

can help you recover faster

Copper can improve blood flow by maintaining iron levels within your blood and reduce the build up of lactic acid in your muscles. Also, copper is essential in forming collagen within your body which helps with the healing process for bones and connective tissue. This allows your body to recover fast from activity while you sleep at night.

is conductive

Copper is one of the most conductive materials on Earth, with a conductivity of up to 20,000 times higher than that of conventional polyurethane foam. When copper particles are placed within the cell structure of the memory comfort it allows heat to escape resulting in a cooling effect. Overheating while sleeping is never good and it is recommended to be in a bedroom at 60 to 67 degrees Fahrenheit. If your mattress is too hot it is literally fighting against you to get a better night's sleep.

Conclusion

As you can see by adding CopperSleep technology to your bed, you will be able to reap the benefits of a clean, cool and comfortable night's sleep. Copper is not only good for your health by being anti-bacterial/anti-microbial but can also help with arthritis. Plus, it is the perfect addition for any bed that wants to be cooler and cleaner.

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HIGHGROVE
BEDS OF FINE QUALITY



The healthier way to sleep

The health benefits of sleeping on copper.

Copper is an essential nutrient in our body that offers many health benefits. Not only is it beneficial for our bodies it also keeps heat and germs away from your mattress. This is why we developed a way to include copper within our mattress surface comfort. By including copper, we create a cool, clean, and healthy sleeping environment that can fit on any mattress.

As you can see, by adding copper to your bed, you will be able to reap the benefits of a clean, and comfortable night's sleep.

is an Anti-Inflammatory

Copper can help reduce joint inflammation and arthritis due to it being essential in the formation of connective tissue in your body. Copper can also help strengthen the support structures within your muscle system relieving you of sore and swollen joints. Some athletes will use copper bracelets and copper socks help with their joint pain.

is Anti-Bacterial

Copper has anti-bacterial properties that help prevent bacteria from living inside your mattress. Copper prevents the growth of bacteria and various fungi which prevents odours from developing and keeping your mattress clean.

is Anti-Microbial

Studies have shown that copper has both exceptional anti-microbial properties and offers beneficial effects when exposed to humans. For example, it is 1,000 times more lethal to the Flu virus than stainless steel, with a contact kill rate of 99.999999% per hour. Basically, no live organisms can survive on the surface of copper for prolonged periods of time.

But how does this benefit your mattress ?

When our copper infused foam is compressed the copper particles that were dispersed throughout the foam concentrate themselves and form an anti-microbial film close to the surface. This process amplifies the health benefits of the copper around you as you lie on top of the mattress comfort layer, giving you a cleaner mattress and a healthier night's sleep.

is Supportive

The copper within the memory comfort layer adds another level of support to your mattress. When copper particles are compressed, the copper particles interact resulting in a firming response. The most compressed areas of the CopperSleep surface comfort later harden under your body weight to support your hips and shoulders, while the less compressed areas of the mattress help align your spine for a better sleeping position.