

Important information about a healthy sleep for your baby.

A few fundamental things you should have a look at!

Materials and processing

Your baby's immune system only starts building itself up properly after the first six months of their lives. During this time, your baby is especially sensitive when it comes to environmental influences of any kind. Non-toxic materials are especially helpful to bypass this time.

Hygiene

As many components as possible, surrounding your child's sleeping environment should be able to be put into the washing machine. This counts especially for covers, the best case would be if they could be removed and separated. Also: Your baby's mattress should be as individual as your child. The mattress should – besides a good ventilation of the core and regular washing of the covers – only be used for your child.

Air and ventilation

The biggest influence on your baby's sleep is the sleeping climate – and it is important that your kid will be provided with enough fresh air in every sleeping position. It is especially important to avoid the inhalation of already used air – the "CO₂-rebreathing". The baby also needs protection from overheating by heat accumulation, too much moisture and dampness.

That's why the mattress as well as the cover necessarily need a high air permeability and breathability. Only then a perfect air circulation can be provided – which means the removal of already used air and the supply of fresh air. As a perfect supplement, experts recommend modern, breathable and washable functioning covers. Through their special materials they can absorb sufficient liquid and on the other hand prevent the liquid to reach the core of the mattress. A good air circulation and ventilation is the best protection against household mites and mould, the main reason behind allergies.



Resting comfort

In the first months, your baby can sleep up to 16 hours a day and even when it turns three it may still sleep up to 12 hours each day. After two and a half years your kids' skeleton will reach its final stability. For the development of the spine this time is the most crucial one. For an optimal physiological sleeping position the mattress needs to adjust to the spine to support the development of a healthy S-shape of the spine.

Therefore, a balanced resistance of the mattress is important: The mattress shouldn't be too stiff nor too soft, it should support but still yield – but only at the pressured points. For the best possible sleep comfort the slatted bed base and the mattress need to be adjusted to one another, only then the good quality of the right baby mattress will shine through. The baby mattress is by your kids' side from the first days at home up until it is five years old. With a baby and a junior side of the mattress it is ensured that the mattress grows up with

your kid and provides the right support for the increasing weight of the baby. When the age increases so does the movement of your kid while sleeping. A thought out sleeping system contains, considering the weight gain of your kid, a point-elastic slatted bed base and a mattress with different sides for babies and toddler which can easily be turned when the kid reaches 9–11 kg.

Security

To grant security for the baby and toddler, cots need to fulfil high German and European standards. For example, they determine the space between the bars of the cot. This helps to make sure that all important components of a cot are safe and there is no risk of injury for the baby. Beyond the DIN- and EN-standards PAIDI cots have even more security aspects. For example, step edges on all four sides of the mattress to provide security while your kid tries to stand up for the first time.

Little glossary about sleep.

Baby/Junior side:

The two sides of the mattress have two different degrees of firmness: the baby side is softer; the junior side is slightly firmer.

Climate belt:

The AIRWELL® mattress covers feature an approx. 2 cm wide circumferential climate belt. Depending on the side used (baby or junior side), the covers can be attached in such a way that optimum air and heat transport is always guaranteed.

Cold foam:

An open-celled, breathable foam which – unlike polyfoam – is produced without chemical propellants, using only pressure and water. Ideal for allergy sufferers. All foams used by PAIDI are certified according to Öko-Text 100.

Compression hardness:

The compression hardness describes the strength of the foam. By using certain raw materials and fillers, the foam becomes softer or firmer. It is measured in kilopascals (kpa), how much force is needed to compress foam from its initial state to 40 % of its volume. Volume weight and compression hardness together determine the properties of mattresses.

3D-ventilation technology:

Mattress with various ventilation channels that ensure air circulation from all angles (3D), thus allowing complete ventilation of the mattress core.

Density:

The volume weight indicates the density of the foam used in kilograms per cubic metre (kg/m³) and thus essentially determines the quality of the mattress.

Mattress cover:

The divisible PAIDI mattress covers have a circumferential zipper, the cover can be divided. While one half is washed and dried, the second half can be used as usual.

Point elasticity:

The mattress gives in precisely, i.e. only in the places where the child lies. Otherwise it remains dimensionally stable.

Step edge:

All edges of the mattress are made of firmer foam. This increases the stability of the child during their first attempts to stand – even at the head ends of the baby bed.



PAIDI AIRWELL® bed system – best properties for the healthy development of your baby

In a PAIDI baby bed with AIRWELL® Comfort slatted base, one of the AIRWELL® cold foam mattresses 100–400 and the AIRWELL® Sensitive double sheet cover, your baby has the best base for healthy sleep. More information in our Babyworld catalogue or on our website.