



Keep your
COOL
under the covers

If hot flushes and night sweats are turning your sweet dreams into nightmares, Protect-A-Bed's cooling mattress protectors could be just what you need.

Menopause can be hard enough to cope with at the best of times, without trying to manage on too little sleep. Broken sleep caused by hot flushes and night sweats is a common menopause complaint, experienced by three out of four menopausal women. A rise in temperature, especially in the pre-dawn hours, is the body's cue to wake up, which is why these menopause symptoms can be so disruptive to healthy sleep patterns.

Protect-A-Bed has a range of products designed to tackle overheating and sweating under the covers. Both the actively cooling Therm-A-Sleep Collection, and the new Elite Tencel protector that doubles as a fitted sheet, have temperature-regulating sleep surfaces.

The fibres in Protect-A-Bed's Therm-A-Sleep and Elite Tencel dissipate heat away from the body and draw moisture away from the skin, where rapid evaporation ensures a cooler, drier, more comfortable sleep.

And while being 100% waterproof means these Protect-A-Bed mattress protectors will keep night sweats from staining your mattress and causing odours, they're nonetheless air-permeable, adding to the cooling effect of these sleep-enhancing mattress covers.



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