

Fall asleep more easily and get a better night's sleep with the latest products from Beurer SleepLine

Ulm, 27 April 2020 – Whether it's everyday worries, thoughts constantly going round your head or a snoring partner – there are many reasons that can make it difficult to fall asleep and can disrupt a relaxing night's rest. The Beurer SleepLine range provides the answer. With its range of products developed specifically for healthy sleep, the Ulm-based healthcare specialist is helping to overcome difficulties with falling asleep and sleeping through the night. The range has now been expanded with new products, available now: the SL 40 Snore belt, as well as the SL 10 DreamLight and SL 15 DreamSound sleeping aids.

SL 40 Snore belt with EMS functionality



Sleeping on your back is one of the main causes of snoring, as your bottom jaw and tongue can fall back and narrow the throat. This can often result in unpleasant snoring, which can be a burden both for the person concerned and for their partners. The **SL 40 Snore**

belt can be easily fitted to your chest and back and prevents snoring that results from lying on your back. Thanks to the wear-free water contact electrodes made of conductive carbon material, there is no need for any contact gel to use the device. The position sensor detects the position of your body, and a gentle electrical impulse causes you to change your sleeping position so that you don't sleep on your back. The SL 40 is suitable for light to heavy snoring, and the intensity of the electrostimulation is individually adjustable. The body-fitting product can be used with chest circumferences from 80-105 cm, and this can be extended to up to 140 cm with the supplied extension belt. The belt can easily be worn discreetly under clothing. The detachable control unit is battery-operated and the snore belt itself can be hand-washed. A micro-USB cable and the extension belt are included in delivery.

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New sleeping aids featuring sound or light

The **SL 10 DreamLight** sleeping aid from Beurer is specifically designed to help you switch off from daily life. The device projects a coloured, pulsating light circle onto the ceiling of your bedroom which increases and decreases in size at a certain rate. You breathe in and out in sync with the light projection from the sleeping aid, which helps you to relax. You stop focusing on your thoughts and your breathing becomes more relaxed. At the same time, the release of the stress hormone cortisol decreases and the production of the sleeping hormone melatonin increases. There are two breathing techniques and two colours (red or blue) to choose from. With the 4-7-8 yoga breathing technique, the user breathes in for four seconds, holds the breath for seven seconds, and then breathes out for eight seconds. The relaxation breathing technique also helps you to breathe calmly (breathe in for four seconds, breathe out for six). The device has an automatic switch-off function which is triggered after 8 or 20 minutes.



The **SL 15 DreamSound** offers another way to help you fall asleep, using music and sounds. The four sounds have been compiled specifically to help you drift off to sleep and can change your heart beat and blood pressure, calm your respiratory rate and promote natural muscle relaxation. You can select from sounds of the sea, summer night with birdsong, hair dryer sound and harmonic melody. The decision of whether to let the sound fill the whole room, turn down the volume or use the product with headphones is down to the user. It is also possible to set a timer with an automatic switch-off function which is triggered after 15, 30 or 45 minutes.



About Beurer

Beurer was founded in 1919 in Ulm and is synonymous with health and well-being. Today the long-standing company leads the way in several product fields in this segment; the company is the market leader in Europe in the area of flexible heating and the market leader in Germany for blood pressure monitors and massage products. Beurer is also one of the leading European suppliers of personal scales. This portfolio is constantly being developed further in all areas and offers products for use at home. It includes personal scales, kitchen scales, luggage scales, air cleaners, air dehumidifiers, air washers, thermo hygrometers, aroma diffusers, blood pressure monitors, blood glucose monitors, mobile ECG devices, hearing amplifiers, pulse oximeters, nebulisers, clinical thermometers, a sleep sensor, wake-up lights, a snore stopper, brightlights, infrared lamps, TENS/EMS devices, massage products (foot massage, Shiatsu massage, massage chairs, massage cushions, fasciae massage, compression leg therapy), a relaxing aid, hair removal devices (classic, IPL, laser), FaceCare and HairCare products, a cellulite releaZer, cosmetics mirrors,

manicure/pedicure sets, a BabyCare line, basal thermometers, activity sensors, an activity watch and heart rate monitors. USB ports and *Bluetooth*[®] enable an increasing number of Connect products to connect to the growing Beurer app world and/or software. The family-run company operates a global distribution network in more than 100 countries and currently has a workforce of around 1000. Further information is available at www.beurer.com.