



Say hello to better sleep and goodbye to restless nights!

Inside, you'll discover invaluable gifts from us to you:

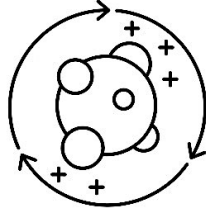
1. **Uncover the Power of Sleep:** Dive into its profound impact on our lives.
2. **Decode Sleep Stages:** Explore the intriguing journey through four stages.
3. **Master the Art of Sleep:** Discover 12 secrets for blissful nights.
4. **Your Personal Sleep Calculator:** Take charge with tailored tips for instant improvement.
5. **Printable Sleep Tracker:** Track progress easily with our printable tracker.

Why is Sleep Important for Physical Health?



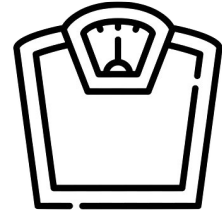
Immune System

Sleep replenishes the immune system and helps fight infections.



Metabolism

Sleep regulates metabolism and maintains insulin and glucose balance.



Weight Control

Adequate sleep helps control appetite and maintain a healthy weight.



Boost Your Well-being

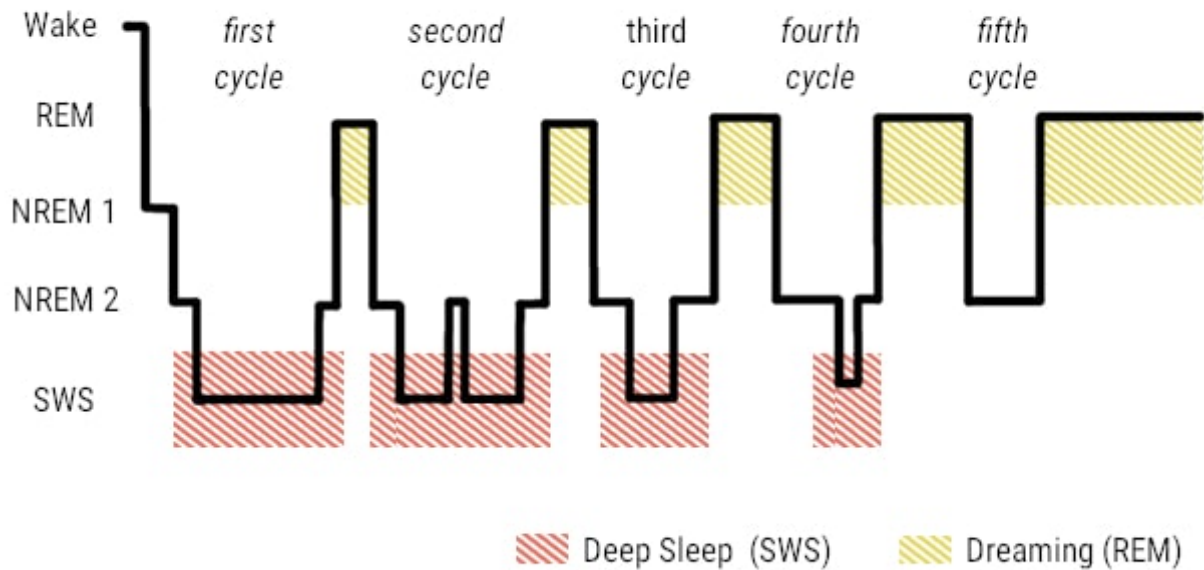
If you're looking to live a long and healthy life, it's time to start taking your sleep seriously.

Make sure you have a **comfortable mattress** and **pillow**, keep your bedroom cool and dark, and try to establish a regular sleep routine.

Your body and your future self will thank you!

Sleep cycle explained

Sleep Stages



Sleep is a vital aspect of human life, essential for maintaining:

- physical health,
- cognitive function,
- emotional well-being.

Understanding these phases is crucial for comprehending the complexities of sleep and optimizing its benefits.

As you sleep, your brain cycles through four stages of sleep. The first three are considered **non-rapid eye movement (NREM) sleep**, also known as quiet sleep. The fourth is **rapid**

eye movement (REM) sleep, also known as active sleep.

The 4 stages of sleep



NREM Stage 1

Transition period between wakefulness and sleep.

- Your brain slows down
- Your heartbeat, your eye movements, and your breathing slow with it
- Your body relaxes, and your muscles may twitch



NREM Stage 2

Lasts for about 20 minutes per cycle.

Your brain ***gathers, processes, and filters new memories*** you acquired the previous day.

- You become less aware of your surroundings
- Your body temperature drops
- Your eye movements stop
- Your breathing and heart rate become more regular

The 4 Stages of Sleep



NREM Stage 3 or SWS (slow wave sleep)

During this deep sleep stage, your body starts its ***physical repairs***.

Getting enough NREM stage 3 sleep makes you feel refreshed the next day.

- Your muscles are completely relaxed
- Your blood pressure drops and breathing slows
- You progress into your deepest sleep



REM Sleep Stage 4

Brain uses this time to cement information into memory, making it an important ***stage for learning***.

- Your brain lights up with activity
- Your body is relaxed and immobilized
- Your breathing is faster and irregular
- Your eyes move rapidly
- You dream

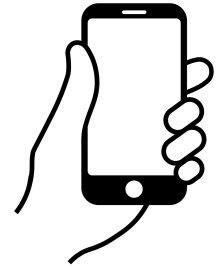
12 Secrets to a Good Night Sleep



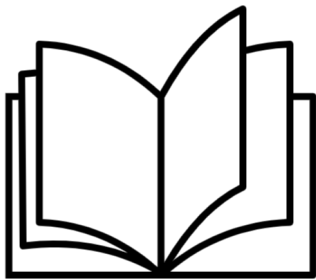
Avoid Caffeine
After 1 P.M.



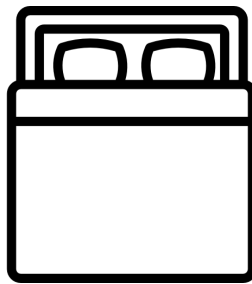
Skip Snacking 2-3
Hours Before Bed



Turn Off all
Electronics 1 Hour
Before Bed



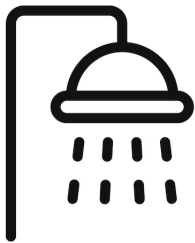
Meditate or Read
a Book



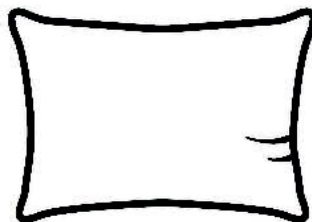
Use Bed Linen From
Natural Material



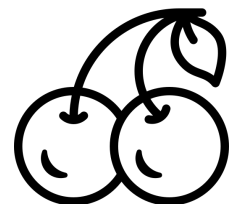
Turn Off All the
Lights



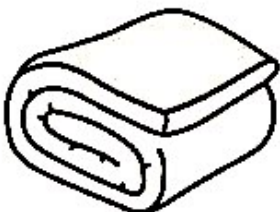
Take a Warm
Shower



Use **Kamasana**
Pillow



Eat Melatonin
Rich Foods



Use a
Weighted
Blanket



Go to Bed at the
Same Time Every
Night

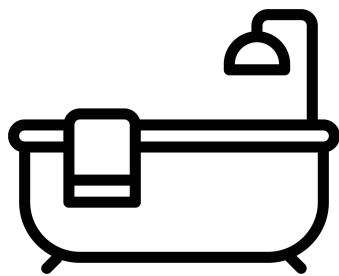


Journal To
Release
Thoughts

Sleep Routine Calculator

Use our sleep calculator to find your best bedtime based your desired wake-up time.

Take a bath



8:45 PM

9:45 PM

10:45 PM

11:30 PM

Bedtime



9 PM

10 PM

11 PM

Midnight

Wake up time



5 AM

6 AM

7 AM

8 AM

Bonus Life Hacks for Better Sleep

Life Hack 1: Set a Sleep Alarm

By setting a sleep alarm for 15 minutes before your desired bedtime, you give yourself time to wind down and prepare for sleep.

Steps to Implement:

1. Choose a bedtime that allows for **7-9 hours of sleep**.
2. Set an alarm for **15 minutes before** your chosen **bedtime**.
3. Use this time to complete your pre-sleep routine, such as brushing your teeth or reading a book.
4. Aim to be in bed by your chosen bedtime to maximize sleep quality.

Life Hack 2: Take a Warm Shower Before Bed

A warm shower raises your body temperature, promoting relaxation and making it easier to fall asleep.

Steps to Implement:

1. Take a warm shower before your bedtime.
2. **Keep the bedroom cool** to facilitate the body's temperature decrease post-shower.
3. **Enjoy a peaceful night's sleep** after your pre-sleep shower routine.

Personal sleep tracker

Track your sleep pattern. Set a goal to sleep for at least 8 hours and mark the duration of your sleep in the squares.

Duration of the sleep

Day of the month

	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12
1																
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Kamasana products:

We hope you love your order!
We would be very grateful for your review.

Shop the best and save more! Send us a DM on [Facebook](#) or [Instagram](#) for extra discounts!



KAMASANA Bliss Sanitized®

Sanitized Technology: Swiss silver ion impregnation provides powerful antibacterial protection.

Ergonomic Design: Perfectly sized 40 x 80 memory foam pillow for optimal comfort.

Hypoallergenic Material: Ensures a safe, irritation-free sleep environment.

KAMASANA Arctic

Double-Sided Pillow Cover: One side cools, the other side is breathable. Stay warm in the cold and cool in the heat.

Spinal Support: Maintains straight spine for ultimate relaxation and comfort.



KAMASANA Wave

Premium Tencel Fabric: Soft, hypoallergenic, and antibacterial pillowcase.

Ergonomic Design: Memory foam adapts to head and neck contours, relieving pain and migraines.



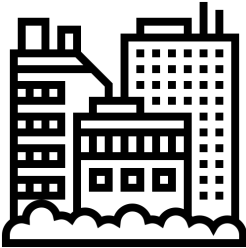
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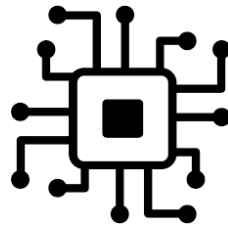
100% Made
in Spain



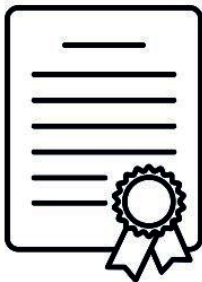
Eco-friendly
materials



Full-cycle
production
factory



Latest
technologies for
healthy sleep



Compliance
certificates
(OEKO TEX,
ISO, AITEX)



Hypoallergenic
biomaterials

Contact information:

✉ Email: care@kamasana.global

🌐 Web-site: kamasana.global

📷 Instagram:
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