How many of us know the secret behind a good night’s sleep?
More than half a million refreshed, reinvigorated customers know!

For more than 30 years, Nikken has helped millions of people around the world to sleep better and wake up more alert, energised, and ready for the day ahead.

When you introduce the Naturest Sleep Solution into your life, you’ll also begin to notice how quickly you fall asleep each night, and how you wake up every morning refreshed, reinvigorated, and looking forward to a new day.

A good day starts the night before!
Sleep Fact

When you sleep really deeply, your brain starts to recharge. Your learning and memory are enhanced. And when you spend enough time in the deepest stages of sleep, your muscular coordination and immune systems also benefit.

Normal sleep runs in cycles, with each one ending with the dream state of REM (Rapid Eye Movement) sleep.

1. The first stage is light sleep,
2. The second stage is when body temperature drops, and both breathing and heart rate are regular.
3. & 4. The third and fourth stages are when deeper sleep takes place – when muscles relax, blood pressure drops, breathing slows, and increased tissue growth and repair occurs. It is here when hormones are released and energy restored.

A proper amount of time spent in deep sleep is crucial for everyone.
Your dream combination – as easy as abc

Each of the three core elements of the Nikken Naturest Sleep Solution – a mattress, pillow, and quilt – naturally functions outstandingly in its own right, but they combine to give you the most advanced technology on the market today, making your surroundings more conducive to a deeper, healthier sleep.

a] Nikken Naturest Kenkopad – as you rest, you re-charge
b] KenkoDream Quilt – as you drift into a deep sleep, you know you’re going to wake up fully refreshed
c] Nikken Naturest Pillow – as you relax, you immediately begin to de-stress.

After the first night, you’ll feel the difference. Experience it for yourself!
You only have to lie down on a Naturest Kenkopad to feel the difference.

Several sleep technologies have unsuccessfully tried to replicate the restful, recharging effects of a massage, but only the specially moulded nodules of the Naturest Kenkopad give you the right mix of firmness and yield, providing a gentle stimulation that makes your body more receptive to relaxation.

Your comfort is further enhanced by the natural latex foundation, which both dissipates moisture and, together with the natural-fibre cover, promotes improved ventilation.

In a final all-important touch, Nikken's exclusive RAM™ (radial-axis magnetism) Technology enfolds you in a series of overlapping magnetic fields enhancing the Earth's natural energy.

As the name suggests, simply place the Kenkopad mattress topper on top of your regular mattress to transform it into the perfect sleep environment.
**KenkoDream® Quilt**

Slipping under a KenkoDream Quilt is a delightfully refreshing experience in its own right.

Naturally, it has a breathable cotton cover, but ceramic reflective fibres also absorb excess heat, reflecting it back as a gentle warmth whenever it's required.

A magnetic layer complements the cocooning effects of your Naturest Kenkopad and Pillow, to create a naturally soothing environment.

You’ll sleep so well, you’ll wake up refreshed and reinvigorated!

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**Nikken Naturest® Pillow**

As soon as your head touches the Naturest Pillow, you feel more relaxed, as if the day’s stress is already flowing out of you.

Whereas an ordinary pillow tends to soon fall flat, the naturally-firm shredded latex filler of the Naturest Pillow can be added to or subtracted from, so you can choose just how firm or soft you want it to be.

A specially designed internal collar also ensures the correct and most comfortable position for head, neck and spinal alignment, while the exceptional ventilation and temperature regulation of the natural-fibre cover keeps you comfortably cool.

But what really makes this different to any other pillow is the neodymium magnets of Nikken’s patented RAM Technology. As you sleep, they envelope you in a three-dimensional magnetic field.
Inspired by the Earth’s own magnetic flow, Nikken’s patented RAM (radial-axis magnetism) Technology – the most advanced magnetic technology in the world – features small magnetic spheres in groups of six, with each magnet positioned so that its positive-negative axis is rotated 60 degrees relative to its neighbour. Arranged in a circle, these sequentially rotated spheres produce a cocoon of overlapping fields covering a full 360 degrees in three dimensions, creating a uniquely complex static magnetic field, which relaxes and balances for the ultimate sleep experience.
“I’ve used the Nikken Naturest Sleep Solution products for only a few weeks and have already noticed huge improvements. There was an instant feeling of relaxation and support. I now fall asleep a lot quicker and for the first time in years I’ve had uninterrupted sleep! I wake up happy, relaxed and refreshed.”

John Thain, UK

“Since I started using the Nikken sleep products I fall asleep as soon as I lie down! I enjoy very re-energising sleep, and therefore feel these are the most ingenious products ever!”

Roswitha Müller, Switzerland

To purchase, or for more information, please contact your Independent Nikken Consultant.