

A Good Night's Sleep

From Bedshed Mornington

Getting a good night's sleep is important to overall health and well being, so it's a business that the team from Bedshed Mornington take very seriously. Quality sleep will help to heal and repair your body as well as refresh your mind.

According to Alan Franks, Elton Franks and David Scates, owner/operators of Bedshed Mornington the answer is not as easy as getting more sleep. The ultimate goal is trying to achieve deep sleep.



"Quality of sleep is much more important than quantity of sleep, in order to completely revive your body for the next day," Alan said.

"People don't realize that a poor quality or worn out bed can seriously affect your sleeping patterns. That is why choosing the right bed for your individual needs is so important," he said.

Studies show that a mattress and foundation provide optimum service for about 8-10 years of nightly use. In addition individual body posture and comfort requirements also change

& it is recommended to review your sleep surface around this time.

"It is important that people are aware of the range of mattresses available and what features they offer. We encourage bed buyers to ask questions and to take a look at and a feel of the different systems," Alan said.

If you are looking for a bed to give you an undisturbed night's sleep and unprecedented comfort, Bedshed's exclusive range of the new Sealy Correct Comfort collection is a good place to start.

"Bedshed partnered with Sealy to develop the superior new range," Alan said.

"Pocketcoil innerspring bedding is renowned for offering cradling comfort and reduced partner disturbance."

"The new Sealy Correct Comfort collection has gone further and provides a selection of unique comfort feels and technological improvements."

With the experienced and knowledgeable team from Bedshed Mornington - you have your bedding needs covered.

Bedshed is Australia's third largest specialty bedding retailer and provides expert advice and quality products.

To find out more about Bedshed, visit www.bedshed.com.au or contact Alan and the team at the Bedshed Mornington on 5973 6333.



A rage in the west, and now available in Mornington the new season all weather cane range at INDOCHINE OUTDOOR is ideal for al fresco dining. Light and easy, maintenance free, all you need do is look after the cushions. Indochine is a direct importer, so there is no middle man... count the savings!



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