

TITLE: REPORT ON THE EFFECTS OF THE CLIMABALANCE® DUVET AND CLIMABALANCE® MATTRESS PAD WITH AUTOMATIC AIR-CONDITIONING ON THE SLEEPING BEHAVIOUR AND QUALITY

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The purpose of this report was to check in an empirical examination to what extent the two Sanders-developed ClimaBalance® products actually contribute to a scientifically proven improvement of sleeping behavior and quality. 27 test persons took part in the study. Their sleeping behavior was recorded over nine weeks in the form of a sleep log.

After concluding the test sleep phase, they were questioned in structured interviews in order to obtain qualitative statements on the effect of the products in addition to the previously established quantitative data.

The evaluation of the sleep logs revealed a significant reduction of the falling asleep period, less disruptions due to sleep interruptions, a lower need for sleep during the day and an overall improvement of the subjectively experienced sleeping quality.

The evaluation of the structured interviews was even clearer: "In particular when applying this method, a better assessment of the air-conditioned duvet or mattress pad can be proven beyond any doubt." The "questions focusing explicitly on the temperatures under the feather-bed" also reveal that "the air-conditioned duvet/mattress pad has precisely the effect intended by the developer: a more even and significantly more pleasant distribution of heat.