

Good night. Good day!

The world of healthy sleep.





For the love of nature and humanity

A building material for generations, an air filter within your own four walls, an eternal designer piece – in short, the material of the first hour: Hüsler Nest has been aware of the unique properties of wood ever since 1982, and the success story of the natural bed and mattress manufacturer is based primarily on this versatile raw material. In the present day, Hüsler Nest is managed by Adrian Hüsler, the second generation of the family, but the success formula for a restful night's sleep developed by founder Balthasar Hüsler still holds true.

The ingredients: exclusively natural materials, a sleeping system developed in-house, sustainable production processes and a large portion of passion – for the environment, raw materials and craftsmanship alike.

But what exactly is so special about a Hüsler Nest? The company sees it as an oasis of security, warmth and relaxation – a nest, in fact. What better way to make such a bed than from materials that have the same properties? On the one hand, there are natural materials such as natural latex, virgin sheep's wool, cotton and linen, which, with their breathability and adaptability to the sleeping climate, are ideal for the production of mattresses, blankets and pillows. Since Hüsler Nest sees itself as a responsible and future-oriented company, respectful treatment of animals, people, nature and the environment, as well as resource-saving manufacturing processes, have the highest priority at all times. After forty years of experience, the Hüsler Nest brand stands for the highest level of expertise in all matters relating to natural sleep.

And this applies to textile processing as well as to the manufacture of upholstered and solid wood beds – because only when natural woods are left in their natural state do their unique properties come to fruition. Then beech, oak and other natural woods can regulate the room climate, improve air quality, relieve stress and radiate their special natural warmth. And that's exactly what Hüsler Nest focuses

on, naturalness on all levels: natural materials and natural surface treatment, so as to take advantage of nature's natural properties and end up with a natural sleep.

In combination with stability and its timeless aesthetics, natural wood is thus the ideal material for the bedroom. This applies to both the bed frame and the Liforma sleeping system patented by Hüsler Nest – the heart of every Hüsler Nest bed. Its development can be traced back to Balthasar Hüsler himself, who virtually revolutionised sleep with his knowledge of wood construction, ergonomics, sleep research, material technology and hygiene. His Liforma spring unit, developed from various elements, ensures an ideal ergonomic sleeping posture, regardless of the weight and height of the sleeper.

All his findings and convictions come together in this magazine. The following pages will show how Hüsler's values come to bear both in the production processes and in the processing of natural wood and animal and plant fibres, so as to preserve the environment and promote healthy sleep in equal measure. Here you can find exciting information about materials, sleep hygiene and manufacturing processes as well as interesting interviews, all designed to raise awareness of the value of natural products and craftsmanship, and interspersed with exciting stories about dreaming and sleeping. That's a promise.

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Sleep flexibly



The sleep

«Anyone who relies on naturalness must be one hundred percent convinced of it.»

Interview with
CEO Patrick Egloff



Mr Egloff, Hüsler Nest was founded in 1982 by Balthasar Hüsler under the name Liforma AG, and was later successfully continued under his son Adrian Hüsler. Can you tell us what has distinguished the brand since then?

The story of Hüsler Nest basically begins in the seventies. At that time, Balthasar Hüsler was struggling with back problems and began to take an in-depth look at the subject of sleep. Good sleep is of enormous importance for our mental and physical health – practically on a par with sport and healthy nutrition. So he asked himself questions like: What exactly is healthy sleep? What is correct posture when we are lying down? When do we feel really well rested? Please note

«A bed for life»

that Balthasar Hüsler was self-taught back then; he was actually a carpenter and woodworker by profession. But through discussions with experts and specialists, he succeeded in building up a body of knowledge that is still of great importance to us today. Over the

years, this has developed into characteristics that shape our products and thus also the brand.

What exactly are these characteristics? We try to do justice to the unbelievably great importance that the bed has for a good night's sleep, in a number of different ways. Firstly, through the materials we use: we want to ensure that they create a comfortable resting environment. Consequently we only use natural materials that are selected and processed in the right context. This also concerns the hygiene aspect – because we do not want to use chemical agents, we rely on materials that have a self-cleansing function or are washable and always replaceable. In addition, we rely on sophisticated construction solutions: Hüsler Nest sleep systems are designed to be virtually independent of the weight and size of the person sleeping. Our Liforma spring unit, for example, can be individually adjusted and can thus respond to every need of our customers. This means that it also adapts to changes that occur over the years. It practically becomes a bed that grows with you. A bed for life, in fact!

«The cotton-linen product line consists of purely plant-based fabrics.»



Since the beginning of this year, you have been jointly responsible for the future of Hüsler Nest as the new CEO. Does the new management structure also change the philosophy of the company to a certain extent?

No. Of course, the same principles still apply. It is only through this philosophy that the company has become the successful brand it is today. In addition to the unique sleeping experience that I have been able to enjoy since I was 15 years old, it is precisely this philosophy that has inspired and convinced me from the very beginning: you can count on Hüsler Nest always to provide you with natural, healthy materials, excellent design and a clean, easy-to-maintain bed. This remains the case even though we are not closed to new developments on the market.

Can you give an example of this?

Our cotton-linen product line would be worth mentioning here: the textiles are made of purely plant-based materials and are therefore ideal for people with a vegan lifestyle. The linen fibres are

obtained from sustainable flax cultivation in Belgium, and processed in an environmentally friendly way. An example of technological innovation, on the other hand, is the electrically adjustable frame insert, which allows for greater variability and enhanced comfort. The design is free of closed metal circuits – any metal part that is not really necessary has been eliminated. Furthermore, these frame inserts come with a mains cut-off. This also shows the engineering expertise we can draw on.

Besides new materials and technical innovations, are there other major trends that have influenced Hüsler Nest in recent years and will possibly continue to do so in the future?

Well, first and foremost there is the big, overriding issue of ecology and sustainability. Strictly speaking, it cannot be said that Hüsler Nest is just getting on board with a recent development coming from outside. On the contrary, sustainability has been practically written into the company's DNA sin-

ce its early days. Balthasar Hüsler was convinced that human beings are part of nature, and therefore entirely dependent on it. The goal should be to achieve a state of harmony and balance that is also the most beneficial for human health. This meant no synthetics, no chemicals, no metals. Instead, he opted for the exclusive use of natural materials, like virgin sheep's wool for instance. And this at a time when such an approach was considered old-fashioned and hopelessly outdated. Today we can clearly state that Hüsler was not just driven by sentimental nostalgia,

**«No synthetics,
no chemicals,
no metals»**

rather he was a pioneer. Today, sensitivity for a conscious use of natural resources has clearly increased – at long last, one might think. Against this background, our many years of experience

in dealing with natural materials and gentle processes are very much to our advantage.

How is the concept of sustainability reflected in concrete terms at Hüsler Nest today?

The guideline we set ourselves is the conscious use of natural resources, so that the world remains liveable for future generations. We rely on resource-conserving production with low environmental impact, and natural substances made from renewable raw materials. These include wood, natural rubber, coconut, linen and cotton. In the case of animal products such as virgin sheep's wool, alpaca wool or camel hair, we pay particular attention to animal-friendly husbandry and the way in which the materials are obtained. The basic rule is this: anyone who relies on natural, renewable raw materials must be one hundred percent convinced of their thinking and actions. We want to keep the environmental impact at all production levels as low as possible. This applies both to framework

«The idea of making effective ecological use of all materials in natural or technical material cycles wherever possible is absolutely fascinating.»

conditions such as location and energy generation and to the manufacturing process itself.

Do you follow an overarching concept here?

We follow concepts like «cradle to cradle» very closely: The idea of making effective ecological use of all materials in natural or technical material cycles wherever possible is absolutely fascinating. However, since many of these processes are still in their infancy and consume vast amounts of energy, a changeover often does not make sense at this point in time. Nevertheless, we see sustainability as an ongoing driver of innovation.

In what way?

This is noticeable in many different areas. At our new site in Grenchen, for example, we are now aiming for the maximum possible use of alternative energy, with an enlarged solar plant. In addition, from the end of 2023/beginning of 2024 we will be able to heat our headquarters 100 percent with our wood waste. In the packaging sector, we are currently dealing with the issue of plastic. For hygiene reasons, it is still used in certain areas. The bulk of

the plastic we produce is collected and recycled, but we are actively working on alternative solutions that meet the high hygiene standards of our customers. In general, natural materials require much less energy and emit much less CO₂ than chemical materials such as synthetic latex or foam. This applies both to the manufacturing process and to disposal.

Do you see room for improvement in the future?

There is always room for improvement. To give an example: the end product that is created from natural latex – the Hüsler Nest latex mattress – is a natural product that can be disposed of at the recycling centre without any environmental impact. But at the moment, no really satisfactory recycling products can be made from used latex. We need to work on this issue. That is why we are now a member of the Mattress Alliance. This organisation has set itself the goal of promoting the recycling of used mattresses and establishing a sales market for the secondary materials. The aim is to bring recyclable mattresses onto the market in the medium term.





The sleep

Individual sleeping systems made to measure

Relaxed sleep. The unique Liforma spring unit

It is the heart of the Hüsler Nest sleeping system and combines ergonomics with the much-loved Nest feeling – the Liforma spring unit. It differs perceptibly from conventional sleeping systems and slatted frames, and the perfect body adaptation that it offers over the entire lying surface is inspiring.

Physiotherapists, athletes and researchers have known for a long time that regeneration is the be-all and end-all for an efficient body. The rest phases in our lives are just as important as exercise and a healthy diet. To be able to switch off and recharge, the feel-good factor must therefore also be there at night. As a pioneer in healthy and comfortable sleeping, Hüsler Nest has developed a unique sleeping system that optimally supports the ergonomics of the sleeper, while at the same time strengthening the muscles and in some cases even alleviating back pain.



Scan to discover the Liforma spring unit.

It is the heart of every Hüsler Nest and adapts individually to the anatomy: the original Liforma spring unit. Whether you are 50 kg or 120 kg, it's not a problem. The Liforma spring unit is designed so that every person lies in an orthopaedically perfect position – regardless of the weight or size of the sleeper. Because optimal sleep ergonomics means a spine-friendly posture of the body in all positions and at every point of the bed. In order for the intervertebral discs to recover well during the night, no load should rest on them. If the bed is too hard, the spine curves; and if the bed is too soft, it sags downwards. An original Hüsler Nest supports the spine and still allows movement – no matter where you lie or what your sleeping habits are. The special Liforma system makes this possible. Instead of conventional, curved and glued plywood slats, the Swiss sleep experts developed a special slat system with 80 solid wood trimelles distributed over two layers. They each consist of three vertically glued solid wood strips. These dissipate the moisture caused by night sweating. In addition, the upper layer of the spring unit is modelled on the human anatomy over a length of two metres and thus adapts ideally to the body. The lower layer is connected to the upper layer by latex strips, and actively cooperates with it by absorbing and supporting the body weight of the sleeping person. Another bonus: the trimelles are not fixed in a frame and have no pre-tensioning. This means that the Liforma spring unit has an outstandingly high degree of mobility and flexibility. Thanks to the trimelles and their arrangement on natural latex support strips, a flat lying surface is created that is both highly elastic and supportive. As a result of its special construction, the sleeping system does not show any signs of fatigue even after several years. This comfort is felt immediately by the sleeper – after all, people change their lying position about 60 times during the night. The Liforma spring unit also has other convincing advantages. It can be individually adjusted: if the hip area is made softer, the pelvis can sink in deeper and the support for the back is increased. People whose shoulders are wider than the body axis, on the other hand, tend to need relief for their shoulders. Since the trimelles are freely movable in their pockets, i.e. not fixed in a frame, the system can be adjusted



Services

If you need individual adjustments, you should always contact the Hüsler Nest partner in your region.



- 1 **Overlay**
«The climate-regulating element»
- 2 **Natural latex mattress**
«The softening element»
- 3 **Liforma spring unit**
«The supporting element»
- 4 **Frame insert**
«The load-bearing element»

across the entire width of the bed. Even in a double bed, each person can configure their own personal spring unit. Further practical features: the Hüsler Nest sleeping system fits into any standard bedstead. If desired, it can also be supplied with motorised seat and leg height adjustment. Like all materials from Hüsler Nest, the materials for the Liforma spring unit are of purely natural origin and strictly controlled for harmful substances. An investment that pays off in the long term: the Liforma spring unit has a service life of 20 years or longer, based on the straightforward replacement of the latex strips.



The lucid dream phenomenon: lucid dreaming is part training

People's dreams often have them shaking their heads the next morning. What kind of nonsense was that again?! But dreams don't have to be like that – some people are actually aware of their dreams, and can direct them. This phenomenon is known as lucid dreaming. If you don't have the ability, you can learn it – so how about grabbing a little more control over your own dreams, and even directing them?

In lucid dreams – also called clear dreams – the sleeper is aware that he or she is dreaming, but does not leave the dream state. In addition, dreamers are often even able to exert control over their environment and direct their dreams. They can fly, make people appear or disappear and get up close and personal with their inamorata. Sounds great. Doesn't it? But as exciting as the phenomenon may be for lucid dreamers, it is also controversial in research terms. Many questions are still uncertain: what is the explicit purpose of lucid dreaming? Why can some people do it and others not? And above all, is it harmful to health?

Humans go through four to five sleep cycles per night, each cycle in turn consisting of four different stages. While normal dreams can occur in all stages of the sleep cycle, most lucid dreams occur in the REM phase. Brain research has also shown that the prefrontal cortex, which enables self-reflection, appears to be larger in lucid dreamers than in other people. However, this does not mean that one cannot learn the ability to have lucid dreams. A very simple technique is, for example, frequent reality checks in everyday life. This involves asking oneself several times during the day whether one is dreaming or awake. This kind of reality test is based on the idea that repeated tests seep over into dreams, and eventually make it easier to distinguish between dreaming and waking states. Some evolutionary biologists even postulate that lucid dreaming holds great potential: for example, it is said to be used by athletes to train movement sequences and hone technique while asleep.

Apart from the fun of it and its use in sports practice, people also try to learn lucid dreaming in order to cope with phobias or nightmares. Despite all the advantages, there are also voices that criticise the triggering of lucid dreams. Some researchers are of the opinion that lucid dreams deliberately blur the boundaries between dream and reality and that sleep would be disturbed as a result. But as long as you keep an eye on your general sleep health, there should be nothing wrong with a few self-created dream adventures!

You make your bed, you lie in it

A good mattress must fit like a perfect suit or favourite dress. It makes our bed a cosy nest, and plays a crucial role as a component of the bed system.



Natural latex mattress
«2Flex» 10 cm

We can find out what mattress suits us best during a detailed consultation at a specialist shop. Trained staff, and the opportunity to try out the mattress in the preferred sleeping position, are a great help when considering the wide range of shapes, structures and materials on offer.

Natural materials in particular have a beneficial effect on a good night's sleep. We notice the difference every morning: when you feel really well res-

ted and refreshed, you must have been sleeping in a Hüsler Nest – because the mattresses are made of 100% pure natural latex and are inexhaustibly point-elastic, thanks to millions of small air chambers over the entire surface.

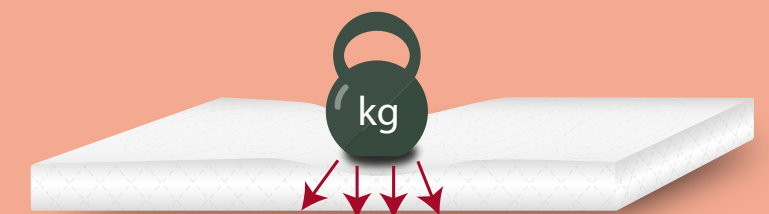
Like the «2Flex» mattresses with a natural latex core, for example. This is available in 10 or 13 cm, and comes with two sides of different hardness. Another bonus: both mattresses are manufactured to the highest quality



Discover more
mattresses.

standards using the Talalay process. Those who want to be cosy and exceptionally comfortable should try the 13 cm version. Thanks to the integrated shoulder lowering and high-quality upholstery, pressure points are noticeably reduced. So the model is even suitable for sleepers with rheumatic complaints like soft-tissue rheumatism. Sweet, soft and cosy is also what you get when you sleep on the «2Flex-Wave». This is provided by an 18 cm thick latex core with one firm and one soft, wavy side. It is gentle on the body tissue as well as the veins, supports the sleeper soothingly and is suitable for use on a conventional slatted frame.

The less point-elastic «Honey» mattress also convinces, with an impressive Nest feeling based on its seven zones. It owes its name to the hexagonal honeycomb structure that distinguishes it on the softer side. This immediately makes itself felt: larger honeycombs, for example, provide softer lying comfort and relieve the shoulder area. In contrast to the 2Flex mattresses, the body sinks less into the mattress, creating a firm feeling of stability and security. This is particularly advantageous for the prone position. The same applies to the solid «Firm» mattress. It has neither zones nor different hardness, but is manufactured using the elaborate Talalay process. It is ideal for stomach sleepers or people who prefer a harder base. The Talalay process allows very efficient control over the density and quality, so the mattresses are very durable. Only pure natural latex is used in Hüsler Nest products. The result is a healthier alternative to petroleum-based foams, as these can release volatile organic compounds as they age. Even the Princess on the Pea would have slept comfortably with a mattress from Hüsler Nest.



Point-elastic versus area-elastic



Daytime naps have prodigious effect

Power napping – the secret recipe against the afternoon slump

In Japan it is already firmly established, and even recommended by the government – but it hasn't quite arrived here yet. We are talking about the afternoon power nap!

Small children are not the only ones who can benefit from a midday nap. For adults, too, it is a remarkably effective and underestimated means of counteracting the widespread afternoon slump, and getting back the freshness you need. It's not primarily about falling deeply asleep – instead, you find yourself in a light sleep phase. But simply closing your eyes and breathing slowly provides new energy and helps you to be wide awake again and get back to productivity. Incidentally, this has also been confirmed by numerous studies. An afternoon nap relaxes both the body and the brain and promotes performance, information processing, creativity and concentration. In addition, a power nap also has a positive effect on long-term health: it leads to lower inflammation levels in the blood, more stress resilience in everyday life and, according to a Greek study, can even reduce the risk of heart attack by 37%.

But be careful – even with a power nap you can get things wrong and achieve the opposite effect. The trick is therefore to choose the best time to unleash this secret weapon. But what is the ideal length for such a power nap? A few minutes? Or half an hour? A whole hour?



«Ideally, a nap
of this kind lasts
between 10 and
20 minutes.»

Ideally, a nap of this kind lasts between 10 and 20 minutes and is taken between 1 and 3 pm. If you sleep later or longer, you might get into the deep sleep phase and wake up even more tired or even risk not being able to fall asleep in the evening. People with sleep problems should therefore refrain from taking a power nap during the day. All others, however, should be given a sleeping mask and earplugs at once – they only stand to benefit. And here's a tip, by the way: just nap with a bunch of keys in your hand. If you do fall deeply asleep, the keys will fall to the floor and the clink will wake you up. In addition, a warning is in order: a power nap is not a free pass to go to bed later in the evening. Even a nap during the day cannot compensate for a bad night's sleep. Those who fear that all coffee machines in the office will soon be replaced by quiet rooms can breathe a sigh of relief! If you combine a power nap with coffee, the energy effect is even greater. Since caffeine needs about 20 minutes to develop its wake-up effect, a cup of coffee (or even green tea) before a nap can make you feel even fitter afterwards and help you avoid the state of sleep wooziness. Finally! Afternoon slump begone!



The bed

A brief history of the bed

The making of the bed – a centuries-old craft

One of the many benefits of living in today's world is the simple fact of being able to lie down on a comfortable mattress and under a cosy blanket every night. But what if we couldn't rest our head on our favourite pillow at night, but had to lay it on a stone? A few centuries ago, this was not a horrifying idea, but a hard reality – in the truest sense of the word. But when and how did the bed as we know it today actually come into being?

If a mattress is considered old after an average of seven years nowadays, the oldest bed in the world must be more than worn out. A few years ago, researchers near KwaZulu-Natal in South Africa discovered a sleeping place that is said to be 200,000 years old. It was a sleeping pallet made of various plants such as leaves, grasses or rushes, which were gathered together to form mats. Back then, however, there was no need for the Stone Age mattress to be laboriously re-covered.

The first bed, on the other hand, which comes closest to what we understand as a bed today can be credited to the Egyptians. In addition to written language, toothpaste and devices for personal hygiene, the ancient Egyptians also invented the first simple platform bed, which was made of wood and covered with a mattress of woollen cushions. The raised surface kept the sleeper off the cold ground and made it harder for rodents, insects or snakes to crawl over the bed. The importance of wood in mankind's past is evident from the fact that most everyday objects were made of wood until the beginning of industrialisation – and this was also true of beds. Even in the Middle Ages and the Renaissance, the wooden bed was still a favoured place for sleeping. While poorer people slept on the simple, narrow couch (or at worst even on a sack filled with hay on the floor), it was usual for members of the middle class, on the other hand, to sleep in a wooden four-poster bed. The mattress was generously filled with down, supported by ropes or braided bands and covered with fine linen sheets and woollen blankets.

Archaeological research indicates that the passing on of craft skills in woodworking was purely random for a long time, and that all necessary work such as sewing, baking, carving or carpentry was done within the family. Only with the emergence of feudal seigneuries was a specific service imposed on each dependent male, so that what had been occasional craft work was made obligatory as an office and passed on to the sons.



«The first bed, on the other hand, which comes closest to what we understand as a bed today can be credited to the Egyptians.»

Until the end of the 18th century, beds were still made of wood, but had pillows filled with wool or feathers and mattresses made of straw sacks. With the beginning of the 19th century, metal frames finally became more popular and bedrooms developed more and more into the ones we know today. A notable advance at this time: the invention of metal springs to support the mattress instead of ropes or woollen straps. These gave more stability, but were also annoyingly squeaky.

And what's it like today? Today we are spoilt for choice between countless mattresses, bed frames and design options – a curse and a blessing at the same time. Yet aesthetics and functionality can be so simple, because wood has lost none of its charm even after so many centuries. Those who moreover choose a sleeping system or mattress that gives proper consideration to personal needs, while being able to adapt individually to the body shape and sleeping position, will be on the right track.



«Above all, solid wood is sustainable, which means it is a raw material that renews itself.»

Interview with Hüsler Nest
carpenter Thomas von Rickenbach

Mr von Rickenbach, your carpenter's workshop was founded over 100 years ago as a simple furniture joinery. How has wood processing, and the manufacture of furniture and its sub-components, changed since then?

What has changed fundamentally is the manual work – not necessarily the craft itself. Where once you needed a lot more people at the workbench, today there are machines that completely take over the processing of individual parts. This means that several work steps can be combined in production. In the past, the necessary accuracy in furniture making had to be achieved

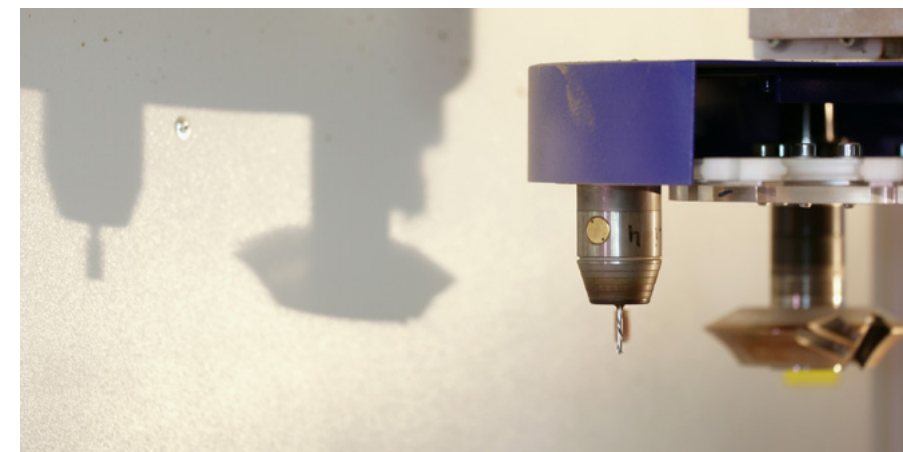
«Processing and manufacturing have perhaps not become easier, but simply different.»

by very, very precise manual work. Nowadays, this is the job of the machines. However, this does not mean that everything is now child's play. Still required is a high level of expertise in machine operation, programming and data processing. Seen in this light, processing and manufacturing have perhaps not

become easier, but simply different. At the same time, the work itself has become much safer: there was more risk with the standard machines that were in use before. Instead, high safety standards now apply. In addition, people are very well trained, so the risk of accidents is lower overall.

You are the fourth generation to run a traditional company where wood is at the heart of all processes. What still distinguishes solid wood as a material for you today, when you have to deal with a multitude of materials?

Above all, solid wood is sustainable, i.e. it is a raw material that renews itself. This is ultimately the decisive advantage. Most forestry legislation – at least in Europe – is structured in such a way that what we consume can also grow back again. Moreover, unlike many other materials, wood is ideally suited for processing with tools. These are two extraordinarily important pragmatic reasons that speak in favour of wood as a material. But of course there is also an emotional aspect. Solid wood radiates a unique warmth and familiarity. As humans, we simply feel comfortable with it – the way it feels, the way it smells, the colours and grains which give it character. As a natural material, wood is also never the same and cannot be standardised – even if repeated attempts have been made to



subject it to certain guidelines. But a tree that grows at location A is just different from one that grows at location B. It develops its own characteristics and features. It develops peculiarities and characteristics that later have an effect on furniture construction, and that's what makes it so interesting. So although I have been involved with it practically all my life and have always been surrounded by it, wood has never lost its fascination for me.

Your appreciation of wood as a natural material makes you and Hüsler Nest natural partners, so to speak. How does that influence your collaboration?

I would say that Hüsler Nest's philosophy is very much in line with our own. We share a common love of wood with all its distinctive qualities and the positive associations that go with it: the closeness to nature, the conscious use of resources, also the desire to create something that contributes to people's wellbeing. Both we and Hüsler Nest are also aware of the special characteristics that wood offers as a material. This is very helpful, for instance because you are aware that although working with wood can be standardised to a certain extent, there are always deviations – that is just the nature of the stuff you are working with. Greater standardisation here can only be achieved with great effort, if at all, and often

«There are always deviations – that is just the nature of the stuff you are working with.»

goes hand in hand with an unnecessary waste of the raw material. So we work with the wood that we have available at the moment. In concrete terms, this means that when you see a bed in the shop and order it, what you get always looks a little different. It may be a little lighter in tone because the wood



«We share a common love of wood with all its distinctive qualities.»

has not yet darkened. Or perhaps the grain is different. In the end, every bed is individual, made from specific tree trunks that have grown somewhere under very specific weather conditions. In a way, it reflects what these trees have experienced.

What exactly are the tasks you carry out for Hüsler Nest?

We have been producing the various solid wood bed models for Hüsler for the Swiss market since 2013. Our job is to manufacture the bed frames and everything that goes with it.

Can you describe the steps it takes to make a Hüsler bed?

It all starts with the wood, which is delivered to us and stored. Boards are cut from this raw material, from which in turn the parts that are needed for the future bed are taken. These are planed to obtain a clean and rectangular workpiece. Then we glue them together to form flat components – on the sides of the bed you can often see that they are not made of a single piece of wood, but are composed of two or three parts. This is followed by sanding and the machining process that goes with it: the formatting to the exact size of the individual components, drilling, as well as edge finishing. After this step, the individual bed components are «plas-

tered', as we call it: the edges are finely ground by hand with the sanding block and the sharp corners are rounded off. Finally comes the surface treatment. After drying, the bed components are then packed together and delivered to Hüsler Nest.

Are there any special challenges that a Hüsler bed poses for you?

Hüsler Nest places very high demands on the quality of its beds. The metal-free models that Hüsler offers also require special connections that are technically demanding. For us it was the first time we had implemented such connections, and especially at the beginning it was a big challenge. First of all, we had to understand the different bed models, which in a way also meant rethinking the philosophy behind them. Finally, it was a particular challenge to manage the different size variations of the respective beds in a technically and economically efficient way: A bed comes in all kinds of sizes, after all, and then there are the different kinds of wood. This results in a lot of variations that we have to adapt to quickly in production. Precision work in every respect is called for, to be sure that everything works perfectly in the end and that every hole is in the right place.

100 % natural. For a healthy sleep.

Solid wood at its best. Anyone who has spent a night in a natural solid wood bed will feel it immediately: healthy-living, natural materials and untreated woods practically have the effect of a trip to the countryside – refreshing, healthy and invigorating.



Have you ever held a piece of wood to your cheek and experienced the special radiance of the raw material up close? Pure wood warms and creates a soothing cosiness – especially in the bedroom. Building biologists even recommend surrounding oneself with healthy and natural materials as much as possible. A high-quality natural bed meets these requirements. This starts right from the bed frames. Consistently made of untreated solid wood, they do without metallic connecting elements and are 100% natural.

«Moon» solid wood bed in American walnut and white lacquered side panels.



Discover more
solid wood beds.

At the same time, they have impressive visual appeal and radiate a cosy, nest-like warmth. Like the «Couch» model, for example: this high-quality processed bed frame is available in different kinds of wood and offers great advantages in terms of handling, assembly and construction. For lovers of classic forms, the sleep experts recommend the «Comfort» version. Treated only with high-quality oil, it indulges you with the highest level of lying comfort and adapts to its sleepers with four different headboard and footboard heights. «Moon» too makes a formal statement: you can choose between solid side panels made of natural solid wood or lacquered in colour, and create your very own dream oasis.

The «Onira» bedstead also brings lightness in a natural guise to the bedroom. To suit your preference, this comes with hook-in shelves as a practical storage surface with or without a drawer, and a straight or sloping headboard – for the head of this exclusive natural bed forms the successful conclusion of the elegant design composition. Unadorned, clear in its formal language and made of 100% solid wood, there is a choice of different wood and headboard versions. Find out more about the «Onira» bed on page 43.



Picture above: Comfort solid wood bed in maple, picture below: Couch solid wood bed in stone pine



What your sleeping position reveals about your character

Tell me how you sleep and I'll tell you who you are!

Body language can reveal a lot about one's personality – and not just when we're awake. It may come as a surprise to some, but the body communicates even when we are asleep. After all, we all have that one favourite position that we fall into naturally every night, and that can say a lot about us as people!

Amateur psychologists take note: if you want to find out more about a person's character, all you have to do is ask them about their favourite sleeping position. According to some theories, this can tell us a lot about personality traits. For example, many people fall asleep in the side foetal position because they feel safer that way. Like a baby, you lie on one side with your legs and arms bent. According to the general interpretation, the foetal position is associated with vulnerability and a need for protection. People who sleep in a tightly curled-up position are therefore said to be very sensitive. But they are also thought to be creative and practical and to be gifted with common sense. Although this posture is said to have great qualities, it is not particularly healthy. Not only is the spine too curved – breathing can also be difficult and the pressure on the diaphragm is increased. It is much better to lie on your left side with your legs stretched out and a pillow between your knees, as this relieves the pressure on your hips and pelvis and even prevents hyperacidity. But if you already sleep this way, you are probably one of the natural optimists of the world. People of this class are often said to be self-confident, active, flexible and spontaneous. Belly sleepers, on the other hand, take life less lightly: they are the perfectionists among sleepers, and symbolically turn their backs on everything. With a lot of independence and a greater need for control, they don't like to be told what to do and take umbrage – so the theory

goes – when others interfere in their affairs. At the same time, they can be an inspiration and support for many people because of their fearlessness.

«Back sleepers seem to be well balanced and so it is difficult to get them ruffled.»

That just leaves the back sleepers. The sleeping position on the back is also called the «royal» or «soldier» position. Here again the name seems to say it all. It is thought that these people like to be in the centre of the action and enjoy the attention of other people. Therefore, they are often perceived as very confident and open-hearted, but at the same time serious and determined. Back sleepers seem to be well balanced and so it is difficult to get them ruffled. So the way we lie in bed can not only influence our health, it also reveals a lot about our character. This is knowledge that can be put to good use from time to time. For example, if you are just getting to know someone, you know immediately what to expect – no mean advantage!

Bed fashion Shapely, colourful and full of spirit

Upholstered beds in a new design Our current upholstered beds add colour and make a formal statement in the bedroom. These natural dream oases fulfil both individual needs and ambitious design requirements.



Bring the spirit of play into your bed design: the high-quality upholstered beds not only score points with untreated renewable raw materials, but are also an expression of modern lifestyle. «DreamSwiss», for example, combines natural materials with excellent design. In addition, the elegant upholstered bed in a box spring look comes with an impressive Designa sleeping system. As a true eye-catcher and dream catcher, «Onira» too casts a spell on the beholder. Whether partially or fully upholstered – the natural bed combines

*«DreamSwiss»
upholstered bed*



Discover more
upholstered beds.



«Onira» upholstered bed



«DreamSwiss» upholstered bed

sumptuous comfort with a purist lightness. When high-quality woods and exclusive upholstery come together, design enthusiasts' hearts beat faster. But upholstered bedsteads also have their charm. Regardless of the variant, comfort and naturalness always go hand in hand with healthy living and exclusive coverings.

First-class fabric and leather collections from renowned textile companies such as JAB, Rohi, Zimmer + Rohde and Leder Fiedler [Fiedler Leather] add the finishing touches to the look – ranging from sporty and hard-wearing to breathable, exquisite wool variants, and extending to softly shimmering velour in 45 shades and elegant linen. If desired, you can even choose your own fabrics or leathers, which Hüsler Nest will then process individually for the chosen bed. Design freedom is also provided by the versatile headboards. In numerous versions, the upholstered headpieces impressively set the scene for the premium beds.

Switzerland also offers extra comfort for children and teenagers: ergonomic, healthy to live with and robust, «Titlis Kids» passes all everyday tests. All parts are made of untreated materials and create an ideal environment for the young sleeper. And the «Titlis» upholstered bed offers yet further design options. Whether simple with a solid base frame or as a classy eye-catcher with an imposing upholstered headboard – the compact Hüsler Nest sleeping system can be freely varied and makes a great showing anywhere.



The bed

«Onira» bed – a dreamlike combination

Upholstery meets natural wood. Extremely seductive...

The Greeks say «Onira glika!» before falling asleep, wishing each other sweet dreams. So the name is appropriate – because the beautiful «Onira» natural bed expressively brings together solid woods with exclusive upholstery – a perfect combination of high-quality materials.

Light in form and always elegant: whether completely made of solid wood, in combination with a solid bed frame and upholstered headboard or with classy full upholstery – «Onira» conjures up a Mediterranean aura in the bedroom. This modern bed combines naturalness with maximum comfort and clear lines. At the same time, it consciously dispenses with ground contact and even seems to float above the ground. Discreet inwardly offset feet make this possible and keep the dream bed stable on course. At the same time, its special construction is impressive, offering uncompromising quality and a long service life. «Onira» is available in three versions: as a solid wood bedstead with straight or sloping wooden headboard, as a hybrid with solid wood bed frame and upholstered headboard or as a fully upholstered bed. Thanks to these unique combination options, «Onira» enhances every setting and brings a fine atmo-



«Onira» solid wood bed with wooden headboard slanted, in wild oak

sphere to the bedroom – which is impressively emphasised once again by the elegant headboards. Whether smooth and straight in solid wood or with upholstered Cube headboard, with button upholstery including fabric-covered or leather-covered buttons, or with a cosy cushion headboard – «Onira» always fulfils your dreams. Here, too, it is worth taking a good look at the details. They are proof of the Swiss craftsman's expertise. The slightly curved headboard in the shape of a cushion impresses with its design as much as with its masterly workmanship. The edge stitching gives the refined headboard a distinctive pillow shape and makes the upper corners look like pillow tops. There is also great variety in the covers: whether subtle natural tones, radiant colours or a combination of both – numerous fabric and leather collections from renowned textile designers and leather specialists make practically every wish come true.



Picture above: Cushioned headboard, bedstead in stone pine. Picture below: Cube headboard in button design, bedstead in American walnut



«Onira» solid wood bed in wild oak with Cube headboard in extra width

This also applies to the wood varieties! American walnut, raw stone pine, natural oak, oiled white oak, beech heartwood, wild oak – it's for you to choose. Add hook-in shelves to «Onira» as a practical storage surface, and choose between a shelf with or without a drawer and a straight or bevelled headboard. The exclusive design excellently showcases the natural expressiveness of the solid wood in every variant. All wood comes from Europe and is refined exclusively with fine oils. The bed is constructed entirely without chemicals, and the very scent of the wood ensures relaxation. With a balanced living climate and atmosphere, the natural material has beneficial effects on your wellbeing. In this way, the elegant dream catcher bed opens up great design freedom and flexibly adapts to individual style requirements. Thanks to its timeless, purist design language, «Onira» can be integrated into any bedroom and thus provides the perfect setting for the Hüsler Nest sleeping system.



«Onira» upholstered bed with Cube headboard



Natural
materials



The best products come from Mother Nature.

Weathered wooden beams, stone walls, old clay pots or ceramic tiles radiate an undeniable beauty. This is because objects and materials that have been around for thousands of years have a special charm. Not surprisingly, then, the use of natural materials has experienced a great renaissance in recent years, and more and more people are increasingly trying to integrate them into their own four walls. They bring a breath of fresh air to any interior and give it a unique character. But natural materials can do much more than just look beautiful.

Natural materials are becoming ever popular – especially in a world increasingly concerned with sustainability and ecological mindfulness – whether as building materials in architecture, as surfaces in interior design or as decorative objects at home. But what do we actually mean by natural material? Simply put, a natural material is a product or physical matter that comes from plants, animals or the soil. In terms of interior design, natural materials are those that occur in nature and can either be used directly or require little human intervention to make them useful. However, the amount of processing required depends on the material

They are capable of natural self-cleansing, breathability, flexibility and temperature regulation – qualities that stiff, synthetically manufactured products could never hope to imitate. It is equally impossible to imitate the characteristic features of natural materials that have grown over time, such as the different shades of colour or individual structures. Each piece is unique – but when you put them together, they create a harmonious whole. This is why furnishings made of natural materials are seen as being of extremely high quality, and are suitable for a wide range of furnishing styles – from elegant, modern and refined to rustic and unconventional. At the same time, they are usually durable and robust and stand up better to daily wear and tear. However, natural materials have an effect not just on the atmosphere of a room, but also on human wellbeing. Research has proven time and again that immersion in nature promotes health. The mere sight of nature helps to reduce stress hormones, while contact with it releases happiness hormones. By having natural materials around as much as possible, you can take advantage of many of these benefits. In addition, choosing natural materials almost always means reducing the pollutants that enter the home from synthetic or chemically treated materials. So the more elements from nature we incorporate into a space, the more benefits we can derive.

«Each piece is unique.»

in question – wood, for example, can be transformed into a usable and beautiful end product with little human effort, as a tree can be quite easily broken down into smaller parts that can be straightforwardly processed. In addition, many materials such as wood, animal or plant fibres are extremely alive as products of nature and can retain their dynamic properties for years if treated correctly.

From woolly sheep to cosy woollen blankets

Virgin sheep's wool makes counting sheep superfluous.

Textiles made from animal hair have amazingly good properties. Pure virgin sheep's wool in particular impresses with its natural qualities, which Hüsler Nest makes use of to manufacture outstanding products that promote healthy sleep. Animal welfare and processing to the highest standard are things that go without saying for the bed company. But what actually happens on the way from the woolly sheep to the cosy woollen blanket?

Sleeping tip

In a nutshell: with blankets, overlays and pillows made of pure Swiss virgin sheep's wool, problems falling asleep and counting sheep will be a thing of the past.

A sheep yields 2 to 6 kilos of raw wool per year, depending on the breed. Around half of this consists of wool fat and contains natural residues. That is why the raw wool is washed gently and naturally. What remains is choice, valuable virgin sheep's wool.

Its special characteristic is that it can absorb up to a third of its own weight in moisture without feeling damp. This moisture is absorbed, stored and then slowly released. In addition, it is easy to work with, feels pleasantly soft and creates a comfortable climate. This is because virgin sheep's wool is very breathable - it consists of finely spun fibres that trap air between their strands and so warm up. At the same time, they leave enough room to regulate the temperature. That's why you don't sweat or freeze under woollen blankets.

These remarkable properties make virgin sheep's wool a unique natural material – as unique as each of the sheep



that produce it. In order to show all four-legged friends the appropriate appreciation, Hüsler Nest relies uncompromisingly on species-appropriate animal husbandry in harmony with nature. Any feeding of genetically modified plants, the use of fattening aids and other interference with the animal are prohibited, and reproduction also takes place naturally. Even in wool processing, the use of pesticides and insecticides is consistently avoided. The same applies to the soil on which the animals graze. And even during shearing, the animals' welfare has the highest priority.

But who actually does the shearing? Here, too, there are various possibilities. If the sheep farmer has the skills, he can certainly remove the fleece from the animals himself. At the same time, there are professional or itinerant shepherds who move from farm to farm and carry out the shearing – a useful service, especially for larger flocks.

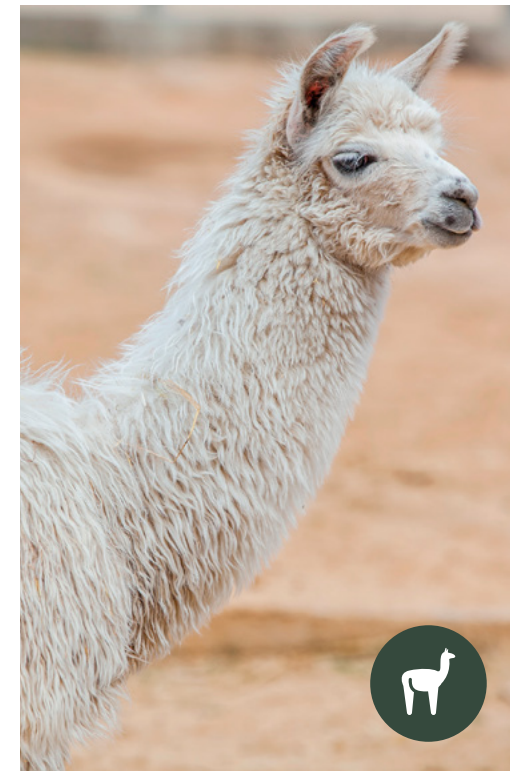
After shearing, the sheep farmer brings the wool to the collection point, where it is classified according to strict criteria; it is then sorted, pressed, wrapped in a protective

film and taken to the washing station, where it is carefully cleaned with natural products. The wool is then transported back to the collection point, where it is subjected to quality and quantity controls. Only then is the high-quality wool sold and finally reaches the end consumer in the form of jumpers, scarves, blankets, cushions or overlays. Incidentally, virgin sheep's wool naturally contains lanolin, a secretion from the sebaceous glands of sheep, which supports the natural defences and is passed on to the wool products. For this reason, blankets and overlays made of pure virgin sheep's wool naturally repel mites and protect against fungal infestation. The sheep's wool fibre has a scaly structure. The scales open up when the oxygen content is high. This means that good airing in the fresh air, ideally with high humidity, and a gentle shaking out are sufficient to clean the product. Avoid exposure to sunlight so as not to dry out the lanolin. If the wool article shows any soiling, it can be rinsed out with carbonated water.

Healthy sleep thanks to alpaca wool

Sleep like an alpaca – not standing up, but snug as a bug in a rug

Alpacas are known for their downy fleece and calm nature. The domesticated camel species from the South American Andes has a reputation for being calm, gentle and never aggressive. These are qualities that you can definitely imitate. Another thing alpacas can teach us is how to sleep properly!





Gesunder Schlaf dank Alpakawolle

Alpacas have a relaxing effect – they can adapt to people, situations and moods and are even successfully used as therapy animals. And not without reason, as they are intelligent and sociable, and teach us calmness, frugality and how to set priorities. These fleecy four-legged friends are affectionate pack and family animals, and know how to enjoy life. Curious as they are, they explore the world and love to eat well and above all, sleep well! Did you know that alpacas cannot sleep standing up like horses or sheep? They like to sleep long and in a perfectly relaxed way – either stretched out on the floor, or else squatting. They need to feel safe and be able to relax their bodies sufficiently to find the rest they need.

These are conditions not so very different from ours. And yet many people struggle with sleep problems. Here, too, the fleecy alpaca can provide some relief. So that these charming quadrupeds don't break into a sweat when they're busy being cute and making people smile, they have to be sheared at least once a year. Shearing is actually prescribed by the veterinarian, and ensures that the animals do not overheat and can absorb enough vitamin D through their skin – which of course is a stroke of luck for us! The wool can then be made into jumpers, socks or blankets. And just as you feel warm at heart when stroking an alpaca, its wool keeps you warm as well. It is ideal for frostbite sufferers, as it stores body heat better than any other wool at low temperatures. It is soft, dry, self-cleansing, hygienic and breathable. Anyone who struggles with sleep problems will be sure to find their way back to the land of dreams with a fleecy alpaca blanket and, just like an alpaca, will be able to sleep safely, soundly and peacefully again.

Alpaca wool is not only excellent at keeping you warm and storing heat, it also regulates and balances the temperature. Thanks to their fur and fine wool, alpacas are extremely adaptable to a rapidly changing climate – which is why our alpacas feel so much at home on the Alp! Their fine, very light wool is an ideal choice in summer and winter thanks to its high quality and thermoregulating effect. In combination with a little virgin sheep's wool, it is suitable as a light, cosy blanket for people who sweat easily as well as for those who are sensitive to the cold.

**«Curious as
they are, they
explore the
world and love
to eat well
and above all,
sleep well!»**

Duvets from Hüsler Nest: more than just a source of warmth

A new attitude to life thanks to natural covers. Wrapping yourself in a blanket can feel like a huge hug – as long as you have the right one. The perfect duvet should be warm, but not hot; dry, cosy and big enough to suit you. Ideally, it should also be made of natural materials to benefit your health. After all, we snuggle up to it night after night and so have a lot of direct skin contact with the fabric.



Camel hair medium duvet

A good duvet is more than just a source of warmth at night: It provides a feeling of security and a dry, pleasant climate. When the core temperature of the body drops at night, it is the duvet's job to maintain the ideal warmth of 30 to 35 degrees, to disperse moisture and thus provide a comfortable sleeping environment. Under an optimal duvet, you don't either freeze or sweat, and you feel secure.

These beneficial properties are best achieved with the help of natural materials. If a duvet is made of properly selected animal hair or plant fibres, it can absorb up to 30% of moisture without feeling damp, and thus optimally regulate the sleeping climate. In addition to these temperature-regulating properties, duvets can neutralise odours and toxins and provide excellent support for skin respiration. This was the expe-

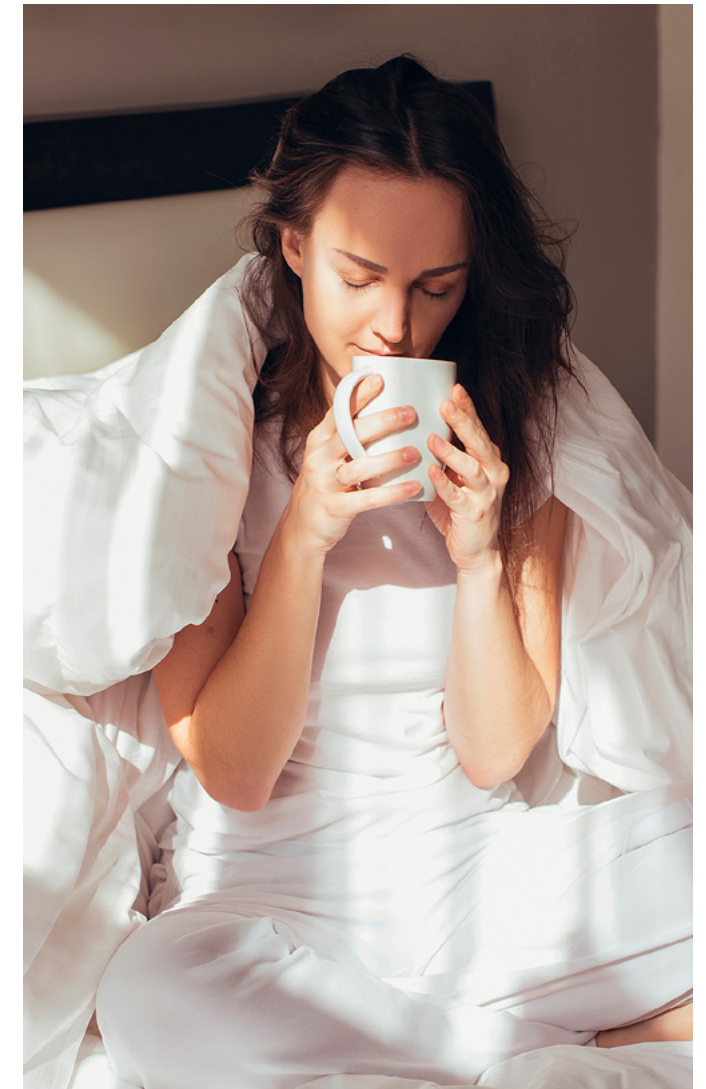


Discover more
duvets

rience of Hüsler Nest founder Balthasar Hüsler himself, who designed a blanket made of 100% natural virgin sheep's wool - a classic among our duvets that provides wonderful warmth without ever getting too hot.

However, since every sleeper has different needs and feels warmth differently, the Swiss bed expert also offers its duvets with other high-quality, natural materials in a wide variety of combinations and sizes, and in both light and medium variants. Whether for the cold season or for warmer temperatures – the special texture and different filling weights of Hüsler Nest duvets allow for flexible use in every season. Similar to virgin sheep's wool, camel and alpaca hair as well as plant fibres like linen and cotton are enormously breathable and have temperature-balancing properties and, above all, they are soft and cuddly. Natural fibres are also characterised by their high self-cleansing power, which makes Hüsler Nest blankets ideal for allergy sufferers.

With its carefully selected raw materials of natural origin, each duvet in our varied range adapts ideally to individual comfort needs and leaves nothing to be desired. Anyone who has ever slept with duvets made from natural fibres will come to see that Hüsler Nest duvets mean a new attitude to life!



The duvet – the roof for your sleep

It makes you feel safe and secure as you fall asleep. But not every duvet is the same – some like it cosy, some feather-light or a little heavier. With our wide selection, you can combine light and medium versions until you find your favourite duvet, because the right duvet has to suit you. After all, you spend every night underneath it. So the right approach is to compare and combine. If you have any questions about sizes, variants or fillings, our trained Hüsler Nest advisors will be happy to help you.

Loopies

All Hüsler Nest duvets are available in two different warmth levels and can be freely combined with each other using the handy connections called «loopies».

Natural latex takes over the bedroom

Latex – the stuff that dreams are made of

Latex has long since left behind its reputation as a disreputable material. By now, the popular material has not only completely conquered the fashion scene, it has even taken over the bedrooms of this world. But take note – the familiar synthetic latex is not the same as natural latex. The latter is used as a unique, sustainable material in the manufacture of a wide variety of products. But what exactly is natural latex and what makes it so special?



While synthetic latex is made from petroleum, natural latex is a 100% natural raw material that is used in the manufacture of a wide variety of products and has become a real game changer in terms of sleep quality in recent years. The high-quality material is obtained as liquid latex milk from the rubber tree *Hevea Brasiliensis* in Southeast Asia and Central and South America. When the trees are scratched, the natural rubber is obtained – a milky white serum that consists of various proteins, resins and minerals and is often used for the production of mattresses, cushions and upholstery. It can be produced in two different ways – by the Dunlop or the Talalay process. The former is the most common, as it is less costly and time-consuming. In this process, the rubber milk is foamed until a stable but still liquid foam is produced. Dunlop Latex omits the vacuuming, freezing and gelling processes. This results in a denser structure that has less point elasticity than Talalay. The sophisticated Talalay process is, in a sense, an extension of this method. Talalay latex can consist of a synthetic-natural rubber blend, as well as of 100% natural latex (the latter is the case with all Hüsler Nest mattresses). Hüsler Nest products use only natural latex, which offering the healthier alternative to petroleum-based foams.

«The higher the natural latex content, the higher the naturalness of the products.»



While Dunlop mattresses are denser, mattresses made of Talalay latex provide more flexibility, excellent pressure relief, resistance and high breathability due to their larger cell structure. The breathability has an enormous influence on the moisture and heat management of the microclimate between the mattress and the bed sheet. Natural latex has a high natural resistance to infestation by fungi, bacteria and dust mites – and no chemicals are involved! In addition, natural rubber is also an exceptionally durable material that can be enjoyed for many years with little loss of quality. The following principle applies: the higher the natural latex content, the better the naturalness of the product. Thanks to the natural production of latex bedding, it also contributes to a healthy indoor climate.

And by the way – if you choose rubber products when buying a mattress or a pillow, you are not only doing your back a favour, you are also doing a good thing for the environment. Natural rubber is harvested by hand on the plantations without having to cut down trees, and they can continue to grow for up to 30 years. During their lifetime, rubber products also absorb large amounts of CO₂, thus counteracting climate change. The higher the demand for natural latex, the higher the production of more environmentally friendly rubber and the more trees are planted. It's shopping for a good cause – what's not to like?



Different materials means sleeping differently

Wood, wood, wood – the building material for health

Wood is unique – not only visually, but above all because of its properties. Hardly any other material is more closely associated with nature than wood. The versatile, renewable and organic raw material always makes a stylish impression, has a regulating effect on humidity and so is a great material for interior design. And what is more, wood can even help you sleep better.

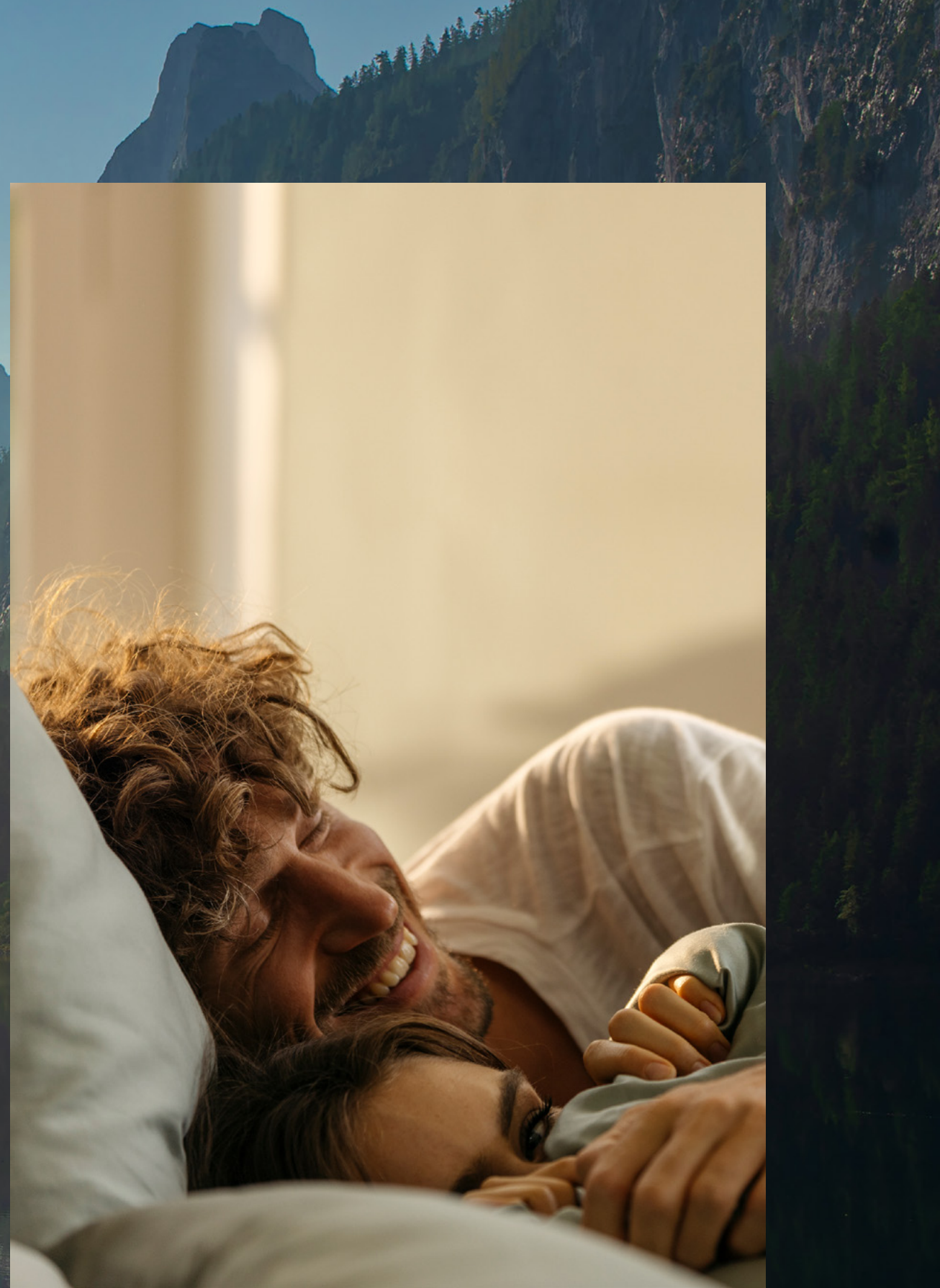
«A little natural miracle, if you like!»

Wood appeals with its versatility and flexibility and perhaps never loses its allure. It is still one of the most popular materials and enriches every room. It fits perfectly with every style, décor and colour tone, smells great and radiates an incredible amount of warmth. At the same time, it forms an exciting contrast to other materials such as concrete, glass or metal.

But as we all know, it's the inner values that count! And these can also be admired in this highly favoured material. If you choose wood for your furnishings, you are bringing a material into your own four walls that is not only robust, versatile and sustainable, it can even have a positive influence on stress symptoms, tension and moods. Wood is actually capable of absorbing and releasing moisture and thus adapting to the room climate to a certain extent. In addition, it is antistatic. A little natural miracle, if you like!

Solid wood in particular is characterised by an intense naturalness. This is material that comes from only one type of tree and is also referred to as «pure wood». It regulates the air humidity and is extremely stable, resistant and durable because of its strength. Solid wood is considered virtually indestructible and has even been called the «jewel of eternity» – making it ideal for interiors.

The light-coloured Swiss stone pine is particularly suitable for the bedroom. Also known as the Arolla pine, Swiss stone pine (*Pinus Cembra*) originates from the central Alps and is known for its health-giving and sleep-promoting properties. Today, the product range derived from it is as versatile as the wood itself. People rely on candles, room sprays or pillows with Swiss stone pine to benefit from the valuable ingredients. But you definitely get the greatest benefit with a bed made of Swiss stone pine. With its light-coloured, timelessly elegant design, it is not only beautiful to look at, but also has an intensely pleasing aromatic scent. Studies have shown that the essential oils contained in the wood have an anti-inflammatory effect on the human organism, calm the pulse and heartbeat and demonstrably ensure longer and deeper sleep. Anyone who fails to opt for a bedroom that is close to nature is definitely on the wrong track!



**For more
comfort**

The ideal bedroom: an eye-catcher and a place of wellbeing in equal measure

How function and aesthetics help you sleep better

Fundamentally, the bedroom just has to be the cosiest room in the home. But when comfort and cosiness come into play, it can be easy to sacrifice aesthetics. Yet the furnishing style of a bedroom is no less important than its functionality – both can make us sleep better or give us trouble sleeping. Ideally, therefore, you should find furniture that gives the bedroom a cosy, practical and at the same time aesthetic character.

The bedroom is without a doubt the most important room in any home. Admittedly, as a place of relaxation and rest, a functionally and comfortably furnished bedroom is of enormous importance. A large wardrobe, a warm carpet and a comfortable bed are the essentials. But wait a second – style and design should definitely not be underestimated either: after all, the aesthetic aspects of the bedroom are by no means just fun to furnish – like functionality, they contribute a great deal to personal wellbeing.

So the design of a room is thought to influence people's actions and emotions in different ways. Correctly selected, light, shapes, colours as well as materials can have a positive effect on our mental wellbeing. The following principle applies: the more natural, the better. Natural light, natural colours and materials and clear shapes minimise visual overload and ensure a calmed mind. This is particularly important in the bedroom, and can even give us a more restful night's sleep. Furnishing style and design consequently play just as important a part as functionality.

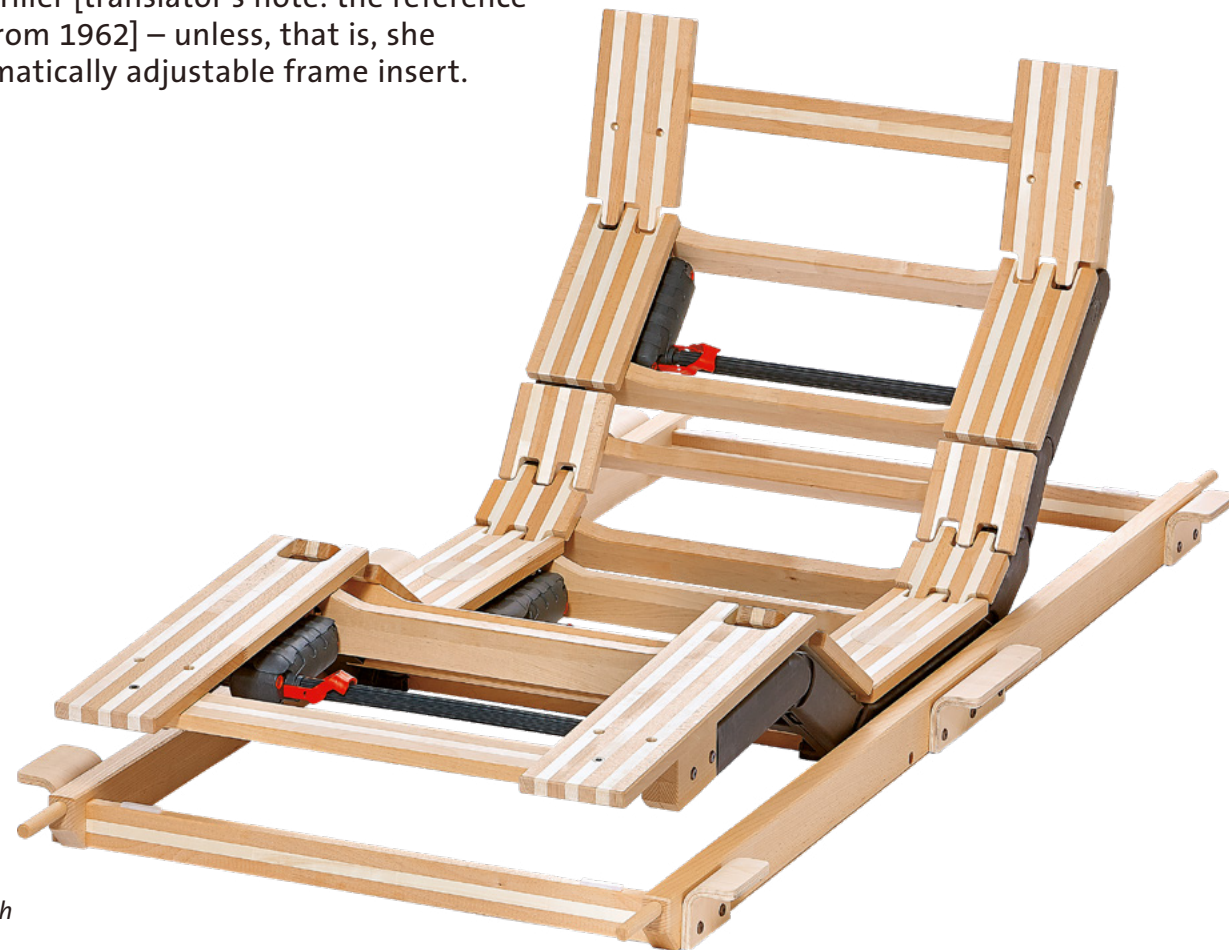


«Chosen correctly, light, shapes, colours as well as materials can have a positive effect on our mental wellbeing.»

Above all, the bed, as what is probably the most important item of furniture in a household, should ensure optimal rest and comfort as well as being a carefully chosen design. It not only takes up a lot of space in the bedroom, but is also a place where we spend eight hours a day. For this reason, beds in natural style are particularly suitable. They combine high-quality, natural materials with body-friendly and functional aspects and, with their classic, low-key and natural design, contribute to a timelessly elegant bedroom that is grounding and ensures inner peace and harmony. Add to this a beautiful warm wall colour in an earthy tone, natural light and a little stone pine fragrance – and the bedroom becomes a place of aesthetics and relaxation.

Motorised frame inserts: extra comfort at the touch of a button

Sleep flexibly, wake up refreshed. When movement and sleep become a challenge, an adjustable bed can make all the difference. With the automatically adjustable Hüsler Nest frame inserts, movement constraints become a thing of the past. A wide variety of positions can be set, and your two favourite positions can even be programmed. Even without health limitations, an automated system is a pleasure. As we all know, Mimi won't go to bed without a thriller [translator's note: the reference is to a film from 1962] – unless, that is, she has an automatically adjustable frame insert.



Frame insert with
4 motors



The frame insert forms the supporting element in the structure of the Liforma sleeping system. The flexible Liforma spring unit works perfectly on its stable longitudinal bars. In contrast to the classic version, the motorised frame insert has a one-piece flat design and can be inserted into the bed just like the standard frame insert. With a simple touch of the button on a wireless hand-held transmitter, the automatically adjustable frame insert can be used to adapt the lying surface in an straightforward way, bringing the upper and lower body into a comfortable and relaxing position that suits your personal needs.

All motorised frame inserts offer a continuously variable elevation of the upper body and legs, in which the different areas can be adjusted independently of each other. The frame insert is available with either one, two or four motors. With the 4-motor model, the head, back, upper leg and lower leg areas can be adjusted separately. Especially for reading or watching films, the 4-motor frame, which is even equipped with an aisle light, is simply worth its weight in gold. Models with two motors allow adjustment of the seat and leg area. An additional version of the 2-motor frame insert is available with an extra bend in the lumbar area (the 2-motor Plus).

For the models two and four motors there is the possibility to save two popular positions. In addition to the motor construction, the frames are made of 100% natural, solid beech, aspen and alder wood, and ensures optimal breathability as well as enormous stability. The two and four motor models come with an effective mains cut-off. In addition, the frame inserts are free of closed metal circuits, as Hüsler Nest does not use any metal parts that are not absolutely necessary during the manufacturing process. Sufficient motivation to opt for a bed with a motorised frame!



Discover more
frame inserts.

Pillows against diseases?

What's that about?

To be able to start the day full of energy in the morning, you need the right kind of pillow. Your pillow plays a decisive role in restful sleep. It is important to note that the pillow should be individually adapted to the body type and sleeping habits.

VIS pillow, cotton-linen



Putting your head on the pillow, sinking into the most beautiful dreams and starting the day full of energy in the morning – this often seems like wishful thinking. Indeed it is not uncommon for the morning to bring tension in the neck area, numbness or headaches. One reason for this may be that the head is not positioned correctly during sleep – so the pillow should be replaced. There are several possible reasons for this. For example, if a pillow is so big that it raises the spine, the cervical column is bent. If the muscles in this area are then incorrectly loaded on a permanent basis, they begin to press on the nerves. This can lead to tension pain and, in the worst case, even to a slipped disc. With the right pillow, on the other hand, the cervical spine lies as an extension of the thoracic spine – though basically only the head should rest on the pillow, not the shoulder. In addition, the sleeping position is crucial: back sleepers should use a small and rather flat pillow. Ideally, the nose should point upwards and the chin should not rest on the chest. Those who sleep mostly on their side, on the other hand, need



Discover more pillows.



a thicker pillow. It should support the head so that the spine forms a straight line during sleep. It is more complicated for those who prefer to sleep on their stomach: they twist their neck, and run the risk of developing problems in the neck area. In addition, breathing is restricted in the prone position. The best choice is therefore a very flat pillow that absorbs moisture well.

The materials used also play an important role. Wool fillings, for example, have moisture-regulating properties and can therefore have a soothing effect on fever or rheumatic complaints. Natural hair fillings are also recommended for people who sweat easily. The build-up of heat is prevented and there is optimal moisture dispersion.

With our VIS pillows (the abbreviation stands for 'Variable Inner System'), Hüsler Nest has a pillow system that takes individual needs into account in the best possible way. Two different

covers can be freely combined with seven different fillings. In this way, the pillow can be easily adapted to your personal sleeping needs. In addition, two neck support pillows can be used. The pillow made of virgin sheep's wool nestles perfectly to the shape of the head thanks to its two chambers. Because the woollen balls can be removed, the hardness of the pillow can also be adjusted as desired. The natural latex support pillow, on the other hand, is ergonomically optimised and has a flexible wavy shape. The height can also be individually adjusted with an additional insert.

So if you take the trouble to choose your pillow according to your own anatomical characteristics and preferred sleeping habits, you will be rewarded with healthy, regenerating sleep. By the way, patience is definitely called for: it usually takes two to three weeks until the new pillow fits perfectly.

Posture a factor in cases of neck pain

Neck pain? How to get the better of it

Do you feel tension, tightness or pain? Then you are probably a persistent neck pain sufferer. Owing to the habit of prolonged sitting, in the office, car and home, neck pain has become just as widespread as its big brother, back pain. Those affected often fall into a hunchback position – a bad posture that may be compensated for by overstretching the neck, which causes stiffness, tension and pain in the long run. Not only that, it can really deprive you of sleep. Time to do something about it!

Neck pain can be a major burden in everyday life. In addition to the pain in the neck, sufferers also have to deal with headaches, stiffness, pain in the shoulder blade or arm as well as poor sleep quality. This in turn increases cognitive as well as physical complaints and has a negative effect on mood. If you sleep poorly, you don't recuperate, and a vicious cycle begins.

However, if you want to get rid of neck pain and recover the quality of your sleep, a visit to the chiropractor is not always necessary. First of all, you can do something yourself. Unfortunately, there is no magic pillow that will make the pain go away overnight; but you can still try to find the most appropriate sleeping position. All muscles relax during sleep, so this is where a phase of regeneration should actually take place. It is therefore advisable to sleep in a position that does not put any pressure on the neck or shoulders. People with tense neck muscles therefore sleep best in the supine position, as here the weight is distributed over the entire spine. However, it is important to lie flat on your back and maintain



your normal curvature. In addition, you can use a pillow that supports the neck or a flatter pillow that cushions the head. Ears, shoulders and hips should ideally lie in a straight line. So much for the theory. In practice, we rarely sleep so calmly and statically. We like to roll over from one side to the other – especially when we are in pain. If you roll onto your side, you should have a higher pillow ready to place under your neck so that it forms a line with your head. This relieves the neck and keeps the spine straight. The prone position can certainly stretch the lateral neck muscles while you sleep, but it should only be combined with a flat pillow, because otherwise your head and neck will be too high and the pain will be worse.

**«If you sleep
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Finally, there are some habits you can adopt or avoid to prevent or get rid of neck pain. If you sit a lot, you should roll your shoulders back, tilt your neck back slightly and always sit upright. Regular stretching can also be beneficial. And even passionate mobile phone users should either reduce their screen time (with the habitual downward gaze) or at least keep the smartphone at eye level. Then that tiresome neck pain will quickly be history.



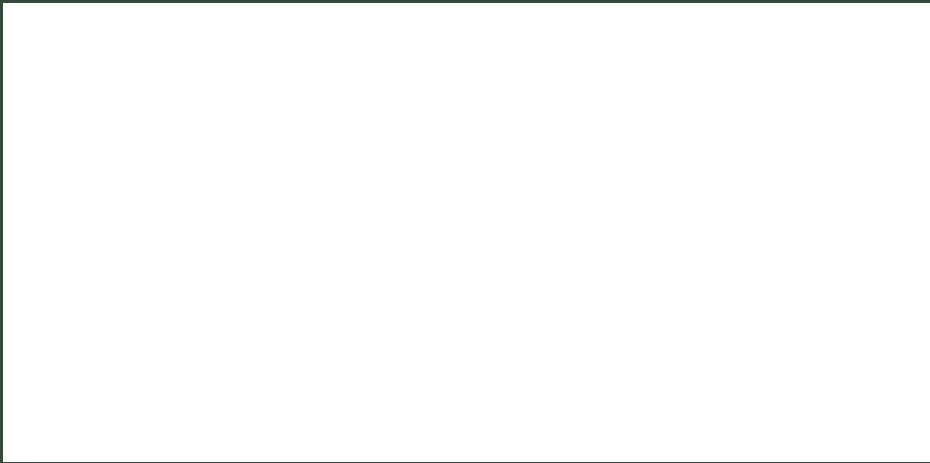
For the love of nature and health

Whoever says «Sleep well!» must also say «In your Hüsler Nest». Because anyone with an ingrained opinion that all you need for a restful night's sleep is a simple bedstead with a mattress has probably been proven wrong – by this magazine if not before. But we are not in the business of lecturing. Rather, as a manufacturer of natural beds, we would like to emphasise the great importance of healthy sleep hygiene, and show how nature can serve as a source of rest and relaxation and provide effective assistance on the path to healthy sleep. First and foremost: responsible behaviour is a must.

Many people still underestimate the effects of sleep deprivation on health. At night, our body is busy fighting inflammation and initiating regeneration processes. If you like, sleep is the most important protective shield against diseases of any kind – as long as you don't disturb your body when it is on the job. The wrong mattress, an uncomfortable pillow, a blanket that is too warm or too thin, or a squeaky bed are just a few examples of how you can throw a spanner in the works of a deep, continuous and high-quality sleep. Many people resign themselves too soon, and forget what it means to get a good night's sleep. Hüsler Nest is firmly convinced that sleeping must once again become a priority, and that sustainably produced, naturally treated products not only benefit the environment, but also have a profoundly positive influence on people's sleep and wellbeing.

Buying a Hüsler Nest is therefore an investment in a better quality of life. Whether it's our solid wood bedstead, the blanket made of virgin sheep's wool or the unique Liforma spring unit – the love of nature, the appreciation of craftsmanship, the experience of 40 years of nest building as well as the uncompromising quality are tangibly expressed in every single Hüsler product. With Hüsler beds and textiles, you not only have high-quality life companions at your side for years to come, you also hold the key to many years of health and happiness in your hand. This is because in a Hüsler Nest you sleep surrounded by natural and unadulterated materials. After all, in no other area of everyday life do we come so close to our furnishings as we do in bed. With the Swiss bed experts, you can be sure not only of excellent, healthy materials and a construction that is adaptable and air-circulating, but also of high-quality workmanship and comprehensive, individual advice. And that's how it always will be.

With this in mind: Sleep well!



Our trained sleep consultants are looking forward to your visit and
will be happy to help you with your choice.

Visit us on the web!