# Benefits of a Good Nights Sleep





hoosing the correct bed is vital to getting a perfect night's sleep and we would be pleased to welcome you to our 36,000 sq ft store where you can see beds of all shapes, sizes and styles. Manufacturers such as Tempur utilise the latest technology to produce mattresses and beds that offer a wonderfully supportive and

The revolutionary Tempur mattresses features a memory foam interior that adapt's to your body's every contour, creating a sleep surface that is both soft and comfortable, yet still firm enough to offer fantastic support. View the new range of Tempur Cloud mattresses in store NOW!





#### Vale Furnishers

### **Stylish Sundays**



ur Ash Vale showroom offers one of the largest selections of furniture in the South East. As a family owned and run business we've been established for 51 years and have been nominated for, and won Furniture Retailer of the year 3 times. During our time in Ash Vale, the showroom has expanded greatly and now has 4 floors of furniture and beds, with something for everyone.

Our most recent expansion saw the addition of a 4,000 sq ft modern range, offering fabric and leather sofas, dining and so much more. With such a wide collection of contemporary and modern furniture, flooring and accessories we're confident that we have something to inspire you.

If you're after something a little different we have a large collection of exclusive ranges sourced just for us, many of which are kept in stock for immediate delivery and can be viewed in the shop or on our website.

FREE Parking and Fresh Coffee always on the go, we know you won't be disappointed with what we have to offer you and look forward to welcoming you to the store.

Mark Chandler Merchandise Director

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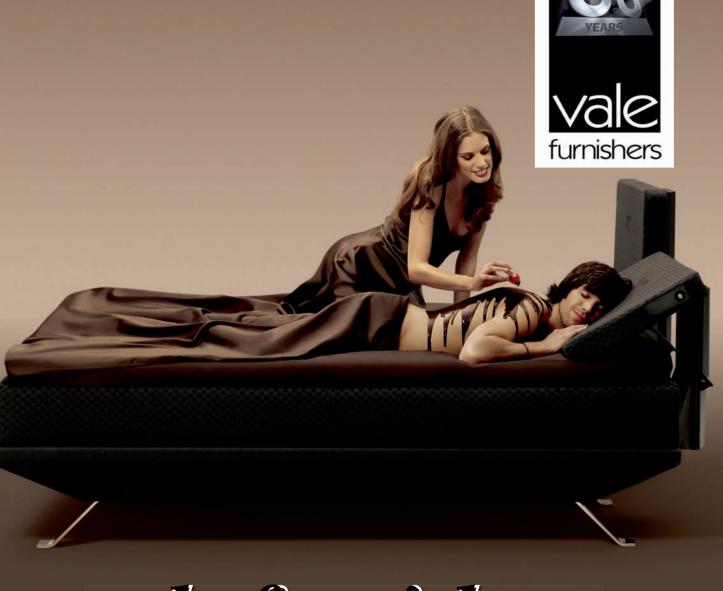












vale furnishers
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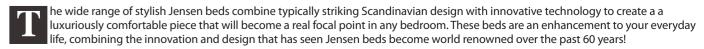


# Feeling is Believing

or over 60 years, Jensen have been perfecting the science of sleep to create a range of wonderfully comfortable beds and mattresses that adapt to your body's unique shape. At Vale Furnishers, we are both pleased and proud to be able to showcase one of the widest ranges of their products in the South of England.



# Comfort, Class & Style



t is a well known fact that a good night's sleep is vital for your health. Jensen aim to steadily improve the quality of sleep by using a range of new technical innovations and materials.

sleep is a basic life need - a vital state that neither humans or animals can live without for many days. In the short term, sleeping poorly or suffering from insomnia causes problems with concentration, mood swings and a risk of danger when driving or operating machinery. In the longer term, it results in a lowered resistance to sickness, speeds up the aging process and has wider social consequences.



Every one of us passes through various stages of sleep during the night. The first phase is the falling asleep phase, followed by a deeper and then even deeper sleep. If we do not achieve at least 2 hours of deep sleep per night, over a period of time, it will begin to affect us negatively. Even if we feel that we are asleep all night, we may in fact roll over many times or be affected by other factors such as noise, which can cause us to "fall out" of deep sleep and not feel fully rested when we wake. Our sleep quality and patterns also change throughout the years, meaning the need for a good bed increases with age. It is also a beneficial idea however, to encourage good sleeping habits in early childhood to ensure these are retained as adults.

Your height, weight and body shape are crucial factors when buying a new mattress and it is vital that it offers comfortable support to your entire body and keeps your spine as straight as possible. A good mattress should adapt to and support your body, offering proper resistance, allowing for a peaceful and more relaxing sleep. The degree of firmness that you choose is therefore very important and it is wise to take your time and try out a selection of beds in store. The mattress must respond to your body's impulses, allowing you to easily roll over and it is particularly important that your shoulders and hips can sink into the bed. If your body is able to fully relax, you will wake up feeling much fresher



1. Mattress topper with stretch fabric, enhancing the spring properties. Talalay Latex core has excellent air and moisture

2. The special hourglass shape of our springs is the result of us fulfilling our goal of designing a progressive spring which not only feels soft but also provides sturdy support. The springs have been thermally hardened so that they retain their sturdiness and height

3. Exclusive fabrics. Jensen only use high quality furnishing fabric for our beds. Some of the fabrics are designed exclusively

4. Jensen bed frames play an important role as regards the stability of our beds. The frames are made of solid pine and spruce. Jensen bed frames are guaranteed for 15 years.



A comfortable sleep can be aided by a mattress that allows your hips and shoulders to sink slightly into the mattress whilst offering firmer

support for the waist area. With the entire Jensen range, this support is the same whether you lie on your back or side and this can in turn help you to feel fresher, more relaxed and more productive after an peaceful, uninterrupted night's sleep.

Featuring a range of revolutionary technologies such as zoned springs, stretch fabrics and several different mattress tensions, there is sure to be a bed in the Jensen collection to suit your specific needs. A handy remote control system can also be used to raise certain sections of some beds or offer a wonderfully relaxing massage!



have been creating beds of the highest quality with the sole aim of offering you a perfect, uninterrupted night's sleep!

> At Vale Furnishers, we have an extensive collection of Harrison beds on display in a range of sizes and styles. There is bound to be one that suits you perfectly and our fantastic team will be happy to talk through your specific requirements. With so many quality beds to select from, we have everything you need for a comfortable, supportive night's sleep!

Harrison's award winning Revolution "spring within a spring" system responds to variable pressures, offering support where your body needs it most, whilst an innovative summer and winter sleeping surface also offers year round comfort. Just turn your mattress twice a year to coincide with the seasons!

Why not choose from a wide range of materials and finishes to perfectly complement your existing decor? Harrison beds can be custom built to meet your exact requirements;













Beds





