠半包床笠

结构: 半包防护 (松紧带)

功能:防水防污、防螨抗菌、纯天然无染色、可双面睡面料:床面100%有机棉;裙边100%聚酯纤维

规格:床罩180*200*40cm









全棉床笠保护垫

结构: 全包围橡筋

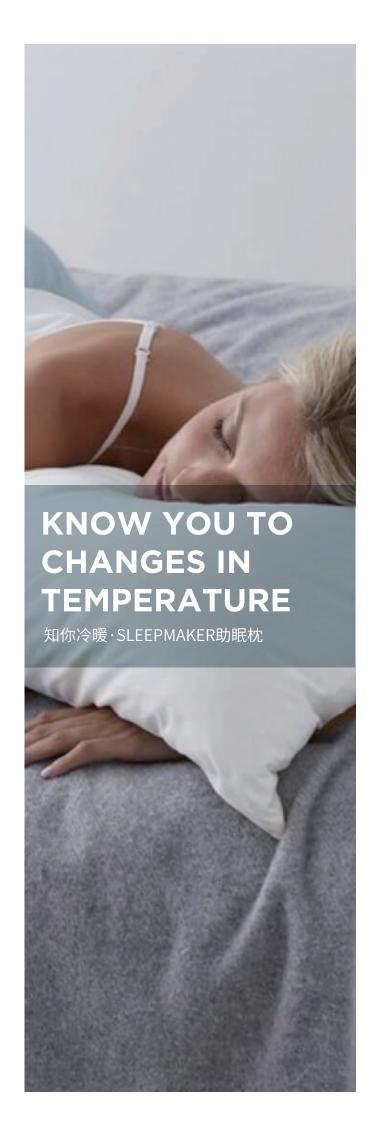
功能: 防水防污、防螨抗菌、全效保护、洁净睡眠环境

面料:表面:100%全棉;

底及边布: 100%聚酯纤维; 填充棉: 100%聚酯纤维

规格: 150*200*30cm 180*200*30cm







WOOL & SILK FUSIONGEL PILLOW 羊毛真丝冰凝枕 (AU)

内芯:冰凝恒温绵、真丝、羊毛

中: 68cm(w)x40cm(d)x13cm(h)

枕套: 竹纤维、 棉

适宜人群

材质

追求柔软轻盈、舒压的人群



TENCEL® FUSIONGEL PILLOW 天丝冰凝枕 (AU)

材质

规格

内芯:冰凝恒温绵 布套:棉、天丝绒 中: 64cm(w)x39cm(d)x12cm(h) 护颈: 64cm(w)x39cm(d)x11-14cm(h)

适宜人群

易体热、追求高效支撑性能的人群



内芯: 银离子抗菌智能记忆绵、 高抗敏性绵

枕套: 28%天丝、72%聚酯纤维

规格 65*40*8CM

适宜人群

偏爱传统型枕头、 追求柔软轻盈、舒压的人群











臻梦护颈冰凝枕(CN)

内芯:记忆棉+凝胶枕套:涤纶

55*40*9/11CM

脊椎及肩部疼痛者, 或追求高效支撑性能的人群









七星级酒店舒睡枕 (CN)

材质

内芯: 100%聚酯纤维 枕套: 100%棉 (灰色线车) 规格

48*74CM

适宜人群

喜欢酒店旅住, 追求极致奢华睡眠体验的人群









材质

内芯:凝胶粒记忆绵

枕套: 100%涤夹丝布+白色隐形拉链

规格

55*30*4/5.5CM

适宜人群

易落枕、追求零压力睡眠的人群





GETTING more sleep is more easily said than done

but we can't deny that it is essential for everything.

For who we are, the way we feel, for our relationships and life achievements. Find the right amount of sleep for you by going to bed 15 minutes earlier each night. When you wake up in the morning feeling refreshed and rejuvenated, you know you have given your body the rest it needs. You will look better and feel better all day long.

Many of us underestimate the power of a good night's sleep but if we allow our bodies this vital rest, we will quickly see how we can truly wake up beautiful, on the inside and out.

睡觉说起来简单,实际上却很难睡个好觉。

为了我们的生活与健康,请每天晚上提前15分钟上床睡觉,找到自己的睡眠时间规律。当第二天早上醒来时精神焕发,说明身体已经得到充分的休息了,睡好觉让你更出彩,状态更好。

我们中的许多人低估了一夜好眠的力量,但如果你真的让身体得到充分的休息后,我们将很快看到你由内而外焕发出的光彩。



SLEEP in comfort with the right mattress. Any level of discomfort at night will disturb your sleep cycle and prevent you from getting the rest you need.

There are many different types of mattresses, all with different support systems and feels. Researching and understanding the different technologies available can help you in selecting the best mattress for you.

Does the movement of your partner at night cause you disturbance?

Do you suffer from aches and pains when you wake in the morning?

Do you find yourself waking up too warm in the middle of the night?

At SleepMaker, we have developed a mattress to overcome these nightly disturbances with our Cocoon range of beds. We don't underestimate the importance of a good night's sleep for our health and wellbeing, or for the way we look and the way we feel every day. You can learn more about our range of Cocoon beds here and see how the luxury and technology could benefit you every night.

选对床垫睡个好觉。晚上任何程度的不适,都会扰乱你的睡眠周期,影响你的休息。

市场上有许多不同类型的床垫,也有不同的支撑系统。研究和了解不同的床垫技术,可以帮助你选择最适合的床垫。

你的伴侣夜间翻身会干扰到你吗?

你早上醒来时会感到背部疼痛吗?

你是否会在半夜因为太热而醒来?

在SleepMaker造梦者,我们研发了一款心茧系列床垫,能针对性的克服各种夜间干扰。我们深知睡好觉对自身健康和幸福的重要性,更为了让你看起来更美,感觉更美好。

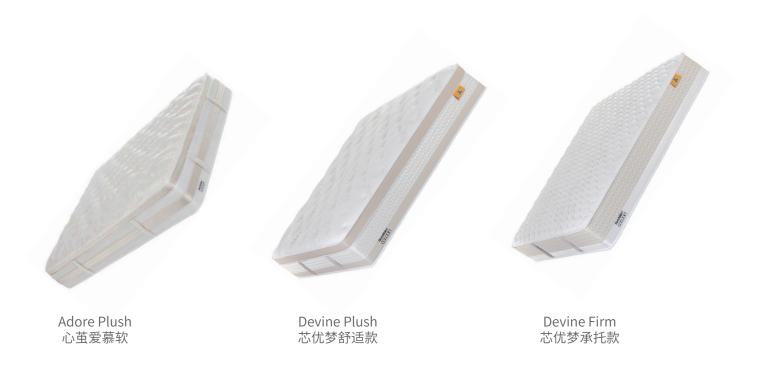
在这里你可以了解更多心茧系列床垫的介绍,让奢华睡眠和先进技术为了带来夜夜好眠。





心茧系列

纵横百年,与众不同静享时光,匠心传承



THE MOST BEAUTIFUL SLEEP EVER MADE™

带你踏上史无前例的,美妙睡眠体验之旅

There is nothing more beautiful than a luxurious night's sleep. With SleepMaker Cocoon ® 's unique Sensorzone ® technology and luxury materials, a beautiful night's sleep is exactly what you'll get.

没有什么比奢华的睡眠更美妙了。SleepMaker造梦者床垫独特的传感空间技术和天然珍稀内材,为你打造一个无与伦比的完美睡眠。





LUXURY & CRAFTSMANSHIP

当智能尤物遇到纯手工制作,睡眠也奢华

We all deserve a little luxury, and that's why only premium materials such as silk and cashmere and designer comfort materials are included, providing 5 star comfort. We believe craftsmanship is the single most important element in building any mattress. Over 100 years of experience goes into each SleepMaker Cocoon and our mattress makers build up each layer by hand.

好睡眠值得奢侈一点,为保障心茧床垫的舒适度,我们选用上层丝绸和羊绒材料以及高性能新型内材,只为带给你星级睡眠体验。我们相信精湛技艺是制作完美床垫的不二法宝。传承百年的制床经验,让极致的奢享处处有惊喜。







You're completely surrounded by luxury, and that's because our SleepMaker Cocoon mattresses are only made with the highest quality materials, ensuring total comfort and a beautiful night's sleep.

Every SleepMaker Cocoon mattress comes with a guaranteed 'do not disturb.' With our unique Sensorzone technology, each spring independently responds to pressure and movement, so you can enjoy a beautiful sleep without any disturbance.

造梦者心茧系列,以天然珍稀内材给予肌肤温柔的呵宠,让睡眠从此也奢华。 每款心茧系列床垫都能保障睡眠"不被打扰"。凭借独创的Sensorzone技术,每个 弹簧独立运作灵敏感知,怎样翻身都有舒适体验。









THE TECHNOLOGY STORY

(1) Quilt

Exotic fibres such as lustrous natural silk and luxurious cashmere helps improve airflow and breathability in the mattress.

绗缝层

由丝绸和羊绒等内材组成的干爽透气绗缝层,健康舒适。

(2) Comfort Layers

New pressure relieving comfort layers provide a luxurious feel without compromising on support and therapeutic qualities. Anti-microbial treatment of the comfort layer foams reduce the spread of allergens

舒适层

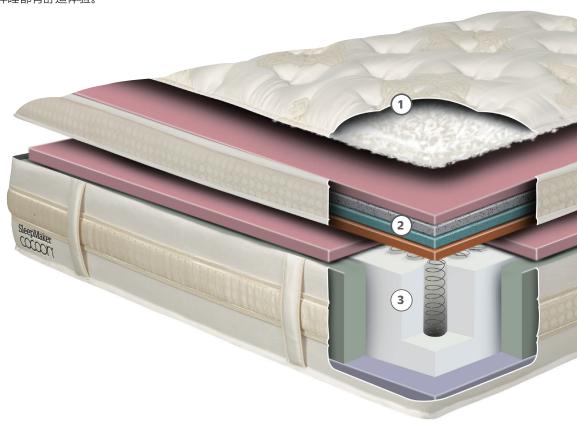
多重科技泡绵组成的豪华舒适层,在控温释压的同时不失护脊支撑,融入主动抗菌防螨技术,从源头上杜绝过敏。

(3) Sensorzone® Support System

The Sensorzone @ 3 offers the ultimate combination of spring and foam technologies to provide targeted support exactly where you need it. The Sensorzone @ 5 features 5 zones of integrated comfort and support.

Sensorzone®支持系统

弹簧与泡绵合二为一的Sensorzone传感空间专利技术,分区护脊、独立运作、灵敏感知,无论怎样睡都有舒适体验。





Adore Plush

心茧爱慕软



Comfort Scale: 8

软硬度: 8 Height: 31cm 高度: 31cm



All-round Support System ARS全能承托系统

五区传感空间感应簧 +帕斯卡全 方位护边系统

解决悬殊体重互不干扰难题,科学而亲密成为最得意的选择。



Ultra-fresh Comfort System UFC超洁净舒适系统

Ultra Fresh 抗菌抑螨技术

- +Fresh Protect 洁净保护
- +Dream Foam云端呼吸绵

清新健康、绿色安全, 为易过敏 人群带来福音。



Full-time Climate Control System FCC全时温控系统

全感温控面料+美利奴羊毛+Climatex®干爽绗缝层

吸湿排汗,均衡睡眠温度,天然呵护。为体热/寒者带来安稳睡眠。

Devine Firm

芯优梦 承托款



Comfort Scale: 3

软硬度: 3 Height: 30cm 高度: 30cm



All-round Support System ARS全能承托系统

五区传感空间感应簧+帕斯卡全 方位护边系统

解决悬殊体重互不干扰难题,科学而亲密成为最得意的选择。



Ultra-fresh Comfort System UFC超洁净舒适系统

天丝抗菌防螨面料+Ultra Fresh 抗菌抑螨技术+Dream Foam云 端呼吸绵

清新健康、绿色安全、抑菌抗过 敏、给予温柔呵宠。



Full-time Climate Control System FCC全时温控系统

澳洲山羊绒+Climatex®绗缝层 +FusionGel凝胶记忆绵+Kulkote酷 爽29℃记忆绵

吸湿排汗,均衡睡眠温度,为体热 寒者带来安稳睡眠。

Devine Firm

芯优梦 承托款



Comfort Scale: 9

软硬度: 9 Height: 37cm 高度: 37cm



All-round Support System ARS全能承托系统

UFC超洁净舒适系统

Ultra-fresh Comfort System



Full-time Climate Control System FCC全时温控系统

五区传感空间感应簧+帕斯卡全 方位护边系统

解决悬殊体重互不干扰难题,科 学而亲密成为最得意的选择。 天丝抗菌防螨面料+Ultra Fresh 抗菌抑螨技术+Dream Foam云 端呼吸绵

清新健康、绿色安全、抑菌抗过 敏、给予温柔呵宠。 澳洲山羊绒+Climatex®绗缝层 +FusionGel凝胶记忆绵+Kulkote酷 爽29℃记忆绵

吸湿排汗,均衡睡眠温度,为体热 寒者带来安稳睡眠。

SleepMaker[®]

- 澳洲造梦者床垫 -



更多信息请关注官方公众号

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