

THE NIKKEN SLEEP SYSTEM

The way to a deep and regenerative sleep



Sleep: the foundation of good health

The Importance of Sleep

- Sleep takes up approximately 1/3 of our lives. This is where the body regenerates.
- Sleep increases our ability to concentrate as well as improving our memory.
- Many major diseases are linked to lack of quality sleep – obesity, fibromyalgia, depression, etc.
- Quality sleep increases the level of energy in our body and is essential for the self-healing process of both the mind and the body.
- Without quality sleep, our sense of hope and well-being are diminished.



3 out of 5 people state that they have sleep challenges and 1 in 5 take sleep medication.

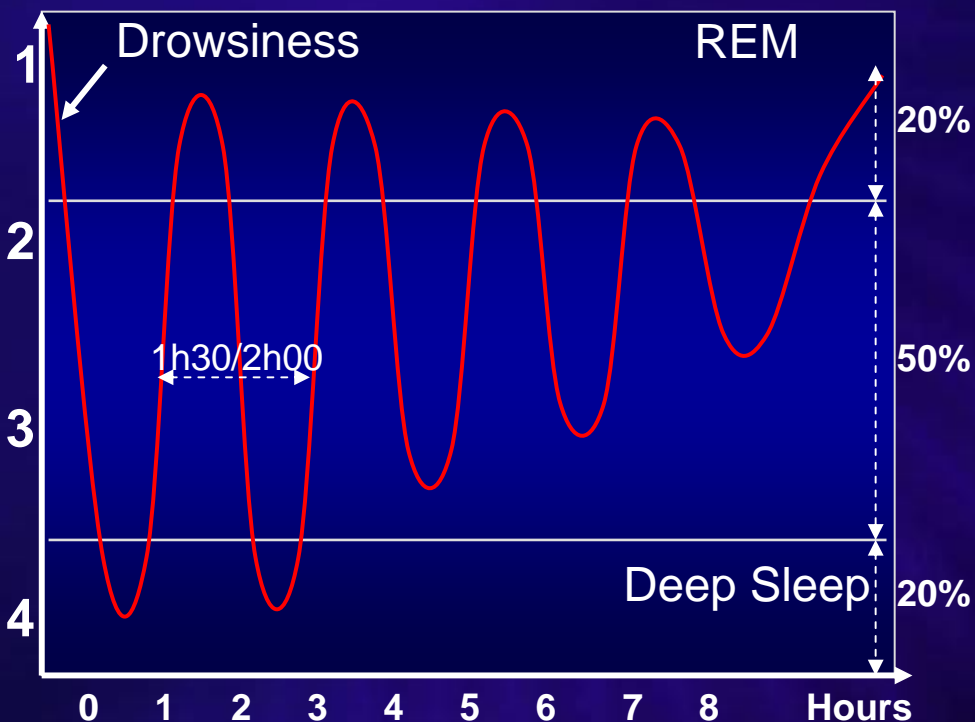
Dangers of Poor Sleep

- Number of people in the United States affected by a sleep problem: **70 million**
- Number for whom the problem is chronic and/or frequent: **40 million**
- Financial losses in the US due to sleep deprivation/disorders: **\$100 billion per year**
- Direct healthcare costs of insomnia, including treatment: **\$14 billion per year**
- Indirect costs (missed work, property damage, etc.): **\$28 billion per year**
- Proportion of Americans who report sleep problems: **approximately 70%**
- Proportion of children who report frequent sleep problems: **69%**
- Proportion of older adults who report frequent sleep problems: **67%**
- Number of automobile accidents caused by drowsy drivers: **100,000 per year**
- Number of fatalities and injuries in these accidents: **72,500 per year**
- Proportion of Americans who admit to have driven while drowsy: **51%**
- Proportion who admit to have dozed off while driving: **17%**

Source: National Sleep Foundation

The benefits of sleep

- **The immune system** is strengthened during sleep.
- A good sleep allows the brain to co-ordinate the information received during the day.
- Sleep **recharges** the cells
- **Physical relaxation** happens during the stages of deep sleep throughout the night.
- **Mental Stress is eliminated** during the REM (rapid eye movement) or dream stage of sleep



The Nikken Sleep system provides the perfect sleep environment.

The New Science of Sleep: The KenkoAire Mattress

The top cover is woven of bamboo fiber. Bamboo fibers have microscopic perforations that provide ventilation, so the material is supremely breathable. It has natural hypoallergenic and antimicrobial properties. Bamboo fiber is as ecologically friendly as it is efficient

Strategically placed magnets replicate the natural sleep environment



Rubberthane nodules provide a gentle massage to promote relaxation

Double-cell construction allows each sleeper independent control of firmness settings.

Air support technology eliminates pressure points, for unparalleled comfort and weight distribution.



Adaptive Sleep Technology

KenkoAire Mattress

- The **air support technology** in the KenkoAire Mattress represents a revolution in design.
- Resting on a cushion of air, you'll experience the finest in relaxation with excellent support overall and a significant reduction of pressure points.
- The adjustable air chamber allows you to select the perfect level of firmness, and queen, king and California king sizes feature two separate chambers to accommodate each sleeper independently.
- A hypoallergenic cover adds to your comfort by keeping potential irritants away.
- Nikken Magnetic Technology provides a natural magnetic field and the Rubberthane surface supplies a soothing feeling of massage.
- The edge support maximizes the area of comfort, and the top cover provides a luxurious softness.



Give an ordinary bed Kenko Dream technology

The Ultra KenkoPad

- Conceived by Masayuki Takeuchi, creator of the Nikken sleep systems for the past 24 years.
- Endorsed exclusively by the World Federation of Chiropractic.
- A firm pad to use as a topper on a good existing mattress.



The Kenko Dream Lite Pad

- a softer pad to turn a good existing mattress into a Nikken sleep surface

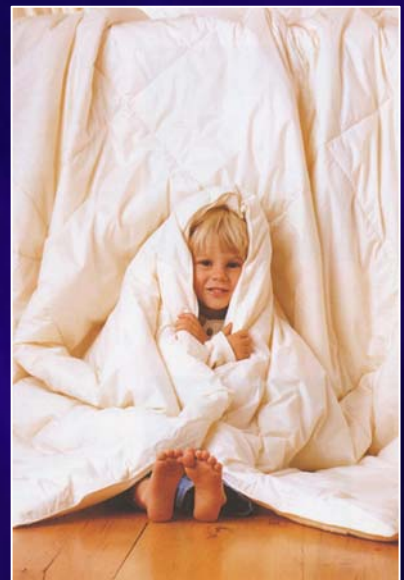


Nikken offers you a choice.

The Kenko Dream Comforter

Inside the Kenko Dream Comforter

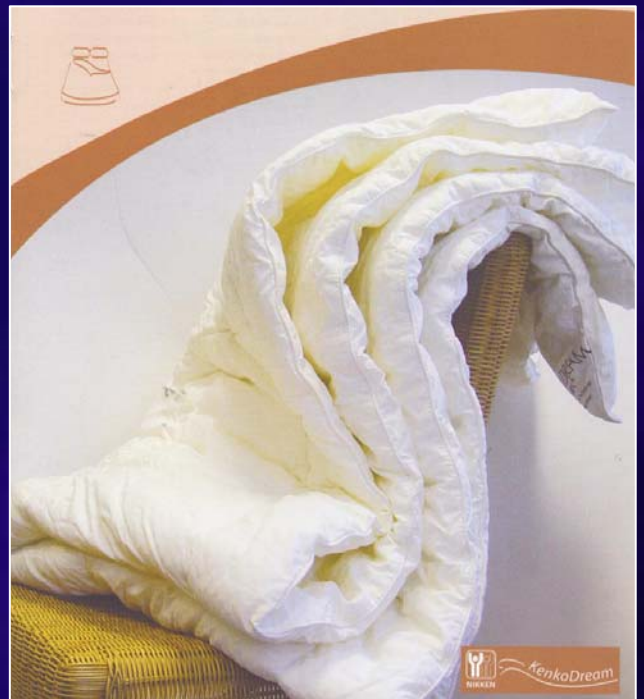
- Integration of **FIR technology** allows the body to stay at a constant, healthy temperature throughout the night.
- Integration of **negative ion technology** (created by crushed tourmaline woven into the fibres) creates a bath of negative ions to fight against cellular oxidation. Negative ions also create a sense of peace and relaxation.



The Comforter is more than a blanket

Kenko Dream Comforter

- **Chitosan**, a natural antibacterial agent made from the exo-skeleton of crustaceans, provides an extra level of protection and comfort.
- Magnets, inserted strategically throughout the comforter, create a gentle magnetic field to envelop and relax the body.



The Kenko Dream Comforter

The Kenko Dream Pillow

The interior of the Kenko Dream Pillow

- Memory foam made from visco-elastic allows the pillow to adapt to the contours of your head while supporting your neck at the same time.
- The exterior layer of Rubberthane creates a gentle massage for your head each time you move.
- Infra-red technology keeps your head at a constant, slightly cooler temperature for deeper sleep.



The Perfect Pillow

The Complete Sleep System

- The system consists of 3 essential components: the mattress, the comforter and the pillow.
- The Masuda back roll (magnetic massage with the MagCreator) reproduces the feeling that you experience after sleeping on the Nikken sleep system.



The Nikken Sleep System

**Enhance your sleep.
Enhance your health!**



Good night!

