

# sleep science

Beyond the AMMIQUE® sleepscape™...

As well as the mix of colour, texture and sumptuous fabrics we offer a fully bespoke service including the design and installation of lighting and audio-visual systems providing a scientifically researched and holistic solution to better sleep.

- **LIGHT:**  
Light is a powerful time cue and can trigger the brain's responses when it comes to sleeping and waking.
- **SOUND:**  
The frontal lobe of the brain continues to process and filter sound during sleep. Any sudden noise may be recognised as threatening whilst 'white noise' such as the rhythm of a fan or air conditioner is conducive to relaxation.
- **TEMPERATURE:**  
The ideal temperature in the bedroom is 60–65 degrees Fahrenheit or 16–18 degrees Celsius.

## AMMIQUE®

sleepscape™



the perfect holistic sleep solution

