

Sleeping **STAR**



Gevorest

A SLEEP QUALITY STORY SINCE 1967



The first... good night kiss

The first days of welcoming the new tiny miracle in your life are definitely a wonderful experience, however filling up at the same time your life with anxiety, fear and new priorities. Yet, something very important and miraculous is happening. You start to get to know each other and learn how to work together.

One of the most important lessons is your newborn's Sleep. Until your little one gets used to the unknown world around him, his Sleeping habits will be constantly changing. For some time his Sleep will be somewhat messy and without any planning. In the first days, the newborn will sleep most of the time and later on will start staying awake for more hours. It takes patience! Your baby will adapt to his new environment and everything will seem to be easier.

The following tips will help you create the best conditions for your baby towards an easy and enjoyable Sleep.

Routine!

- Try to follow the same procedure every night when putting your baby to sleep, in order to adjust to a daily sleep schedule.
- Maintain a proper Sleep preparation schedule at about the same time each night. Bathroom, pyjamas, food, a few minutes hug and then in the baby cot where you can read him a story or sing him a lullaby.
- Newborns should always sleep on their back and without pillow.
- Make sure the baby's head is always outside the covers.
- For the first 2-3 months, it is good for the baby to sleep in the same room with his parents but always in the baby cot. It is very dangerous sleeping with the baby in your own bed, on the couch, in the armchair or even the baby sleeping alone in an adult bed. The safest place to sleep is the baby cot.

Attention!

- Do not smoke in the area where the baby is.
- Discuss calmly with your spouse in front of the baby. Intense discussions will cause discomfort.
- Scientific research has shown that breastfed babies are healthier and have fewer allergies. Breast milk is an essential food that a baby needs to grow up properly. If you are breast-feeding, avoid caffeinated beverages. Caffeine is transported to your baby's body and affects his sleep.
- Create a cool and peaceful environment, which is often ventilated. If your baby feels heated up, he usually wakes up.
- Check your baby's temperature at regular intervals.
- Turn down the lights and make sure the room remains silent.
- Special attention should be paid to the choice of baby mattress, since the baby spends more than 20 hours daily lying down.

The Baby mattress

- It must always be new and hypoallergenic. Its use by a previous child in the family may have caused significant damage.
- Use a mattress of medium firmness. The very hard mattresses give less comfort while the soft ones are very dangerous, since the baby with a possible twist can sink, as a result of

which his physical integrity is endangered.

- Use sheets, blankets, duvets, perimeter bands for the baby cot, bathrobes and towels, always made of pure cotton in soft and earthy colours.
- Always use a waterproof protective cover to keep the mattress clean and free of fungus, mites, moisture and odours.

Every newborn is
different, so Sleep
needs do vary from
baby to baby

Sleep

If your newborn wakes up at night or finds it difficult to calm down, try to stay calm and relaxed by letting your baby learn to sleep again on his own. It takes patience to achieve your goal because the child recognizes and understands the psychology of the parent. If it persists, you can place it on its side and lull to sleep, caressing its abdomen.

Cry

It is a normal form of expression which acts as an exercise and brings physical fatigue to the baby resulting in sleep.

Pacifier

Some babies especially like to suck. A pacifier can be given as a short-term comfort solution to your baby but always in moderation to avoid the case of getting used to it, becoming thus necessary.

Sleep Diary

Keep a sleep diary for your baby so that if you notice anything unusual, you will be able to discuss it with your paediatrician.

It is important to keep record of:

How long does it take him to sleep? How many times does he wake up at night? How long does he stay awake each time? What time does he wake up in the morning?

Practical tips for the mummy!

When the baby is asleep, make sure you take a nap or ask a family member to hold it for 1-2 hours, so you get some sleep. Where necessary, let trustworthy people participate.

Maintain good physical condition after giving birth. Even a short walk with the baby is a good opportunity to rediscover your form and your lost energy.

Strengthen the bond with your partner. The “key” is communication. Discuss with him and share the responsibilities in order for you to

be fully supported. The emotional and mental health of both mother and father is of the utmost importance for the mental health of the newborn child. Make sure you spend quality time with each other in order to maintain a healthy relationship.

Avoid any unnecessary stress and pressure in your life. Your peace of mind is of significant importance.

Take care of yourself and remember that, no matter how difficult this period is, the baby will grow up and everything will become easier.



From the baby cot to the baby mattress

Dear parents, below are some of the “messages” your child sends you showing that the time for big change has arrived:

Your baby organizes escapes

Usually after the age of 2, most children discover their skills and develop their strengths and abilities. Same applies to your own angel!

He won’t “get off” your double mattress

Your baby wants to play, watch his favourite cartoons, lie down, sleep and much more, especially when you are not present. This may indicate that he is claiming his independence in comfort for a more enjoyable sleep.

Crying

Crying is the main sign that shows us that the baby starts to dislike something in his baby cot, every time you put him in to play or sleep.

88-90 centimetres

If your child’s height exceeds 88-90 cm, consider very seriously about moving to a larger mattress. After all, the issue is practical!

Overnight visit to the bathroom

The issue of your child’s overnight visit to the toilet is also practical. If you train your child to go to the bathroom, then the cot rails are a big obstacle - which will either have to be overcome with some genius plan, or there will be quite a few wet accidents.

“Mummy, I am old enough” or “Mummy, I need a bigger mattress”

Your child clearly expresses his preference.

General Sleep Advice

The following tips will help you create the best conditions for your child to have an easy and enjoyable Sleep.

Practical tips

Nowadays, children have an intense and busy schedule from a very young age, which includes school, private tutoring and sports. The right amount of continuous Sleep contributes to the good behaviour and performance of the next day. It also has a huge impact on the overall quality of life!

Regular Sleep Schedule

Children and adolescents should go to bed at the same time every night, thus helping their body get used to it and inform them that it is time to go to bed. Establish a specific sleep preparation routine such as: light meal, warm shower, fairy tale and ... a kiss good night.

Unwind

Exercise and play should be stopped a few hours before bedtime. In order for the child to fall asleep easily, he needs to relax and slow down.

Affecting Sleep

Drinks such as: juice, soft drinks, chocolate and caffeine should be avoided when it is time for Sleep because they stimulate the body. It is best to avoid foods and treats before bed, as they can cause night-time disturbances.

During Sleep

Make sure the child's bedroom has the right temperature, silence and darkness. If your child seems to be restless, keep a light on or even the door open so that he feels safe.

Reward

When the child manages to sleep alone, acknowledge his effort and reward him.

Sleep Diary

Keeping a Sleep Diary of your child helps you monitor how well he sleeps, so in case you notice anything unusual, you may be able to discuss it with your paediatrician.

It is important to keep records of:

How long does it take him to sleep? How many times does he wake up at night? What time does he wake up in the morning? How many hours does he sleep in total?

Mattress and Pillow

Make sure the mattress and pillow provide your child with comfort and proper support for his neck and spine.

Mattress Protective Cover

Always use a protective cover for the health of the child but also for the protection of the mattress and the pillow, always keeping it clean and free from fungi, moisture and unpleasant odours.

Amount of Sleep for each age

<p>Newborns (0-3 months)</p> <p>14-17 hours From 11 to 19 hours can be considered acceptable</p>	<p>Babies (4-11 months)</p> <p>12-15 hours From 10 to 18 hours can be considered acceptable</p>	<p>Infant (1-2 years old)</p> <p>11-14 hours From 9 to 16 hours can be considered acceptable</p>
<p>Preschool age (3-5 years old)</p> <p>10-13 hours From 8 to 14 hours can be considered acceptable</p>	<p>School age (6-13 years old)</p> <p>9-11 hours From 7 to 12 hours can be considered acceptable</p>	<p>Adolescence (14-17 years old)</p> <p>8-10 hours From 7 to 11 hours can be considered acceptable</p>
<p>Young adults (18-25 years old)</p> <p>7-9 hours From 6 to 11 hours can be considered acceptable</p>	<p>Adults (26-64 years old)</p> <p>7-9 hours From 5 to 9 hours can be considered acceptable</p>	<p>Elderly (65+ years old)</p> <p>7-8 hours From 5 to 9 hours can be considered acceptable</p>

Materials and Specifications

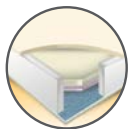
that you need to know about **Gevorest Baby and Child Mattresses**



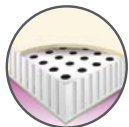
Pocket and Baby Pocket Independent springs - Innovative spring system in which each spring is placed in its own fabric case. This allows each spring to move independently of its neighbours resulting in excellent anatomy. The mattress recedes more at the points where more pressure is exerted and adapts harmoniously to the anatomy of the body, offering maximum support to the spine.



Bonnell and Baby Bonnell springs - Traditional springs in the shape of an hourglass, made of special steel wire and joined together. They are characterised by exceptional strength and satisfactory elasticity while at the same time they offer absolute support to the body.



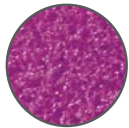
Foam Box - Perimeter frame made of high-strength foam material that strengthens the edges of the mattress and maximizes the available sleeping area. In addition, it offers support when sitting on the edge of the mattress while giving a great look.



Latex - Foam material from the juice of the Para rubber tree used to make mattresses and pillows around the world. Numerous holes along the entire length and width of the sponge, facilitate the passage of air so as to remove moisture and heat. It is hypoallergenic, antibacterial and does not allow the growth of dust mites. It is also distinguished for its high elasticity and long life.



Cooling Memory Foam - Memory foam with open cell structure but also appropriately shaped for the weather conditions of Cyprus. It adapts to the curves of the body, reduces pressure and increases comfort without causing heat.



High Resilience Foam - High resilience foam that contributes to the anatomy of the mattress. In combination with the open cell structure it allows the free passage of air and the rapid removal of heat and moisture.



3D Fabric - A specially made fabric, in which two fabrics are joined together with numerous vertical polyester fibers, thus creating a fabric with a thickness of a few millimetres. The most important advantage of this fabric is that it allows free circulation of air, offering a healthy, comfortable and safe sleeping environment. The unimpeded circulation of air helps to remove heat and moisture from the surface of the mattress rendering Sleep more comfortable while preventing the development of bacteria. Especially for babies, it eliminates the risk of suffocation. In addition, it can be compressed at pressure points, thus contributing to the anatomy of the mattress.



Green First - Fabric processing based on essential oils of lemon, lavender and eucalyptus. These three plants are known for their antibacterial, antiseptic and insect repellent properties, while at the same time their aroma is synonymous with rejuvenation and toning of the body.



Aloe Vera - It is a plant known since antiquity for its invigorating and healing properties. The juice of the plant contains a set of vitamins, amino acids, minerals and enzymes. The impregnation of the fabric of the mattress with plant extracts has beneficial properties for the skin while at the same time it offers a feeling of well-being. It offers softness to the fabric that ensures a comfortable and peaceful Sleep.



Fabric of Trust - All fabrics of the Gevorest baby and children mattress series are certified with the Standard 100-Class I by OEKO-TEX (serial no. 1012045). It is a single system of laboratory tests for textiles, which certifies that they do not contain harmful substances. The tests involve more than 100 different chemicals that are harmful if inhaled or after skin contact. Especially, Class I sets the strictest limit values so that the fabric is suitable for babies.



Baby mattresses

SUPPORT AND SECURITY

Unique orthopaedic and anatomical mattresses, properly designed to ensure the proper development of the baby's spine but also to retreat where needed to take the shape of the body.

The construction materials and the outer layer fabrics allow the passage of air and in combination with the presupposed moderate firmness, they prevent the possibility of suffocation.

The perimeter side reinforcement (Foam box) placed on all baby mattresses fits perfectly in the baby cot, preventing the risk of the baby being trapped in the gap between the mattress and the railings. The baby has the ability to stand up when growing up, without sinking his feet in the mattress.

HYGIENE

Hygiene is one of the main pillars on which the construction of mattresses was based so that they are hypoallergenic, antibacterial and do not allow the growth of mites and dust. They facilitate ventilation to remove moisture and heat, the combination of which can cause mold. In addition, the construction materials are pure and raw and do not contain substances that can harm the baby, eliminating the risk of allergies and childhood asthma. Let's not forget that the baby, especially in the first months, spends several hours laid down.

At Gevorest, you
may find products
to complete the
baby room!

- Anatomical & orthopaedic mattresses
- Mattresses for the baby park fence & the baby basket
- Waterproof mattress covers
- Sheets
- Blankets & blankets
- Quilts
- Bathroom accessories



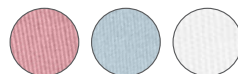
Bumble Bee

Orthopaedic and Anatomic Mattress



Two-sided mattress

Height: 18 cm



Available colours for the border

Spine support and comfort

The firmness of the Bumble Bee mattress due to the Baby Pocket springs technology in combination with Latex, offers the ultimate comfort to the baby while sleeping and at the same time maximum support of the neck and back, so that his spine develops properly. In combination with the 3D fabric of special construction, the free circulation of air is allowed, offering a healthy, comfortable and safe sleeping environment.



**Pocket &
Baby Pocket**



Latex



**Cooling
Memory Foam**



Foam Box



3D Fabric



Green First



Aloë Vera



Fabric of trust

All Gevorest mattresses can be made in the dimensions you want.

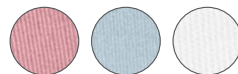
Always use a waterproof protective cover.

Teddy

Orthopaedic and Anatomic Mattress



Two-sided mattress
Height: 17 cm



Available colours for the border

Spine support and comfort

Thanks to the Baby Bonnell springs technology, the Teddy mattress has been made to ensure the proper development of the baby's spine, properly supporting the neck and the back.



Baby Bonnell
Spring



High Resilience
Foam



Foam Box



Green First



Aloë Vera



Fabric of trust

All Gevorest mattresses can be made in the dimensions you want.
Always use a waterproof protective cover.

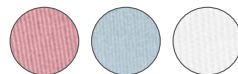
Petit

Orthopaedic and Anatomic Mattress



Two-sided mattress

Height: 13 cm



Available colours for the border

Spine support and comfort

The foam material used to make the Petit mattress provides excellent support to the neck and back, resulting in the proper development of the spine. Open pores along the entire length and width of the mattress facilitate the passage of air so as to remove moisture and heat.



**High Resilience
Foam**



Green First



Aloë Vera



Fabric of trust

All Gevorest mattresses can be made in the dimensions you want.

Always use a waterproof protective cover.

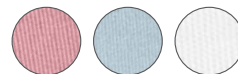
Tiny

Orthopaedic and Anatomic Mattress



Two-sided mattress

Height: 13 cm



Available colours for the border

Spine support and comfort

The firmness of the Tiny mattress based on the construction with HRF provides the right support for the proper development of the baby's spine, appropriately supporting his neck and back.



**High Resilience
Foam**



Green First



Aloe Vera



Fabric of trust

**All Gevorest mattresses can be made in the dimensions you want.
Always use a waterproof protective cover.**

Smarty

Multifunctional Mattress



Smart versatile mattress made of durable and hypoallergenic sponge with cover that can be removed and washed. It can be used for the playpen, the baby basket and more. It is manufactured in any dimension, according to the customer's needs as well as foldable for ease of storage and transport



High Resilience
Foam



Fabric of trust

**All Gevorest mattresses can be made in the dimensions you want.
Always use a waterproof protective cover.**



Innocent kids pillow

Children's pillows suitable for small children
at a low height with a very soft touch.



Before buying any other pillow try
an **Innocent** pillow





Children's mattresses (2 years old and above)

SUPPORT, COMFORT, ENDURANCE, SECURITY

Gevorest children's mattresses are designed to perfectly support the child's spine as it continues to develop.

Since children nowadays go through a very busy schedule every day, Gevorest mattresses provide the necessary comfort. As orthopaedic mattresses, they keep the spine in its natural position and at the same time as anatomical mattresses they distribute the weight of the body evenly on the surface of the mattress.

The perimeter reinforcement (Foam box) offers more durability in the mattress, a larger uniform and smooth sleeping surface, it provides support when the child sits on the edge of the mattress and at the same time aesthetics to the mattress. Durable support and comfort materials are ready to stand the test of time as various children's scandals are inevitable.

HYGIENE

The construction materials, as well as the surface fabrics, have been appropriately selected so that they are hypoallergenic, antibacterial and do not allow the growth of mites and dust. They facilitate ventilation to remove moisture and heat, the combination of which can cause mold. In addition, the construction materials are pure and raw and do not contain substances that can harm the child.

At Gevorest
you can find
everything you need
to complete
your baby's room!

- Anatomical & orthopaedic mattresses
- Innocent children pillows
- Waterproof protective covers
- Complete sleep sets (base, mattress, headboard)
- Bases (divans) with storage space
- Bases (divans) with extension to accommodate sleep-overs
- Headboards
- Sheets, blankets, quilts & quilt covers
- Towels & bathrobes





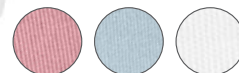


Orthopaedic and Anatomic Mattress

One-sided mattress

(No rotation needed)

Height: 24 cm



Available colours for the border

Spine support and Comfort

The combination of the independent Pocketed springs together with the multiple layers of comfort materials and Latex, achieves the complete adaptation of the mattress to the body's anatomy. It also distributes the weight evenly without creating strong pressure points, minimising tossing and turning.

The Wizard mattress provides excellent support to the neck and back while keeping the spine in its natural position. The foam perimeter reinforcement (foam box) offers more durability to the mattress while the 3D outer fabric facilitates ventilation by removing moisture and heat.



**Pocket &
Baby Pocket**



Latex



**Cooling
Memory Foam**



Foam Box



3D Fabric



Green First



Aloë Vera



Fabric of trust

All Gevorest mattresses can be made in the dimensions you want.

Always use a waterproof protective cover.



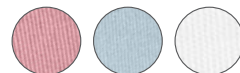
Orthopaedic and Anatomic Mattress



One-sided mattress

(No rotation needed)

Height: 25 cm



Available colours for the border

Spine support and Comfort

The Enjoy children's mattress is properly made with the Bonnell type spring system, in order to perfectly support the child's spine and to offer a restful Sleep.



Baby Bonnell
Spring



High Resilience
Foam



Foam Box



Green First



Aloë Vera



Fabric of trust

All Gevorest mattresses can be made in the dimensions you want.

Always use a waterproof protective cover.



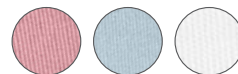


Orthopaedic and Anatomic Mattress

One-sided mattress

(No rotation needed)

Height: 20 cm



Available colours for the border

Spine support and Comfort

The Moment mattress is properly designed to receive and support body weight in the right way.

Thus, it achieves the complete adaptation of the mattress to the anatomy of the body, eliminating thus the points of intense pressure. It minimizes twisting and keeps the spine in its natural position.

Open pores along the entire length and width of the mattress facilitate the passage of air so as to remove moisture and heat.



**Cooling
Memory Foam**



**High Resilience
Foam**



Green First



Aloë Vera



Fabric of trust

All Gevorest mattresses can be made in the dimensions you want.

Always use a waterproof protective cover.







A SLEEP QUALITY STORY SINCE 1967

For us, sleeping well is a necessary prerequisite to enjoy a healthier, happier and more empowered life. At Gevorest, we serve the quality of sleep, we are not simply mattress makers, we are the creators of an ideal sleep environment which improves the quality of sleep, rendering it into an investment worth making.

At Gevorest, we combine science with design into making products that set the foundations for a relaxing and healthy sleep experience. For an ideal quality of sleep, the following are required: a Base (Divan), a Mattress and a Pillow. The perfect combination of these three components contributes to the absorption and elimination of all body pressures, always aiming for the alignment of the spinal cord and neck. It is recommended that a proper trial with the assistance of a Gevorest qualified Sleep Advisor should always precede the purchase of these components.



NICOSIA

Athalassa Store

95, Athalassas Avenue
Tel: 22587122

Egkomi Store

23, October 28th Str., Egkomi
Tel: 22587121

Latsia Store

100, Giannos Kranidiotis Str., Latsia
Tel: 22587107

Aglantzia Store

98, Kyrinias Avenue
Platy Aglantzias
Tel: 22587108

Nicosia Mall Store

2, Madrid Street, Lakatamia
Nicosia Mall, Ground floor
Tel: 22587111

LIMASSOL

Kolonakiou Store

54, Kolonakiou Street
Agios Athanasios
Tel: 22587125 – 22587134

Makedonias Store

57, Spyrou Kyprianou Avenue
Tel: 22587106

West Limassol Store

6, Paphou Street
Tel: 22587136

MY MALL Store

285, Franklin Roosevelt Avenue
1st floor, Tel: 22587135

PARALIMNI

Paralimni Store

14, Sotiros Avenue
Tel: 22587127

LARNACA

Larnaca Store

Spyrou Kyprianou Avenue
& Agioi Anargiroi Avenue
Tel: 22587124

Metropolis Mall Store

European Union 5
Metropolis Mall
Tel: 22587144

PAPHOS

Paphos Store

17B, Mesogis Avenue
Tel: 22587126

Kings Avenue Mall Store

2, Tombs of the Kings Avenue
1st floor, Tel: 22587140

