

Press release

Tips from Beurer for getting healthy sleep

Ulm, 21 June 2025 – Today we highlight the important role that healthy sleep plays as part of a modern, healthy lifestyle. As a health specialist, Beurer provides handy tips to enjoy a restful night's sleep and get a good start to the day.

Our bodies regenerate as we sleep – we repair our cells, replenish our store of energy and process the things we experienced during the day. Getting enough high-quality sleep not only supports our mental and physical fitness levels, but also our metabolism, immune system and emotional balance.

Sleep problems can manifest as daytime fatigue, a lack of drive, and irritability, as well as difficulty concentrating and



headaches. However, we can improve the quality of our sleep by taking some simple steps.

1. Fall asleep with ease: If you struggle to relax and come to rest in the evening, do not put yourself under undue pressure. Evening relaxation rituals such as a warm bath, gentle music or breathing exercises can help in these situations. You may also find it beneficial to refrain from alcohol, heavy meals and digital media before going to bed.

In addition, the Beurer [LA 40 Aroma Diffuser](#) creates a cosy atmosphere in the bedroom by diffusing aroma oils and providing a gentle colour-changing wellness light. Thanks to the integrated timer function and quiet operation, the LA 40 is ideal for falling asleep relaxed with your favourite scent.

2. Get a full and restful night's sleep: An optimal indoor climate and a comfortable sleeping environment can help you get a restful night's sleep. In addition to a comfortable mattress and darkened windows, the **Beurer LV 500 PureFlow** is also a great option. This 2-in-1 device combines a powerful air purifier with a high-performance fan. With its modern, rotorless design and quiet operation at low settings, a sleep mode, and a display that can be switched off, it's the ideal choice for your bedroom. What's more, its three-layer filter system

removes pollen, fine dust, bacteria, odours and pollutants from the air – a real boon for allergy sufferers. The LV 500 uses a smart automatic mode to detect particles measuring 2.5 micrometres and adapts the cleaning power in line with the ambient air. As a result, it provides clean air all year round and cooling on hot days.

3. Wake up naturally: If you are woken up gently in the morning, you start the day more relaxed. An effective alternative to a classic alarm clock is the wake up light. The **Beurer WL 65 Wake up + Charge** is a real all-rounder: It combines a wake up light, alarm clock, mood light, bedside light and inductive charger in one device.

The simulated sunrise and sunset provided by the WL 65 are complemented by a choice of gentle sleep and wake-up melodies. The LED mood light with colour-changing function and dimmer, operated via touch control, ensures a cosy atmosphere in the bedroom. As a particularly practical feature, the inductive fast charger with Qi certification charges smartphones overnight.

It is worth taking a closer look at our own sleeping environments. If we get into the right habits and opt for sophisticated products, we can improve the quality of our sleep for the long term – giving us more energy and balance.

The Beurer **health guide** provides further tips and information about sleep:

<https://www.beurer.com/gesundheitsratgeber/en/sleep/sleep.php>

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About Beurer

Beurer was founded in 1919 in Ulm and is synonymous with health and well-being. Today, the family-run company leads the way in several areas of this segment. Originally a manufacturer of heat pads and heated underblankets,

the company has grown into a full-range supplier offering more than 500 products. Beurer offers various products for use at home in the categories of health, wellbeing, beauty, personal care, home, fitness and baby. Its range comprises blood pressure and blood glucose monitors, clinical thermometers, pulse oximeters, nebulisers, hearing amplifiers, daylight therapy lamps, insect bite healers, a mobile ECG device and an emergency wristband, as well as products for pain therapy and women's health. The range also covers the areas of flexible heating, weight & diagnosis, air & aroma, massage & shiatsu, and sleep & rest. What's more, Beurer offers various beauty products in the categories of facial care, body care, hair care, hair removal, manicure & pedicure, as well as a men's grooming range, and electric toothbrushes in the personal care category. The company offers a range of fitness products in its Antelope by Beurer and Physioline product groups, along with numerous abdominal muscle trainers. The baby category contains special products adapted to the needs of children, babies, and their parents. With its "Connect" product group, the health specialist offers a wide range of apps that can be combined with Beurer products and make everyday life easier. Around 1,700 employees worldwide and a distribution network spanning more than 100 countries contribute to the company's ever-growing success. You can find more information at www.beurer.com.