



# HAPPY DREAMS



НОВ СЪН  
НОВ ДЕН  
НОВ ЖИВОТ

## About us

- Founded in 1991 in Sofia Bulgaria.
- One of the biggest manufacturers of mattresses and bed accessories in Bulgaria.
- The only manufacturer in the industry certified in ISO 9001:2000 by BVQI – France.
- The only member in Bulgaria of ISPA (International Sleep Product Association)
- We value your time – with us you can get your new mattress custom made within 10 days.

After a massive research of the Bulgarian market Happy Dreams started the production of Bonell spring mattresses in the early 90's. From the very beginning we chose not to mass – produce mattresses as our competitors did. We knew everyone does not sleep alike and should have the option of a mattress in a different shape and size, tailored to his individual needs.

Since 1991 Happy Dreams has passed a long way in mattress manufacturing and today continues the fine tradition of total dedication to quality. Because for us quality is a symbol and we know that there is a right bed, for everyone.

Our company's policy **is, best quality** of the articles, **best service** for our valued customers. We are extremely flexible and **fully aware of the needs** of an increasingly demanding market. We combine manual skills with the most advanced technology in the field of mattress production.

## Sleep better tips

### 1. Pillows

If you prefer sleeping on your back, the pillow must be thin and hard, so to keep your spine in a proper position. If you prefer sleeping on your side, then the pillow should be high and hard.



## 2. Sleeping position

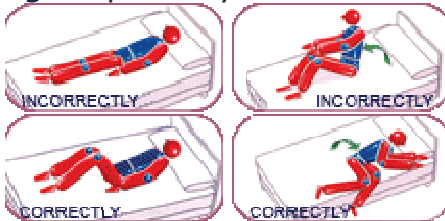
The best sleeping position is when the spine is supported correctly. To sleep on your side is a good sleeping position, but you should always keep in mind that changing the position of sleep is preferred.



## 3. Getting out of bed

The worst thing you can do is to get up from bed directly from lying position. By making this you surely affect the spine. It is the best to get out of bed, following three important steps: (like shown on the pictures)

- turn on one side before you get out of bed
- put your legs on the floor with your body still in bed
- get up slowly on one side



## 4. First minute after sleep

After you get up of bed, stay like this at least for a minute, so your blood circulation can normalise.

