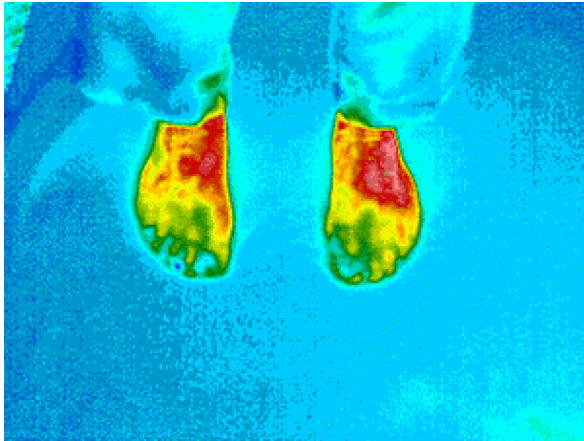


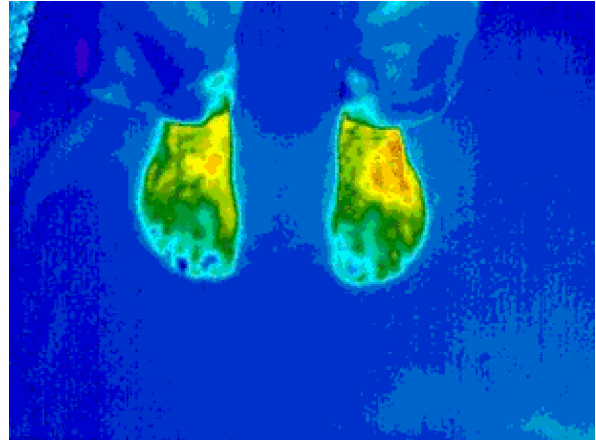
Sleepform Temperature Control Sheet

Temperature Control Sheet Material

- The Sleepform Temperature Control Sheet is made from a material called Outlast.
- Outlast was originally invented by NASA to keep astronauts comfortable in space
- Used in space suits and gloves to protect astronauts from extreme changes in temperature when moving outside the space station
- Outlast is now used in a wide range of bedding/clothing application and also in cars – being used on the seats of Landrovers in hot climates.
- Made from a phase change material (PCM) on a 100% polyester base material
- The PCM capsules can absorb body heat, store it and release it when needed keeping the user at a comfortable temperature
- As Outlast themselves say - ...not too hotnot too coldjust right.



Without Outlast



With Outlast

Why is temperature control important?

- A person's body temperature must drop by 0.5 °C in order for them to fall asleep.
- This is why it can take you longer to fall asleep during warm weather.
- The children who use the Sleepform often cannot change their position themselves during the night to regulate their body temperature.

How is the Sleepform Temperature Control Sheet used?

- We have found this material very effective in keeping children comfortable when placed on top of the Sleepform Air Flow Mattress just underneath the child's own top sheet.
- It can be used with or without the other Sleepform components.