

STENDEBACH
Sleep better



+
Cairona

Individually adjustable
sleeping comfort from Stendebach.

+ Restful sleep

The key to more vitality
and quality of life

**Who of us does not want to have a life full of vitality, energy and life force?
Helping you on your way to this goal without any doubt: good, relaxing sleep.**

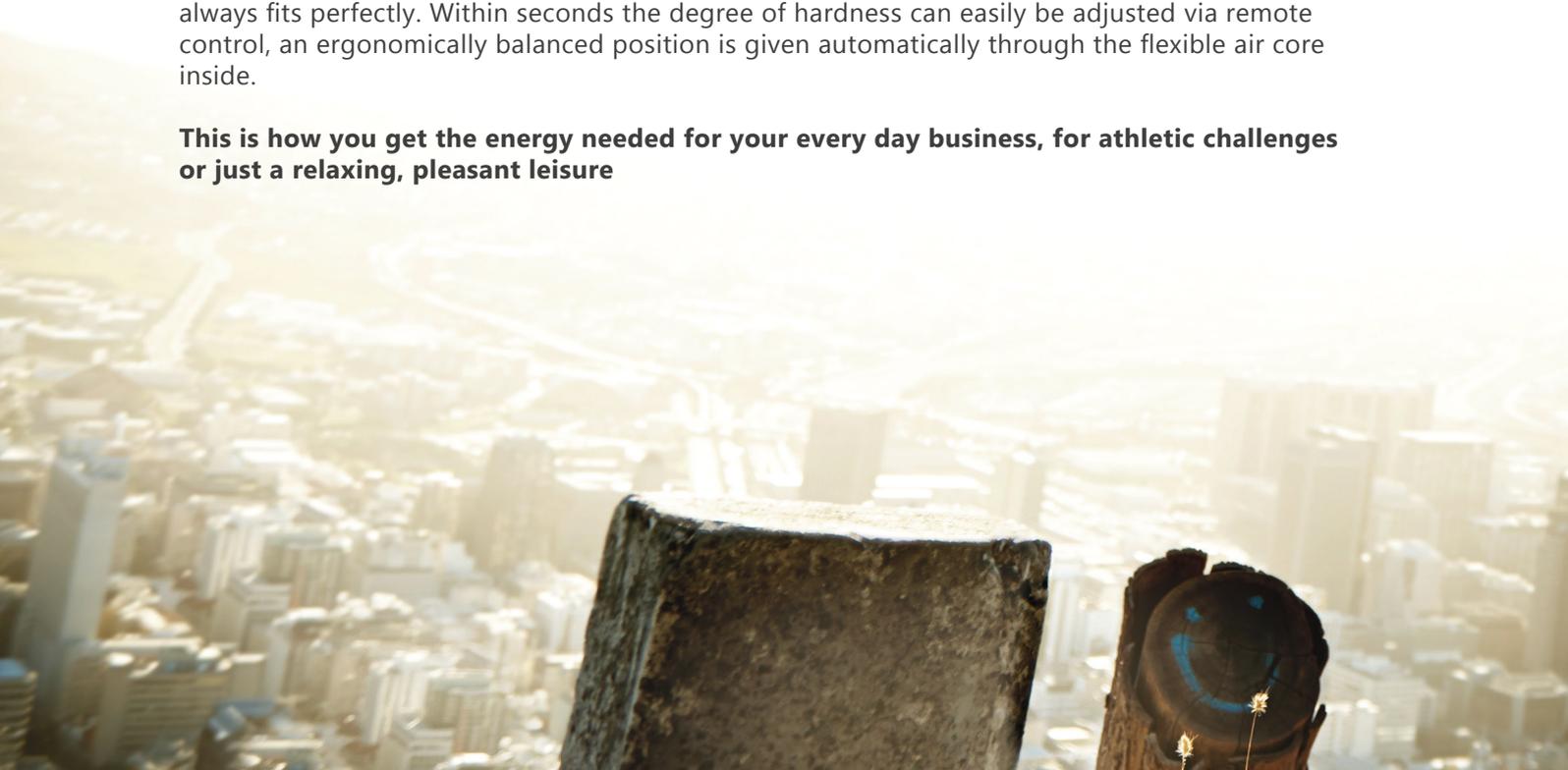
Beside the air to breathe, heat and nutrition the human being also needs sleep and relaxation as an essential component of his existence. So, it's no wonder, that our sleep has got a significant influence on our productivity in the everyday life. Beside the quantity of sleep, meaning how many hours every one of us ideally should sleep, the quality of sleep is an important factor.

Long periods of relaxation and slow-wave sleep phases give the body the required energy, which is needed in our daily routine. An ideal sleeping environment helps, extending these phases and thereby giving the body the possibility for optimal regeneration. Especially the existence of physical discomforts can make this goal hard to achieve – not for Cairona®, the sleeping system, which automatically adapts itself to the person sleeping on it.

Cairona® doesn't only fit today – but acclimatizes to your life

No matter how your physical condition is today or how it will develop in the future, Cairona® always fits perfectly. Within seconds the degree of hardness can easily be adjusted via remote control, an ergonomically balanced position is given automatically through the flexible air core inside.

**This is how you get the energy needed for your every day business, for athletic challenges
or just a relaxing, pleasant leisure**





+ At the push of a button

Adjustable sleep with Cairona®

For the adjustable sleeping system Cairona® we rethought the principle of sleeping cushioning from scratch. In consultation with experts and customers we defined goals, that a perfect system should fulfil. In the end, we came up with 3 concrete demands, which had to be realized.

The result of these ambitions is Cairona®, the adjustable sleeping system.

The integrated aircore provides an easy to handle, quick adaptation of the desired degree of hardness. Furthermore, the aircore as resilient element provides the ideal pressure distribution und sleeping position automatically. And the system has far more qualities to know about:

- + From a range of **55 different degrees of hardness** the desired consistency can be regulated via remote control. The user thereby has the free choice, **from very soft up to very firm** every option is possible with this mattress.
- + The variable air-spring technology of Cairona® provides an **ergonomically right sleeping position**. Thanks to its **automatic adaption to the body contour** the spinal column is ideally bedded and the back muscles can relax.
- + The air core-system enables an **exemplary pressure distribution**. Lying on a Cairona® system therefore is perceived as almost without any pressure points.
- + The constant blood circulation and body relief **extends the slow-wave sleep phases** and thereby **improves the duration and quality of relaxation**.
- + Also changing ergonomic needs caused by **intense physical changes** through change in weight, slipped discs our pregnancy **can be compensated by Cairona® easily**.
- + The single elements of the Cairona® sleeping system are optimized for **premium hygiene**. Furthermore, the components can separately be removed and all textile elements can be machine-washed without any problems. This makes Cairona® a perfectly hygienic solution, even suitable **for allergic sufferers**.

The purpose of Cairona®

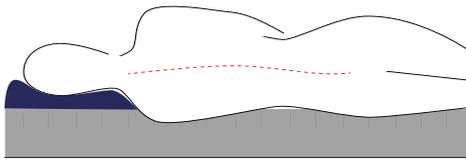
Thought further than normal sleeping systems

Every single human being has different physical conditions and sleeping habits. These requirements also change over time and never stay constant. A real challenge for a perfectly fitting sleeping system. For this reason, we followed 3 essential goals in the development process of Cairona®.



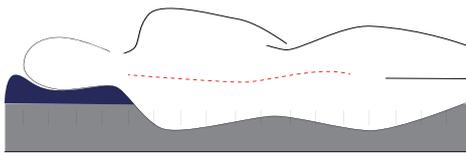
An ergonomic sleeping position

Preventing tensions and backache



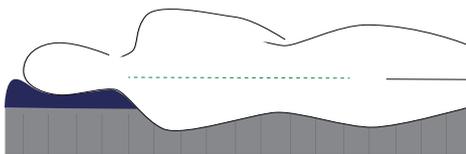
Too hard sleeping pad

If the sleeping pad is too hard, the spine bends. The intervertebral discs are stressed. Tense muscles result in tension and back pain. The inelastic pad creates pressure points, the tissue is squeezed off, and the blood supply is interrupted. The consequences are often restless sleep or falling asleep of the limbs. Pressure points on the shoulders and buttocks cause shoulder, neck or headaches as well as hip pain.



To soft sleeping pad

A mattress that is too soft has similar effects to a mattress that is too hard: The spine bends, and the pressure in the shoulder area is increased by shifting the body's center of gravity. This results in sleep disturbances similar to a mattress that is too hard.



Exactly balanced with Cairona®

The spine lies straight, and the back muscles can relax. The intervertebral discs are relieved and can regenerate. The hip and shoulder area of the mattresses give way. The pressure on the extremities is reduced, and **relief of the body is possible.** The **body tissue is well supplied with blood** and nutrient fluid



Recommended by experts

Cairona® is **recommended by the German Institute for Health and Ergonomics (Institut für Gesundheit und Ergonomie e.V.)** for its many benefits in the prevention and relief of back pain. Cairona® is particularly suitable for people with back pain. More than 1,200 physicians, back school teachers, sports teachers, physiotherapists, and rehabilitation centres are members of the German Institute for Health and Ergonomics.

Our 3 requirements for an ideal sleeping system

1. The ideal sleeping system never feels too soft or too hard, but adapts to individual needs of its user.
2. The ideal sleeping system provides optimal ergonomics, irrespective of the user's physical condition or sleeping position.
3. The ideal sleeping system is long lasting and thereby sustainable and cost efficient.

+ The modular structure of Cairona®

The Cairona® system consists of different elements, which are constructed modularly and thereby can be changed quickly and without much effort on demand.

Textile cover
in different variations

Optional: ProtectZip
zippable protector

Cushioning
in different variations

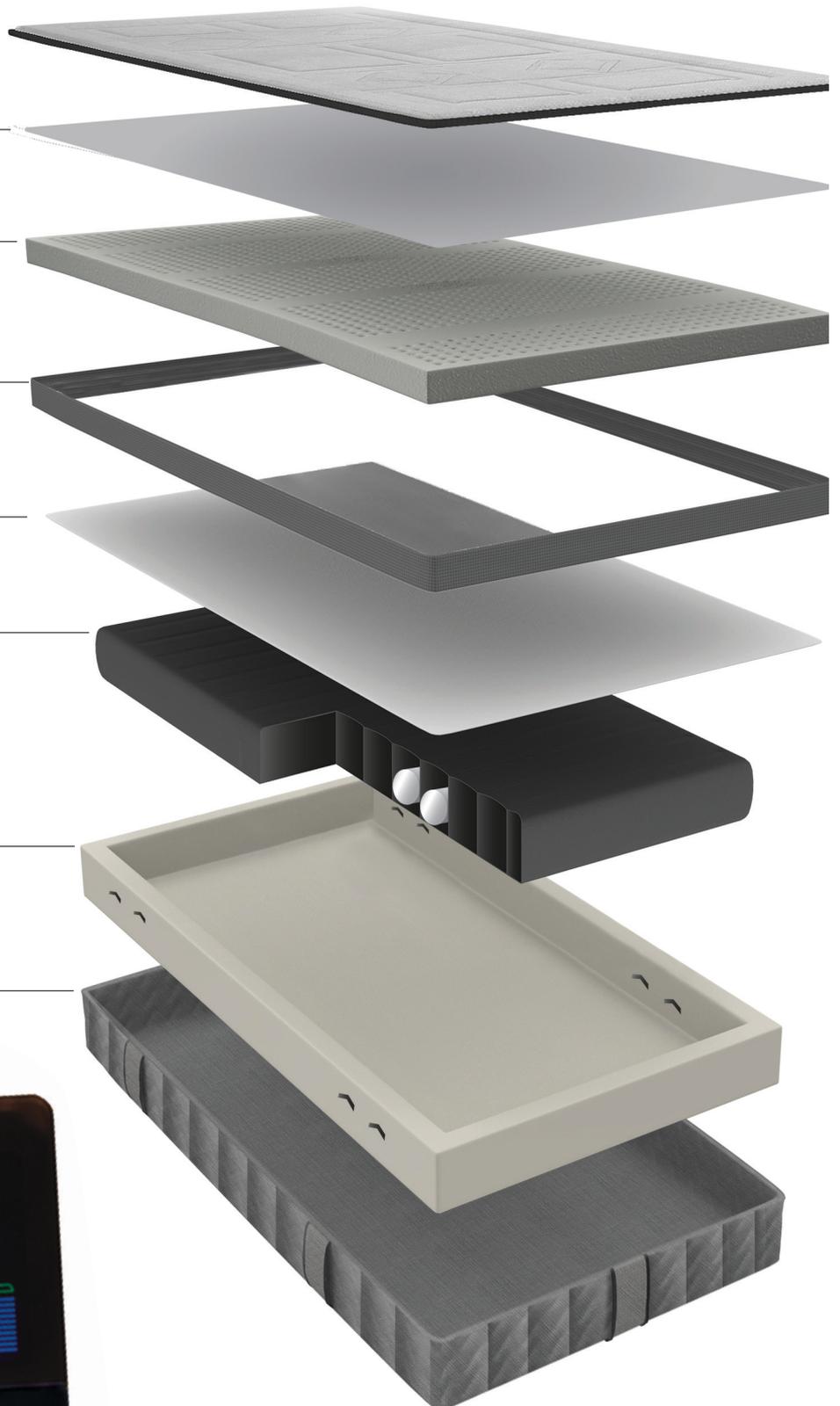
3D border
made of breathable 3D-KlimaPro

3D bottom
made of breathable 3D-KlimaPro

Air core
in different variations

Cold foam frame

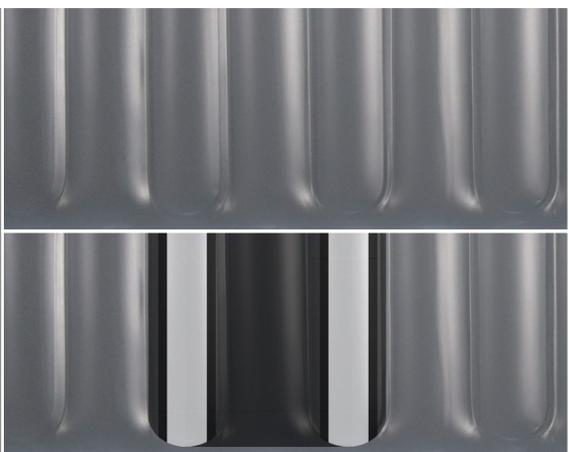
Textile base
with integrated mattress protector



Cairona® offers a wide range of possibilities for an adaption to your individual demands, it **can be adjusted at any point of time**. By the 3 modules textile over, cushioning and air core you can design the mattress **according to your needs and wishes**. Therefore, you have the following options to choose from:

<p style="text-align: right;">TENCEL®</p> <p>A premium cellulose fibre. The cover provides a fast moisture transport and a natural micro-climate. Thereby the allergen exposure is minimized.</p> <p style="text-align: right;">Ventilator</p> <p>The cover provides a cool sleeping climate and ideal ventilation. Material and structure offer a uniquely fast moisture transport</p>		<p>Textile cover</p>
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<p>Cushioning</p>		<p>Multizone cold foam</p> <p>Premium cold foam with MZK-profile, fast moisture transport, high material density for resilience and durability</p> <p>ViscoQuad</p> <p>High quality, breathable and viscoelastic foam with quad cut, nearly "weightless" sleeping experience, ideal for pressure-sensitive people</p> <p>G-Cozy</p> <p>An elastic, gel-like foam for reduction of pressure points in lying. Enormous breathability and temperature regulating properties</p>
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<p style="text-align: right;">Clair</p> <p>Gentle cushioning during movement caused by the flexible air filling. Resulting in a comfortable, floating feeling during sleep</p> <p style="text-align: right;">SoftSwing</p> <p>Stable resting experience due to integrated vibration dampers. Ideally suited for higher body weights as well, reinforced shoulder lowering of the system</p>		<p>Air core</p>
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Cairona® massage unit

As a special highlight the Cairona® sleeping system can be equipped with a relaxing vibration massage unit. The vibration massage provides a better blood circulation and a vitalizing oxygen supply. You can select the massage program and intensity by remote control

+ The Cairona® sleeping system

Ultra-comfortable, air-sprung sleep

Adjustable, ergonomic, individual.

Observed from the outside, the Cairona® sleeping system looks more or less like every other standard mattress. And yet, it is far more than that, as you can experience in the inside

For Cairona® it's not satisfying to fit the average person.

Individual adaption on the push of a button und the fulfilment of exact needs and wishes of every single customer through a modular composition are the highlights of the sleeping system

- + **55 different degrees of hardness**, adjustable within seconds by remote control
- + An **ergonomically ideal sleeping position** through the flexible air core of the sleeping system for healthy and relaxing sleep
- + A **modular design** for an individual composition and a high durability of the system



Get to know the Cairona® system face to face and get consultation from our expert partners.
More information can be found online at www.cairona.de.

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