

PRODUCT GUIDE

The SAMINA Healthy Sleep System & Accessories



SaminaSleep.com

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SAMINA

The Science of Sleep

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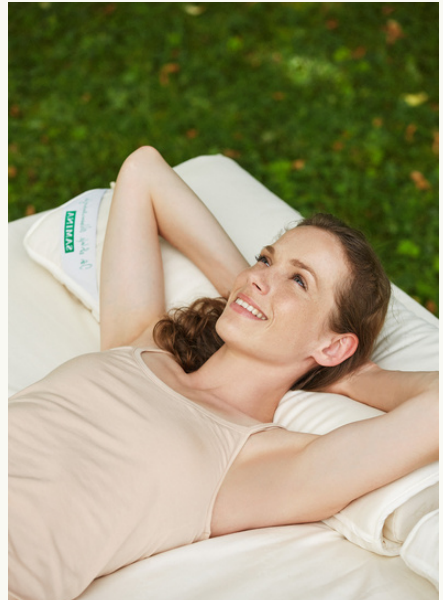
INTRODUCTION

Elevate Your Healthy Sleep with SAMINA

Ever wonder why some people wake up buzzing with energy while others can barely drag themselves out of bed? It all starts where you sleep. SAMINA builds upon the power of nature and blends sleep science with innovative ideas to craft organic mattresses, pillows, and duvets that will change your sleep game forever.

We are all about the good stuff—clean, natural materials that ensure every breath you take is fresh and nontoxic, and every snooze is wrapped in luxurious comfort.

Every night is a chance to reboot yourself and feel amazing by morning. Our sleep system is more than just another bed setup; it's loved by people who take their health seriously and it appeals to anyone who wants to live on a greener planet. It's about more than just sleeping well; it's about a healthy, holistic lifestyle.



The Pinnacle of
Comfort and
Innovation

But why SAMINA, you ask? What makes our handcrafted beds so special for your sleep? Stick with us, and we'll show you why our approach to sleep is about pure comfort, health, and not settling for less.

SECTION I

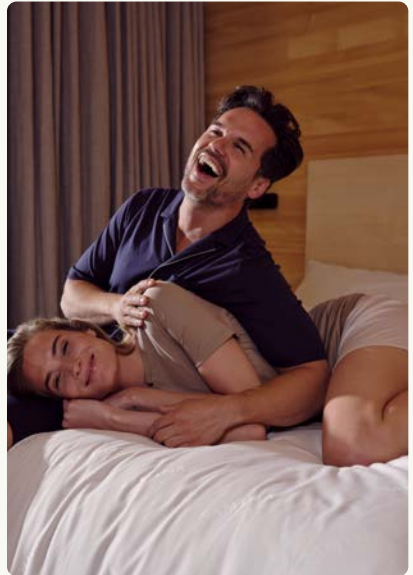
The Benefits of Restorative Sleep

For Your Well-Being

We tend to overlook the value of a good night's sleep in our fast-paced and demanding day-to-day lives. Sleep is something we all seem to want and need more of yet it's the first thing we sacrifice.

Sleep deprivation is so common, it's estimated to affect one out of three adults in the USA where **50 to 70 million people** report suffering from a **chronic health condition**. Nevertheless, we can't emphasize enough the importance of restorative sleep for physical and mental health.

- Our **mental wellbeing** depends greatly on how well we sleep. Our **mood and emotions** are better controlled when we get enough sleep, promoting overall mental health.
- Restorative sleep is essential for our **cognition** making our nightly rest essential for **thinking creatively, solving problems, and making decisions**.
- Getting enough quality sleep consistently helps you stay healthy. Regularly skipping a snooze is linked to **obesity, heart disease, accidents and injuries**, and, sadly, **early death**.
- **Brain health** and sleep are interconnected, too. In fact, sleep disturbances may be an early indicator of **Alzheimer's disease**.
- Insufficient sleep is also linked to **compromised immunity** making sleep essential to fight germs and **infections** while you rest.



The Benefits of Restorative Sleep



Increased Energy and Less Daytime Fatigue

A boost in energy and reduced daytime exhaustion are some of the immediate effects of healthy sleep. When we allow our bodies to rest, we wake up feeling more energized. As a result, we feel more alive during the day, with minimal feelings of exhaustion or sluggishness.



Lower Risk of Chronic Diseases

Chronic sleep deprivation and sleeping disorders like insomnia and sleep apnea weaken the immune system and increase the risk of illnesses like obesity, diabetes, and cardiovascular disease. Put simply, consistent quality sleep can drastically lower our risk of developing a chronic illness.



Enhanced Creativity, Problem-Solving, and Decision-Making Skills

Sleep quality has a significant impact on our thought processes. While we sleep, our brains consolidate memories, process information, and build neural connections for creative problem-solving and decision-making abilities.



Better Focus, More Productivity

Our brains engage in critical functions that enhance focus and cognitive function when we sleep deeply for increased attention span, improved mental clarity, and helping us stay focused on tasks. Enhanced alertness and productivity help us do more with greater efficiency and effectiveness.



Regulated Mood for Better Emotional Well-Being

One of the fantastic advantages of restorative sleep is its capacity to regulate mood. Our brains efficiently process emotions through a night of healthy sleep. Therefore well-rested people have more emotional resilience and likely feel happier than their sleep-deprived counterparts.

SECTION 2

SAMINA History

The SAMINA story begins in the small town of Feldkirch, Austria and the private psychology practice of Dr. Günther Amann-Jennson. Once he recognized a connection between the psychological health of his patients and their sleep troubles, he was inspired to develop sleep solutions. Well-rested people can cope with stress and problem-solve better. His holistic approach gave birth to the "**sleep-healthy-concept**" and his idea of a bed that could resolve many sleep-related problems. Innovative thinking, nature, and natural medicine inspired the formation of the SAMINA sleep system.

Since 1989, the company has been **handcrafting** sleep systems and products using **organic** and **sustainably sourced materials** in an **environmentally-friendly** production environment. His revolutionary idea to use wooden spinal support slats challenged the conventional focus on pillowy mattresses. Although it wasn't easy in the beginning, the SAMINA story is an excellent example of the commitment to find **natural solutions to common problems**, then making those solutions accessible to more people.

From modest beginnings in a small Austrian village, SAMINA has grown into a thriving international company. Prioritizing and never compromising, SAMINA uses the highest quality, certified organic materials and artisanal craftsmanship in a carbon-neutral production center. Each item is hand-crafted with love for one reason: **your healthy sleep**.



Prof. Dr. Günther Amann-Jennson | SAMINA Founder

SECTION 3

SAMINA Sleep System

Crafted with Care for Your Body

The SAMINA sleep system is crafted to meet your vital sleep needs with components tailored for each specific requirement to ensure the best possible sleep experience.

You'll spend roughly one-third of your life asleep. Since so much of your health and wellbeing is reliant on the quality of a good night's sleep, it makes sense to invest in the best quality bed and bedding you can afford to get the best sleep possible every night.

The SAMINA solution respects the complexity of the human body with a multi-layered approach that offers specific attention for different areas to give your entire body optimal rest. This is a holistic sleep system.



Layers Enhance Your Restful Nights

SAMINA sleep systems go beyond standard mattresses to provide an optimal sleep environment that addresses the most common reasons mattresses hinder rather than help you sleep including –

- Firm yet comforting back support
- Optimal temperature regulation
- No allergens for easier breathing
- Elimination of pressure points
- Minimal disturbance from movement
- Rebalanced bioelectrical system
- Say goodbye to numb limbs

“Wellness while you sleep” is a SAMINA principle you can count on in each layer and every product.

Components of the SAMINA sleep system



Wool mattress topper

height approx. 3 cm | 1.2 inches

Lokosana grounding pad

height approx. 1 cm | 0.5 inches

Natural rubber mattress

height approx. 7.5 cm | 3 inches

SAMINA slat frame

height approx. 10 cm | 4 inches

Continue to Explore the System, Layer by Layer

SECTION 4

SAMINA Slats

Orthopedic, Flexible Wood Slats

Exclusively available from SAMINA, the first layer of the sleep system is a pair of patented SAMINA spinal support slats. Although other beds may have slats, those are intended to hold a mattress.

Our wooden slats provide a superior foundation for your back by contouring to your spine with self-adjusting lumbar support.

A single layer of slats typically supports a mattress but SAMINA slats have two *layers* of flexible ash wood slats that are connected with certified organic Talalay latex rubber.

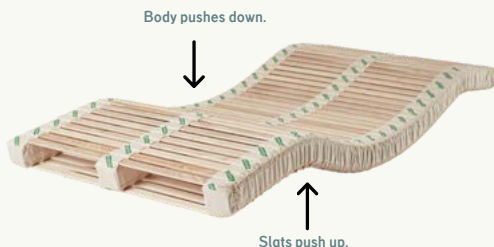
This configuration is why the slats move with you and contour to your every curve for complete support.



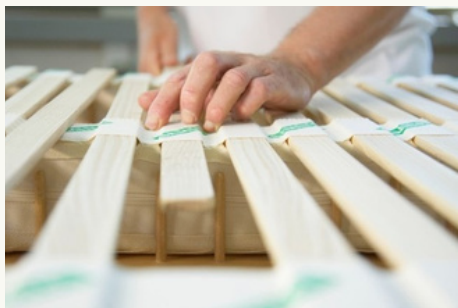
Slats for Each Sleeper

Each queen- and king-size bed in the SAMINA sleep system comes with a pair of slats so each sleeper gets individual and customizable support.

SAMINA has designed a bed that works ideally for couples so you get the best of both worlds: **custom comfort** with **minimal motion transfer** for a good night's sleep.



Flexible SAMINA Slats contour to each vertebra for complete spinal support to minimize or eliminate back pain.



A set of SAMINA Slats on each side ensures each sleeper has custom support and experiences less movement from their restless partner.

How do SAMINA slats work?

Supporting Natural S-Shape Spine

Regardless of how you want to sleep, the flexibility of the slats enables them to adapt to your body and distribute pressure evenly. At SAMINA, we call this active support. Most mattresses, in contrast, offer passive support; wherever your body is pushing down, it sinks in.

While lying down on SAMINA slats, you can relax while the slats work to keep your spine in its natural S-shape form. This position is less stressful so you can enjoy support with ultimate relaxation.

SAMINA slats are designed to adapt to your body shape offering active support right where you need it. You shouldn't suffer from back pain when you are laying down.



SAMINA slats reduce back strain by maintaining the natural S-shape curve of your back while you're lying down.



Flexible and strong, SAMINA has your back.

Wood: Durable, Natural, Sustainable

SAMINA slats uniquely combine flexibility for ideal spinal alignment with the strength of wood for robust support. Metal-free beds promote better sleep with less interference from EMF's, too.

Flexible and strong, the slats simultaneously support your back and relieve pressure on the intervertebral discs. This gentle spinal decompression helps you enjoy deeper relaxation while you rest.

The Benefits of SAMINA Slats for Spinal Support

Wooden Slats are Better for Backs

- The wooden slat frame supports the natural S-shaped curves of your spine and stretches all 26 vertebrae, regardless of your sleeping position.
- Active support is weight-dependent so wherever your body exerts downward pressure, you'll feel the responsive slats giving you seamless support from head-to-toe. It's just what your back needs.
- Individual slats reduce motion transfer and virtually eliminate pressure points, tense muscles, and numbness brought on by inadequate blood flow.
- By gently stretching the spine, the SAMINA system releases tension and lessens unpleasant strain on spinal discs and nerves, so you move less and sleep more deeply.
- Durable and long lasting, the rubber will deteriorate over time but the slats will last almost forever making this a sustainable product.

Watch video
“SAMINA Slats:
Are Wooden Bed
Slats What Your
Back Needs?”



SECTION 5

SAMINA's Natural Rubber Mattress

GOLS-Certified Natural Latex

The natural rubber mattress serves as the second layer of the SAMINA sleep system. Its slim profile ensures comfort with robust support, enabling the SAMINA spinal support slats underneath to function effectively.

Only two natural materials: **GOLS-certified organic Talalay latex** and naturally breathable **GOTS-certified organic cotton** go into our mattress. It provides flexibility and resilience for relaxing sleep without sacrificing the support you need to wake up pain-free and feeling revitalized.

Why Lay on Talalay?

Talay latex is a natural material derived from rubber tree sap that undergoes a unique process involving the harvest and blending of the latex. That is followed by air infusion to create a foam renowned for its excellent **comfort** and **breathability**. This rubber is **naturally anti-microbial**, too.

Structure: The Key to Performance

The **permeable cellular structure** and **high-elasticity** of Talalay natural rubber prevents the mattress from sagging over time. It's also free from synthetic petrochemicals often found in human-made foams. SAMINA offers you a non-toxic bed for healthy sleep and even healthier living.



The Benefits of SAMINA's Natural Rubber Mattress

- Talalay latex breathes at least seven times better than foams or other latex products to help maintain a cooler temperature in bed.
- The unique open cell structure and airy design make it an ideal ventilating material for a bed.
- Talalay latex is naturally hypo-allergenic so it is an excellent choice for allergy sufferers.
- Naturally mold-resistant, antibacterial, and antifungal properties make natural rubber a superior choice over synthetic and so-called "memory foam" brands known to harbor microbes and mold spores.
- Talalay rubber is highly elastic so it keeps its shape yet it's not too bouncy especially because SAMINA uses such a slim profile to complement the slats.



Mattress depth is available in 7.5 cm or 3" inches (*above*) or 5 cm or 2" inches (*below*).
An additional 2.5 cm or 1" inch mattress can be added for a plusher, softer feel.



SECTION 6

Lokosana® Grounding Pad for Sleep

The third layer of the SAMINA sleep system is the Lokosana® grounding pad, a medical device registered in accordance with the EU standard to enhance sleep quality. "Grounding" originates from electrical engineering, signifying an electrically conductive connection to the ground. When barefoot in nature, we establish a connection to the earth, allowing electric fields and charges to flow towards the ground.

Dr. Amann-Jennson created Lokosana to address the lack of this connection during sleep, offering benefits like improved sleep, pain reduction, enhanced circulation, normalized blood pressure, and stress relief. Numerous studies prove that body grounding supports the body's self-healing abilities, boosts the immune response, and speeds up recovery.

Lokosana integrates eight (8) Swiss bio-magnets to stabilize and imitate the earth's magnetic field.



Lokosana grounding pad by SAMINA resembles a quilted yoga mat and it's just as easy to carry when you travel.



Grounding via the socket (without electricity) has the same biological and physiological effects as walking barefoot.

What is a grounding pad?

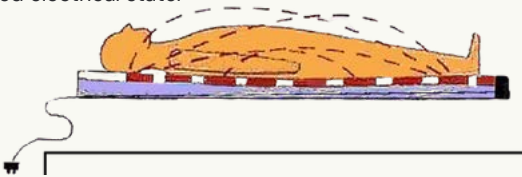
An Optional but Optimal Layer

Lokosana is intended to be used as the third layer in the SAMINA sleep system which is metal-free and, therefore, non-conductive. It is optional and may be used on other beds. When incorporated into the sleep system, the grounding pad is placed directly on top of the natural rubber mattress then covered by the wool topper.



Restoring Balance in the Body

Supported by research by the Max Planck Institute for Biochemistry near Munich, Germany, among other prestigious research organizations, positive free-flowing electrons in the human body have been linked to inflammation, aging, lower melatonin (sleepy hormone) production, and other chronic conditions that interfere with natural sleep and your Circadian rhythm. Grounding your body at night while sleeping restores its normal, balanced electrical state.



The Elements of Lokosana

The natural sheep's wool regulates moisture while, at the same time, because of the soft and cozy material, you'll never even feel that you're lying on silver threads. The SAMINA concept of grounding the body while sleeping works through indirect contact meaning no part of your body touches any silver threads which could otherwise shock you with an electrostatic charge. In contrast, other grounding devices that have direct skin contact with metal threads can cause static electricity shocks.



Lokosana integrates (1) a slim layer of bio-active sheep's wool with (2) Swiss bio-magnets that imitate the earth's magnetic field and (3) organic cotton woven with pure silver threads.



Solving the "Dirty Electricity" Dilemma

Each pad is accompanied by a cable for plugging into an outlet, although no electrical current passes between them. SAMINA, dedicated to producing optimally healthy products, includes a unique adapter plug to counteract any "dirty electricity" charge-back.

The Benefits of Sleeping Grounded with Lokosana

Bringing Balance to Your Body Through Your Bed

- Sleeping grounded provides a rejuvenating effect like walking barefoot on earth, rebalancing your body's bioelectrical state. Specifically, Lokosana is approved as a medical device in Europe for "Non-organic Insomnia," difficulty falling asleep, difficulty staying asleep, or early final awakening; and "Non-organic Disturbance of the Sleep-Wake Rhythm."
- Grounding improves the flow of free electrons in our bodies, activating the body's self-healing capabilities helping you experience uninterrupted sleep cycles with less discomfort.
- Aging is directly connected to free radicals in your body which also contribute to inflammation. Grounding has been shown to neutralize free radicals therefore reducing inflammation in the body.
- Grounding enhances circulation and alleviates pain, so you wake up feeling revitalized and refreshed.
- Oxidative stress results from an imbalance between free radicals and antioxidants. Grounding can counteract its harmful effects, reducing the risk of chronic diseases, cancer, and premature aging.



[Grounding the Body: A Selection of White Papers & Studies](#)

Click the link above and scroll to the bottom of the page.

SECTION 7

SAMINA's Wool Mattress Topper

Get Cozy: Temperature and Humidity Control

The temperature-regulating mattress topper by SAMINA is a crucial component of the system for improved sleep quality. As one of the top layers of the system, the wool fibers absorb moisture and maintain a dry bed environment. It's filled with biologically active sheep's wool that's been humanely sourced from free-roaming sheep.

Our mattress topper is an essential part of the SAMINA sleep system (although it may be sold separately, too). The topper is filled with fine layers of combed virgin sheep's wool and encased in organic cotton. Wool fibers are known for their unique moisture-absorbing and self-cleaning properties.

The climate-regulating mattress topper is covered in SAMINA Bio-ceramic® organic cotton, an exclusive SAMINA innovation.

Climate-Regulating Topper

The top layer of the SAMINA sleep system helps balance moisture (sweating, respiration) and the temperature in your bed so you're not too hot and not too cold.



The Benefits of Using a Wool Mattress Topper

The magic of sheep's wool

- Sheep's wool naturally absorbs moisture from your body while you sleep, helping to keep you dry and at ease all through the night.
- Wool is known for its ability to regulate body temperature. It can maintain a more balanced and comfortable sleep environment by keeping you warm in colder climates and cool in hotter ones.
- Sleeping with products made of wool can benefit people with allergies or sensitivities because of its ability to withstand typical allergens like dust mites and mildew.
- All-natural warmth and comfort from wool fibers may help to reduce stiffness and soreness in the muscles and joints by providing relief from moist rheumatic conditions commonly found in other beds.
- Wool's natural elasticity can offer moderate support and cushioning for pressure points on your body, alleviating pain and improving circulation.



SECTION 8

Custom Comfort Can Be Yours

One Layer at a Time

With over 35 years of SAMINA experience, we find most individuals adapt to the new system within a short time, sometimes on the first night. SAMINA often unveils the most comfortable and restorative sleep people have had in their adult lives.

On the other hand, some people take more time to adjust to real back support while lying down. Compare this situation to receiving physical therapy or chiropractic treatments; getting the spine in correct alignment requires time for the body to adapt.



SAMINA CUSTOMERS ENJOY A LIFETIME OF EXPERT GUIDANCE FOR OPTIMAL COMFORT AND SLEEP SOLUTIONS.



Custom Comfort: Your Ultimate Assurance

Fewer than 7% of our customers want more than the standard setup to optimize their sleep experience. Rest assured, SAMINA has a number of [custom comfort adjustments](#) so you can sleep like Goldilocks and uncover the bed that's not too hard, not too soft, but just right for you!

Options include:

- An additional wool topper
- A 1" (2.54 cm) thick natural rubber mattress
- Hip supports
- Shoulder inserts*
- Removing slats*
- Reinforcing slats*

**More details on the following page*

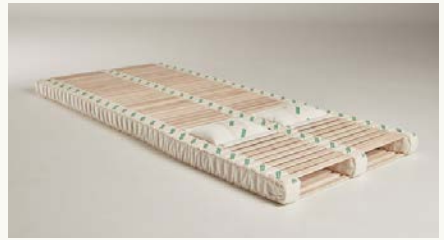
Crafting Your Comfort: One Slat at a Time

Higher Standards: Shoulder Support

With SAMINA, you can worry less about “buying before trying” because there are a number of custom comfort solutions available.

Regardless of your holistic lifestyle goals, a bed should also be comfortable. Yet everyone has a different idea of what “comfort” means to them. SAMINA has proven to be a truly versatile sleep solution.

For starters, most people are side-sleepers and they commonly suffer from shoulder pain, discomfort, and/or numbness. Cushioned inserts replace several slats in the shoulder area to lessen pressure and soften the support.



BE CONFIDENT ABOUT “BUYING BEFORE TRYING” BECAUSE SAMINA OFFERS YOU MANY CUSTOM COMFORT SOLUTIONS.

Soft or Firm: SAMINA Has Your Back

Want less support? Removing alternate slats offers results in a bed with a slightly softer feel.

Want more support? Reinforcing the slats with additional rubber inserts makes them more rigid for a firmer feel.

More or less support can be isolated to a specific zone of the body. This is especially helpful for people who carry more weight in specific areas like their hips or abdomen.



SECTION 9

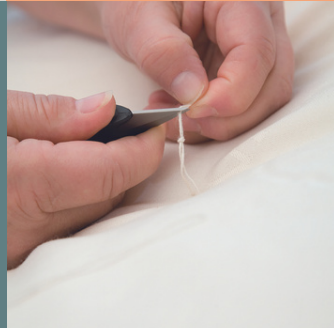
A SAMINA Duvet for Every Season

SAMINA duvets are made by hand using needles, scissors, and sewing machines. Each is filled with luxurious layers of finely combed wool sourced from free-roaming sheep in Austria and Germany. The wool is cleaned from debris and dirt using a traditional German method retaining the optimal properties of the wool fibers.



Our duvets don't have the typical sewn squares that create cold drafts disrupting your sleep and increasing the chance of you catching a cold.

Layers upon layers of pure wool are placed inside of organic cotton covers then secured in place with handsewn cross-stitches.



"Ich Schlafe Lebensenergie" is printed on every SAMINA label. This means "I sleep for vitality."

Choose the Right Duvet for You

Midsummer Night Dream Duvet

The Midsummer Night Dream is the most lightweight option available and offers an airy feel. It's super comfortable without stifling because it has roughly half of the filling of the Summer duvet. This is the optimal choice for hot summer nights and people who tend to sleep hot.



Summer Duvet

The Summer duvet offers more warmth from the extra wool filling; it contains nearly double the weight of wool in the Midsummer Night Dream. If you live in a moderate climate where the temperatures don't increase or decrease much, it can be practical to use a Summer duvet all year long.



Spring and Autumn Duvet

Thicker and heavier than the others, the Spring/Autumn duvet is ideal for transitioning seasons from winter to spring and from summer to fall seasons when the weather is chillier. With more sheep's wool to regulate body temperature, you can use it for "sweater weather" or all winter long, if you like.



Four Seasons Duvet

When you live in an area with extreme weather in both the Summer and Winter, SAMINA has a solution for you. They know about extreme temperatures in the Austrian mountains.

The Four Seasons is not one but a set of two duvets. It offers a combination for versatile comfort as the temperatures change. During the coldest months, you simply combine both duvets with ties provided on either side for a secure connection.

Four Seasons Light Duvet Set

This set includes a Midsummer Night's Dream duvet and a Summer duvet. Tied together when the temperatures are much cooler, it creates a heavier duvet for extra comfort and more warmth.



Four Seasons Classic Duvet Set

This set includes two duvets, one Summer and one Spring/Autumn. They can be tied together to create a heavy duvet for use on the coldest winter nights.



[Shop now](#)



A Four Seasons duvet is actually a set of two duvets that can be tied together. When inserted into a duvet cover, this creates a thick cover for the coldest nights.



SECTION 9

SAMINA Has the Right Pillow for You

Healthy Sleep Starts with Your Head

Developed in collaboration with orthopedic and physical therapy professionals, [SAMINA pillows](#) promote correct neck and spine alignment while cradling your head. This type of support assures rest for your head to relieve tension helping you relax more for deeper sleep. Made with natural Talalay latex, sheep's wool, and SAMINA Bio-ceramic organic cotton, our pillows ensure a sound and comfortable sleep.

The right pillow is essential for maintaining the right spinal position. So, SAMINA's products are not only comfortable but are primarily designed to support your neck from beneath while gently expanding your throat to improve breathing and lessen snoring.

No two humans have the same size, shape, or proportions so we offer pillows in a range of styles and sizes. SAMINA Sleep in North America carries the most popular styles, all available in the store and online for quick shipping throughout the USA and Canada.



[Shop now](#)

SAMINA Pillows: Orthopedic and Organic



SAMINA Delta

The Delta pillow is understandably the top-selling SAMINA pillow year after year. It is a versatile pillow designed to match the human form: a concave shaped natural rubber insert cradles your head while supporting your neck. One side of the insert is lower than the other in height so you can switch sides from higher to lower. It's all wrapped in wool then covered in organic cotton. For broad shoulders, it is also available in High (see below, top right).



Delta pillow in queen size showing crosscut of the whole pillow with cotton cover, wool filling, and natural rubber insert.



Delta pillow natural rubber insert heights: High (left) and Regular (right). Either pillow can be supplemented with a 1-inch rubber insert when additional height is desired after purchase.

SAMINA Standard Pillow

The Standard is simply filled with pure wool wrapped in an organic cotton casing. It's great for people who dislike much cushion. The Standard styles include: Regular, Light, and Extra-light filling. The Standard is good for smaller adults with short necks or less curvature. Both the Light and Extra-Light are suitable for children.



Standard Pillow Extra-Light (king size) with crosscut.



Standard Pillow Light (king size) with crosscut.



Standard Pillow Regular (king size) with crosscut.

SAMINA Pillows: Nontoxic and Natural



SAMINA Kombi-Med Pillow

The Kombi-Med pillow has a gentle curve for the neck and shoulder area adapting nicely to your head-neck curves. A narrow filling of shredded rubber surrounded by pure wool filling provides softened support for the neck.



SAMINA Balance Pillow

The Balance pillow ensures correct neck and head positioning, benefiting your cervical spine. It's suitable for people with long necks or an inward neck curve (lordosis). Like the Kombi-Med above, this pillow has a narrow filling of shredded natural rubber surrounded by pure wool.



SAMINA Anti-Aging Pillow

The Anti-Aging Pillow has a large insert of shredded natural rubber surrounded by virgin wool for a soft, malleable feel. If you like to punch your pillow into shape, this one's for you.



SAMINA pillows are designed for a variety of needs and body shapes so you can choose the one that suits you best. A SAMINA healthy sleep advisor can help you discover the pillow that's just right for you.

[Shop now](#)

SECTION 11

SAMINA Bio-Ceramic®

Wellness While You Sleep

By now, you should realize that Dr. Günther Amann-Jennson is a visionary and an innovator. Motivated to yield as much as one can from sleep, led to his creation of SAMINA Bio-Ceramic® Organic Cotton. This material combines 60% organic cotton with 40% bio-ceramic yarn, containing specific minerals and crystals that release negative ions and promote healthy infrared radiation for a “wellness while you sleep” experience.

Infrared rays, which have a positive impact on microcirculation, contribute to your body's natural energy balance. SAMINA Bio-Ceramic organic cotton absorbs and stores daylight's infrared radiation and activates it while you sleep through body heat. Additionally, the minerals in SAMINA's Bio-Ceramic threads can convert absorbed heat into mild electrical charges, generating negative ions that promote a calming and sleep-inducing effect. You can read all about it here: [SAMINA Bio-Ceramic](#)



The SAMINA Bio-Ceramic Organic cotton patented by SAMINA is imprinted with the German version of the name: “SAMINA Bio-Keramik.”

SECTION 12

Sleep in SAMINA Style with Natural Bed Frames

Eco-luxury X Design

SAMINA solid wood bed frames are not just pieces of furniture; our design, rooted in functionality and sustainability, ensures that every aspect of your sleep is nurtured. Combining traditional German craftsmanship with sustainable, metal-free materials, our bed frames epitomize both elegance and eco-consciousness. Assembly is effortlessly simple since masterful woodworking requires no tools for the setup.

The SAMINA bed frames allow you to manually adjust the degree of incline—from a gentle 0-degrees to 3- or a more pronounced 5-degrees—you take control of your sleep style. This customization is not just about comfort; it's about optimizing your body's natural healing processes.

Watch video

[Arranging the
SAMINA System in
Your Bed Frame](#)



Why incline your bed?

Reduce pressure in your head

Discover relief from the symptoms of migraine headaches, sinus headaches, GERD (aka acid reflux), and sinus pressure.

Breathe Better

A flat airway is compressed; inclining opens airways and lessens sinus pressure so you breathe better and snore less.

Improve lymphatic drainage

While you sleep, the lymphatic system removes toxins and heavy metals from your brain; gravity aids excretion through the blood-brain barrier.



Horizontal: traditional sleeping position



+ 3.5° to 5.5°

Inclined: a healthier way to sleep

The health benefits don't end here.

Biohackers, athletes, and those striving for peak physical and mental performance have found SAMINA to be their trusted health optimization ally. Sleeping inclined is a hidden gem to enhance rest and recovery. It's been the secret sleep solution for many happy customers.

Lengthen and strengthen your spine

The force of gravity pulls your feet towards the earth lengthening your spine for a gentle spinal decompression while you sleep.

Improve circulation

The slight elevation of your head above your feet improves blood pressure regulation and lowers heart stress.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION
NOR IS THIS ADVICE INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

SAMINA Style: Uniquely Yours

Timeless and Transformative

SAMINA doesn't just sell a piece of furniture; we offer a timeless, transformative sleep solution. Generally, there are three approaches with a variety of options for your taste and style.

Pummer Inclined Bed Frame

Our proprietary bed frame design is rooted in sustainability and functionality. Made with FSC-certified solid wood, no metal, and an organic oil finish, you can assemble the frame without tools. (Shown with optional headboard.)

[Learn more](#)



Using Your Bed Frame with SAMINA

While your bed frame may be suitable, there are often modifications necessary to contain the SAMINA slats appropriately. Explore a collection showcasing SAMINA customers who have creatively customized their bed frames.

[Explore gallery](#)



Luxlet Bed Frames for SAMINA

Luxlet masterfully creates each piece so the final product has no screws or nails and can be easily assembled. Exclusively crafted for SAMINA for seamless installation of your sleep system.

[Italian bed frames](#)



Your Home, Your Way

Natural Wood Selections

We offer a variety of sustainable, hard wood choices for you to choose from for the Pummer bed frames. Natural, untreated wood is also available. If you have a specific color in mind, to maintain the integrity of a nontoxic sleeping environment, a limited selection of water-based stains and varnishes are available.

Discuss your ideas with a SAMINA sleep advisor for expert guidance to make your dream come true.



1. BEECH | 2. MAPLE | 3. WHITE OAK
4. WHITE OAK WHITWASHED FINISH | 5. ELM | 6. EUROPEAN CHERRY
7. AMERICAN CHERRY | 8. EUROPEAN WALNUT | 9. AMERICAN WALNUT



Pummer Inclined Bed Frame: Assembly Without Tools

The expert craftsmanship of our solid wood furniture hearkens back to a time when furniture was passed down to future generations. This is heritage quality furniture.

Nontoxic Bedroom Furniture

Complete your sleep sanctuary with bedroom furniture as lovely as it is functional. Limited inventory is available in stock.

Custom orders are available for:

- Bedside tables
- Benches
- Dressers
- Night stands

Like SAMINA, all pieces are handcrafted from sustainable, nontoxic materials including FSC-certified hard woods.



SECTION 13

Keep SAMINA Clean: Quality Care Tips

Crafted with Care by Hand

The materials used to create SAMINA systems are predominantly processed by hand. The virgin sheep's wool pads, duvets and pillows are made by human hands without the use of automated machinery.

Each product is produced individually using needles and thread, scissors and sewing machines. The virgin sheep's wool is fixed into place using individual cross-stitch points instead of stitched seams to prevent thermal gaps, making it luxuriously cozy in winter and pleasantly cool in summer. SAMINA has been crafted with great care to provide you with a deep, restful sleep.

Helpful Tips to Maintain Life of Product

SAMINA wants you to have long-lasting satisfaction and to extend the life of your investment for as long as possible. We recommend that you heed the following precautions:

- Do NOT dry clean
- Do NOT wash wool products
- Do NOT expose rubber directly to sunlight for prolonged periods of time

This advice will help you take good care of your SAMINA products for years of enjoyment:

- Keep your bedroom free from dust and clutter-free to promote healthy sleep.
- Several times a year, turn and rotate the slats, rubber mattresses, and wool toppers.
- Cover the wool topper, duvets, and pillows with washable covers made of cotton.
- Use sheets made from breathable organic, not synthetic, materials.
- Air out bedding often by shaking gently. Occasionally, place them outside or open windows to expose bed to fresh air.
- When placing wool topper, duvets, and pillows outdoors, the mild morning sunshine for a few hours is best.
- Spot clean stains with warm water and a gentle bio-detergent like Dr. Bronner's Sal Suds or TrulyFree.



An organic cotton protection cover is included with every system. It's machine-washable, and offers some protection from sweat, stains, accidents, and spills.

"Caring for Your SAMINA Sleep System"

Watch the video on our YouTube channel.

SECTION 14

GREEN AMERICA CERTIFIED BUSINESS



SAMINA Sleep is the exclusive North American supplier of SAMINA sleep systems and products in North America. With a warehouse in southern California, quick delivery is available throughout the USA and Canada. In fact, we ship worldwide supporting English-speakers wherever they may live.

As a certified green business, you can be sure we use the best materials, sustainable and organic, without causing harm to animals or the environment. SAMINA proudly makes every product bearing the SAMINA brand in a carbon-neutral production facility located in the Austrian village of Frastanz nestled high in the Vorarlberg mountains.

Dedicated to protecting human health and the environment, SAMINA only uses natural, non-toxic, certified organic, and sustainable materials for your peace of mind and your long-term health.



SECTION 15

SAMINA Hotels | Power Sleeping® Rooms

Holidays for Your Health

Travelers often encounter a common issue: sleeping at a hotel is seldom restful, with sleep quality often falling short. Orthopedic and regenerative sleep needs are frequently unmet, even in the beds of high-end hotels.

The "FutureHotel" study by the Fraunhofer Institute in Germany highlights the significance of quality sleep for hotel and on-the-go guests. Nearly 98% of surveyed hotel guests emphasize the importance of a **comfortable bed** and **restorative sleep**.

There is a growing trend in upscale hotels to prioritize guests' well-being by introducing Power Sleeping Rooms®. Inspired by sleep expert Dr. Günther W. Amann-Jennson's SAMINA healthy sleep concept, these rooms adopt a holistic approach. They merge orthopedic, biological, and material elements to elevate the quality of bioenergetic sleep.

SAMINA Power Sleeping Rooms®, where available (*see next page*), ensure hotel guests can indulge in rejuvenating sleep experiences with improved sleep quality.



Plan Your Next Holiday with Wellness in Mind

Prof Amann-Jennson developed the award-winning "Wellness in Sleep | Power Sleeping Rooms" concept for the hotel industry. With this concept, guests enjoy Bioenergetic Sleep – the highest, measurable form of healthy, restorative, and regenerative sleep for both body and mind.

Power Sleeping Rooms take into consideration all sleep-disrupting factors and optimize the room for sleep: orthopaedic, sleep medicine, sleep biology, bed climate, light and electrobiological disorders.



Austria *Germany* *Italy* *Switzerland*

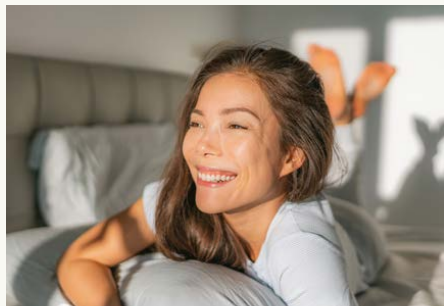


SECTION 16

Travel: SAMINA Style

Custom design coupled with traditional expert handcrafting allow us to create a sleep sanctuary wherever yours may be. Even, on the go!

SAMINA has equipped [airplanes](#), [yachts](#) and [motorhomes](#) including our own.



Environmentally conscious craftsmanship and carbon-neutral production are deeply rooted in the SAMINA philosophy.



SAMINA CAMPER
AVAILABLE FOR RENT
IN AUSTRIA



“What People Say About SAMINA

Google Reviews

SAMINA sleep system products are an important part of my life. The recovery one gets from a good nights sleep so important and for me SAMINA has been my "go to" brand for over 20 years now. The mattress is great, pillows great, and duvet's are amazing. I sleep better when I get to sleep in a SAMINA bed!

Jason
ASPEN | FLORIDA

The importance of improving lymphatic drainage to assist with detoxification of the brain and body is an often overlooked aspect of the detoxification process. The incline provided by the SAMINA sleep system is a way to optimize lymphatic drainage as we sleep.

Dr. Dannette Kallay
GEORGIA

Professional Opinions

I had more dreams than I have had in the past 2 years. I didn't expect it to work so fast or get rid of the inflammation that I'd been accustomed to just waking up with every morning. I track my sleep with an Oura ring and my HRV doubled! My only regret is not getting this sooner I could have saved myself so much money and time!

Rhadha | LOS ANGELES

As a specialist in Biological Dentistry and ceramic implants, I have to pay extreme attention to my back health. Since sleeping on SAMINA my back feels super relaxed and stretched in the morning. Measurable sleep and recovery values have improved significantly.

Dr. Fabian Schick
Biological Dentist
GERMANY

I WEAR AN OURA RING AND MY SLEEP SCORE IS UP TO 95% NOW.

Dr. Alison Monette
CONNECTICUT

I have a really bad scoliosis that has caused multiple back pains upon waking up...I've tried out numerous different styles of bed...But none of them helped with my pain. WOW! imagine my surprise when I woke up the first day and realized the morning back pain was gone! Just amazing.

Mrs. Min
SEOUL, SOUTH KOREA

The verdict is in. It took a week for me to say with complete conviction, "the best decision ever" and "sleeping like a baby".

Mrs. Rice
TORONTO

MY WIFE HAD THE BEST SLEEP OF HER LIFE. SHE CANNOT SAY ENOUGH GOOD THINGS ABOUT THIS PRODUCT.

Mr. Leonard
CANADA

Night by night, so much orthopedic relief, it's astounding. I feel circulation through my entire body - legs, hips, spine, abdomen, lungs, neck and head that have been cut off for decades.

Max | NYC & BERLIN

LOVE SLEEPING ON SAMINA BED SINCE DAY 1. REALLY IMPROVED MY SLEEP AND MY SHOULDER PAIN IS GETTING BETTER.

Daniel | PORTUGAL

I've been sleeping on a SAMINA bed for over 20 years. Two years ago I purchased a new system including an incline bed frame and grounding pads. I can honestly say my sleep is even better now. Allergies and sleep apnea have decreased and I wake up refreshed and energized.

Linda
SAN ANTONIO

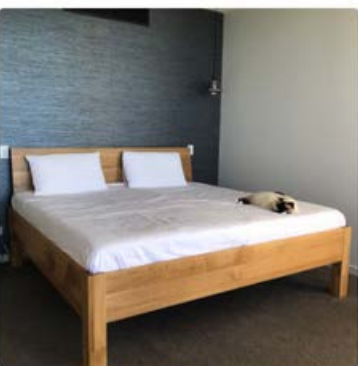
This bed has had a SIGNIFICANT impact on my health. Really bad insomnia for 12 years; I couldn't imagine anything changing that - but the SAMINA bed did.

Bob | CALIFORNIA

Prior to SAMINA, I was usually only getting 4 hours, maybe 5 hours regularly With SAMINA, I am sleeping much better - sounder as well.

Christine
DALLAS

Customer Reviews



This is our sanctuary!! 🏡💕

19:10

SAMINA Beds: As Unique as Our Customers



WE SHIP WORLDWIDE

ON-LINE: Click [here](#) to shop now.

BY PHONE: Talk to a nice human. Place your order.
(Phone numbers below.)

CONSULTATION: Need help?
Schedule time to talk about sleep solutions
especially for you. Click [here](#).



SAMINA

The Science of Sleep



info@saminasleep.com



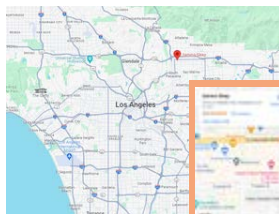
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