

# Michael's Story

## Asthma

*I wouldn't be without my Wenatex®*

Difficulty breathing can be an everyday experience for asthma sufferers and that doesn't stop when it comes to sleep.

### Challenge:

People with asthma are 70% more likely to suffer from sleeping issues, as they are more likely to experience sleep disruptions due to frequent night-time coughing, wheezing and breathlessness.

Michael has suffered from severe asthma since childhood. "My sleep has always been very sporadic. It took me a while to fall asleep and I barely got a full night's sleep, usually waking up every two hours."

### Solution:

The Wenatex Sleep System has been designed to provide a hygienic sleep environment, free from those things that often trigger asthma, such as dust mites. TENCEL Lyocell fibre and powder, along with the Sanitized hygiene function, are highly effective against moulds, bacteria and dust mites, and have excellent temperature and moisture management properties, all of which can make a difference to those suffering from asthma and allergies.

**"I haven't been waking with any breathing difficulties since sleeping in my Wenatex bed. That's made a big difference to my sleep."**



**"My sleep has been alot better. I have now been falling asleep within minutes and after two weeks only waking once in the night. It's now been three months and I'm sleeping through the night"**

### Benefit:

Michael has seen a number of changes in his sleep since sleeping on his Wenatex mattress. He's falling asleep much quicker and is no longer waking every two hours through the night. This has encouraged Michael to improve his sleep hygiene, where he has created a routine in the evening that further encourages healthy sleep.