SMARTS3
Sleep System Solution

SLEEP WELL . WELL SLEEP

Comfort and De-stress

Anti-bacterial and Anti-mite

Natural Latex

Magnetic Fibre

Graphene Infusion

Negative Ion

Far Infrared Fibre

Who Stole Your Good Sleep ?

The Truth You Need to Know About Sleep

$\frac{1}{3}$ of the time in human life is spent in sleep

Long-term insomnia not only affects our lives, but also causes great harm to our health.

Sleep Hours and Sleep Quality

Sleep quality is as important as sleep hours

SMART sleep requires not only sufficient sleep hours but also good sleep quality

SLEEP HOURS
+
SLEEP QUALITY
=
SMART SLEEP

A good sleep is the beginning of a good day and a basis for a high quality of life.
Very often individuals have long sleep hours but they do not sleep well. It is likely due to a poor sleep quality.
Only with good sleep quality, individuals can get into deep sleep and have sufficient rest.

Time to Sleep

You Need to Get Sufficient Sleep

Chronic sleep deprivation

Chronic sleep deprivation can lead to fatigue, drowsiness during the day, slow response, weight gain or weight loss.
It has negative effects on brain and cognitive system.

Normal sleep hours requirement should be based on age. Individuals at different age categories have different physiological conditions and the amount of sleep required is also different.

Infants:
between 12 and 15 hours

School-aged children:
between 9 and 11 hours

Teenagers:
between 8 and 10 hours

Normal sleep hours for different age categories

Young adults and middle-aged adults:
between 7 and 9 hours

Older adults:
between 7 and 8 hours

(Source: National Sleep Foundation's sleep time duration recommendations, Sleep Health, 2015, 40-43)

Although the amount of sleep you get daily is important, other aspects of your sleep also contribute to your health and well-being. A good sleep quality is something that you should not miss.

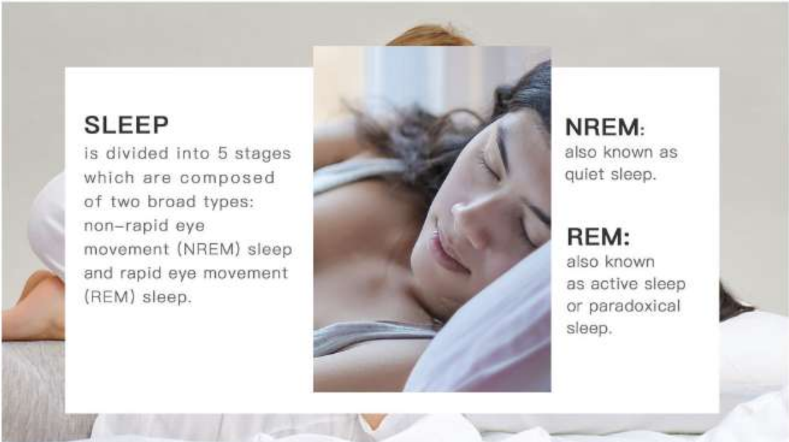
This is **why** some people sleep more than **8 hours but yet, still feel tired.**

It is probably due to **poor sleep quality.**

In their night sleep, most individuals enter light sleep stage only but not deep sleep stage.

Sleep Better

Improving Sleep Quality



SLEEP
is divided into 5 stages which are composed of two broad types: non-rapid eye movement (NREM) sleep and rapid eye movement (REM) sleep.

NREM:
also known as quiet sleep.

REM:
also known as active sleep or paradoxical sleep.

The 5 Stages of Sleep

NREM Stage 1

- Transition period between wakefulness and sleep

Light Sleep

NREM Stage 2

- Body temperature drops and heart rate begins to slow down
- Brain begins to produce sleep spindles

NREM Stage 3&4

- Muscles relax
- Blood pressure and breathing rate drop
- Deepest sleep occurs

Deep Sleep

REM Sleep

- Brain becomes more active
- Body becomes relaxed and stable
- Dreams occur
- Eyes move rapidly

How Important Is Deep Sleep?

Deep sleep

accounts for only **25%** of the total sleep time, which is also called **“golden sleep”**. During the deep sleep state, the cerebral cortex cells are in a state of sufficient rest, which is essential for eliminating fatigue, restoring energy and enhancing immunity.

Main Factors Influencing Sleep

There are many factors, both internal and external, that influence the quantity and quality of the sleep, such as:

Jet lag and **shift work**

Pain, anxiety, and other **medical conditions**

Medications and other substances

The sleep environment (light, noise, and temperature)

Mattress

The mattress largely determines the quality of your sleep, so to sleep well, you should first get a good mattress.

Source: External Factors that Influence Sleep, from
http://healthysleep.med.harvard.edu/healthy/science/how/external-factors

7 Symptoms of Sleep Deprivation

How Many Do You Have?

Grumpy

Unresponsive

Weight gain

Aging skin

Forgetfulness

Diffculty to focus

Get sick easily

Source:

Kathleen Davis, FNP. (2018), What to know about sleep deprivation, https://www.medicalnewstoday.com/articles/307334
Stephanie Watson and Kristeen Cherney (2020), The Effects of Sleep Deprivation on Your Body, https://www.healthline.com/health/sleep-deprivation/effects-on-body
Camille Peri (2014), 10 Things to Hate About Sleep Loss, https://www.webmd.com/sleep-disorders/features/10-results-sleep-loss#1

Main Health Problems from Poor Sleep

Cardiovascular disease

Hormone imbalance symptoms

Hypertension

Emotional problems

Diabetes

Obesity

Source: Colten HR, Altevogt BM. Sleep Disorders and Sleep Deprivation. Washington (DC): National Academies Press (US), 2006.https://www.ncbi.nlm.nih.gov/books/NBK19961/

You Need a Good Sleep Environment

SMARTS3
Sleep System Solution

A Solution for Your Sleeplessness

Hug you to sleep with warm and comfortable embrace

Hygiene

Health

Comfort

Hygenic Sleep

Naturally anti-bacterial and anti-mite

Sleep Safe

Anti-bacterial
Anti-mite
Anti-allergens

SMART
HYGIENIC AID

Natural Latex

- Inhibit bacteria and allergens with an antibacterial rate as high as 99%
- With natural flavor which is anti-mosquitoes

Graphene and Negative Ion

- Effectively inhibit the growth of bacteria and mites
- Providing a clean and healthful sleep environment for our body

Zero Formaldehyde, Odor-free

Environmentally Friendly

- Passed accredited test and certification
- No formaldehyde

- Odor free, safe and healthy

Zero Formaldehyde

No Peculiar Smell

Environmentally Friendly

Healthy Sleep

Keep Your Body and Mind in Balance

Promote Microcirculation and Improve Sleep Quality

SMART HEALTH AID

Bio Magnetic Tourmaline Fibre

- Help to improve blood circulation

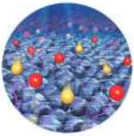
- Ensure sufficient oxygen and nutrients for body cells, promote healthy metabolism
- Relax body and mind, ensure adequate rest for the body

Bio Magnetic Fibre

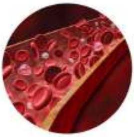
Building a Natural Protective Barrier

Provides permanent and direct magnetism pole with a stable magnetic field to:

Activate the red blood cells



Reduce anion to form red blood cells



Improve blood flow

Our body is an electro-magnetic system. Magnetism is essential for the body to regulate body cell activity using electromagnetism. The magnetic energy of SMARTS3 benefits our body in:

Blood flow and circulation

Body cell division (Cell regeneration)

Organ and system coordination

Maintains a balanced and normal metabolism at cellular level.

Tourmaline

Health and Beauty from Sleep

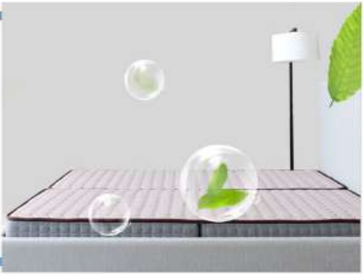
SMARTS3 is incorporated with tomaline which release negative ions that purify the sleep environment and emit beneficial far-infrared rays that promote microcirculation in humans.

Negative Ion, the Vitamin of the Air

Provides an average of 800-900 negative ions per meter cube

Far Infrared, All-rounded Care

Far Infrared Rays are unique in their ability to penetrate, soothe and stimulate human body, helping you to rest better and feel more energized.



SMART ORTHO AID

Partition Support, Spine Protection

Extending Naturally and Minimizing Toss and Turn during Sleep

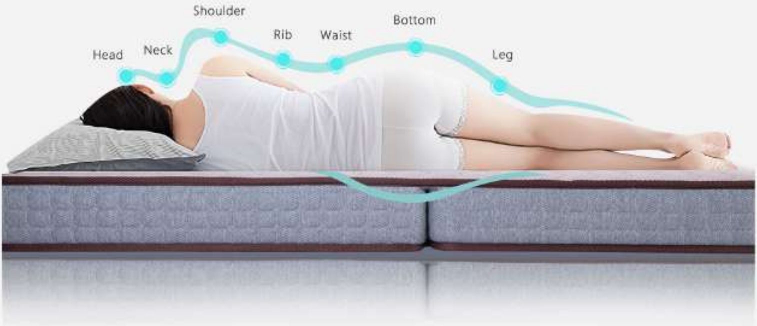
The natural latex helps to cushion your body, align your spine and regulate body temperature, providing a buoyant, cloud-like sensation for an ultimate sleep experience.

Ergonomic design

Based on human body curve

Uniformed pressure loading

Effective support



Comfort Sleep

Graphene Infusion Technology

Start a New Type of Healthy Sleep

- Balances the body's bioelectricity and put the body in a relaxed state
- Helps relieve tension and reduce stress
- Effectively eliminates fatigue and improves sleep

Premium Natural Latex

High Durability, Medium Firmness, Resist to Distortion

The mattress provides a **comfortable** and **well-ventilated** sleeping surface that bounces back instantly to provide **perfect support** and help you fall asleep faster.

Medium firmness, providing a balance for both the comfort and back bone support.

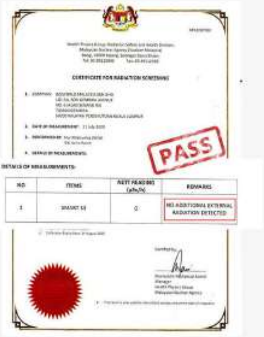
Super Comfort

Good Ventilation

Anti-mite

Back Support

International Accreditations



CERTIFICATE FOR RADIATION SCREENING

4. DETAILS OF MEASUREMENTS:

NO	ITEMS	NETT READING (μSv/h)	REMARKS
1	[illegible]	0	NO ADDITIONAL EXTERNAL RADIATION DETECTED

PASS

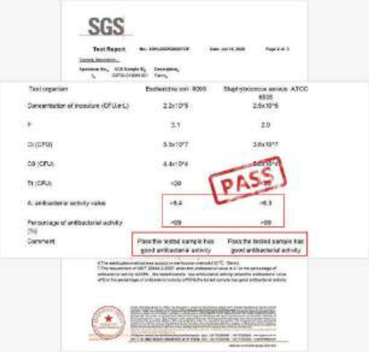
Radiation-freeTest

SGS

Test Report

PASS

Formaldehyde-free Test



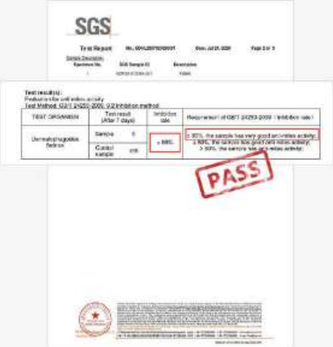
SGS

Test Report

Test organism	Escherichia coli 8099	Staphylococcus aureus ATCC 6538
Concentration of inoculum (CFU/mL)	2.2x10^5	2.5x10^5
F	3.1	2.0
Ct (CFU)	5.5x10^7	3.6x10^7
C0 (CFU)	4.4x10^4	[illegible]
Tt (CFU)	<20	[illegible]
A: antibacterial activity value	>6.4	>6.3
Percentage of antibacterial activity (%)	>99	>99
Comment	Pass the tested sample has good antibacterial activity	Pass the tested sample has good antibacterial activity

PASS

Anti-bacterial Test



SGS

Test Report

Test result(s):
Evaluation for anti-mites activity
Test Method: GB/T 24253-2009, 9.2 inhibition method

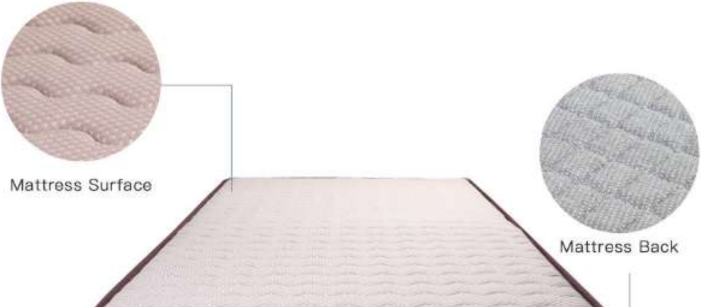
TEST ORGANISM	Test result (After 7 days)		Inhibition rate	Requirement of GB/T 24253-2009 (Inhibition rate)
Dermatophagoides farinae	Sample	0	>99%	≥ 95%, the sample has very good anti-mites activity; ≥ 60%, the sample has good anti-mites activity; ≥ 30%, the sample has anti-mites activity.
	Control sample	[illegible]		

PASS

Anti-mite Test

Product Information

*This product photo featured is for illustration purposes only.

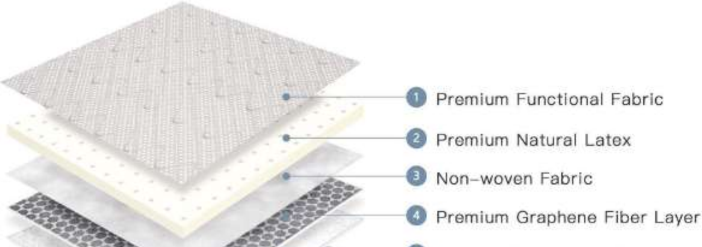


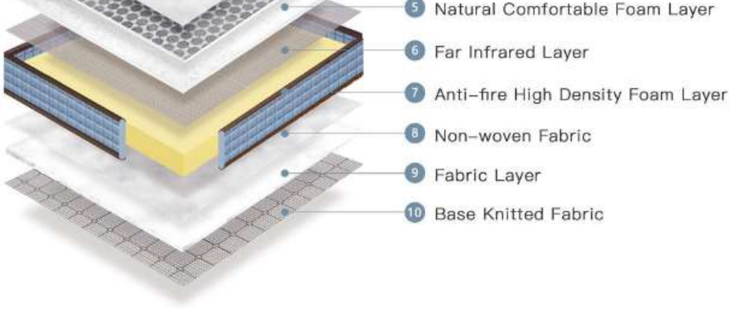
Mattress (Front)

Mattress (base)

Mattress (Side)

10 Layers Structure Build In





Mattress Specification

Dimension	90*200*16 cm
Weight	13.0 ± 0.5 kg
Package	Folding package
Firmness	Medium firmness
Main Features	1. Far infrared; 2. Biomagnetism; 3. Negative ion; 4. Bio-electro; 5. Anti-dust & Anti mite; 6. Anti-bacterial; 7. Anti-mold; 8. Breathable & good ventilation.

Precautions

- Do not place watches, magnetic cards, metal utensils directly on the product to avoid being magnetized.
- Please use it with bed sheets, pillow case, blanket etc. Do not wash it.
- Product users may experience slight dizziness, body aches and etc due to temporal reaction. For this issue, it is recommended to use a barrier layer or use it intermittently.
- It enhances body metabolism. Product users may experience thirst. Please increase water intake accordingly.
- Please discontinue using it and cunsult physician immediate in case of severe discomfort.

Q&A

1. How long is the lifespan of SMARTS3 Mattress?

The SMARTS3 Mattress consists of functional magnetic and tourmaline which is able to emit FIR for a long period of time. Under proper care and usage, it can last to 30 – 50 years.

2. What are the Do's and Don'ts of using SMARTS3 Mattress?

a. Place the SMARTS3 Mattress on a solid bed frame.
b. Do not place the electric blanket on the SMARTS3 Mattress.
c. Do not expose the mattress to direct sunlight.
d. Do not place watches, magnetic cards, bank cards or other magnetic items on the SMARTS3 Mattress.

3. What is the mechanism of the SMARTS3 Mattress?

SMARTS3 Mattress is a type of health equipment designed exclusively to improve the general well-being of people with sickness. Nevertheless, it should never be regarded as a medical replacement program or treatment. SMARTS3 Mattress is able to provide FIR, anions and bio-magnetic force which enhance microcirculation and immunity of human body. As microcirculation disorder is known as the leading cause of diseases, the SMARTS3 Mattress is able to improve the health status of the users.

4. Is there any side effects of using SMARTS3 Mattress in the long run?

There is no reported side effects. In fact, bio-magnetic force, FIR and anions are part of our daily life. FIR is a beneficial ray from sunlight while anions are negative ions from the air. On the other hand, the bio-magnetic force generated from the geomagnetic field is pairing up with bio-magnetic force in human body. Scientific studies showed that human body requires 1500 – 1800 GS magnetic force for a better health. SMARTS3 Mattress does not cause any side effects, instead producing health benefits in long term.

5. What is recovery reaction? What should I do if I experience this after using SMARTS3 Mattress?

In a normal scenario, one's feet may experience tingling numbness immediately after he stands up from a prolonged kneeling or sitting position. This is due to a suddent change in blood circulation speed. The same applies for recovery reaction, a natural body response to the restoration of health.Some individuals may experience mild discomfort due to the increased speed of blood circulation after using SMARTS3 Mattress. It is suggested identify if the discomfort is caused by the recovery reaction from using the mattress. If it is not, kindly consult your doctor for further diagnosis. Otherwise, if the symptoms are serious, you can stop from using the mattress for a period of time or place a thin blanket layer on the SMARTS3 Mattress.

Product Disclaimer

This product is not a medical device and it should not be considered as an alternative to professional medical advice or intended as a substitute for professional medical opinion. It cannot be used to diagnose, treat and prevent any diseases.