



# YOUR GUIDE TO RESTFUL SLEEP

In cooperation with



# HEALTHY SLEEP IMPROVES Quality of life



A good night's sleep not only supports your health and wellbeing, but can also improve your overall quality of life. That's why we at MSC Cruises have partnered with Dorelan – one of Italy's leading bedding specialists – to ensure you sleep well every night of your cruise.

Your Dorelan bed base, mattress and pillow have been designed with the benefit of 40 years' experience and the findings of sleep research by renowned universities.

To help you enjoy the best possible sleep every night on board, we've created this short practical guide, full of tips to help you sleep soundly.

And since choosing the right pillow is equally important for you to sleep well, we've included our pillow menu on Page 12 to help you to select one that's perfect for you.

We hope this sleep guide provides you with all you need to have sweet dreams and wake up refreshed, ready to enjoy every new day of your cruise.

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The pillow you sleep on is just as important as your bed frame and mattress. Check out our Pillow Menu on page 12 to find the best pillow for the way you sleep.

### DON'T FORGET

The three key elements for quality sleep are:



#### DURATION

The hours that an individual sleeps should be sufficient to leave them feeling alert and well rested the following day.



#### CONTINUITY

Periods of sleep should be continuous, and not fragmented.



#### DEPTH

To enjoy a rejuvenating effect, it is necessary to achieve a sufficiently deep sleep.

### DID YOU KNOW...?

The importance of the pillow has long been recognised in cultures around the world. In ancient Egypt, pillows were considered so important they were among the items typically found in a pharaoh's tomb, while in China they once formed the centrepiece of a bride's dowry.

# THE 7 BENEFITS OF SLEEP

Or 7 good reasons to maintain good sleeping habits!



## REGENERATION

Sleep is a daily necessity, enabling you to recoup the physical and mental energy you've used while awake. Deep sleep is when you regenerate and refortify mind and body.



## GROWTH

Children need more sleep than adults because almost all growth processes take place when the body is at rest, giving it a chance to grow, strengthen the immune system and develop the nervous system.



## MEMORY

During deep sleep, the brain processes and stores the information it has collected during our waking hours. The brain consolidates this information every night, discarding what's unimportant and committing the rest to memory, adding to what we already know.



## QUALITY OF LIFE AND LONGEVITY

According to the World Association of Sleep Medicine (WASM), sleep is "the best medicine that nature has to offer". It supports our immune, hormonal and autonomic nervous systems, normalises blood pressure, benefits the cardiovascular system and restores neurotransmitters to normal values - all key factors for longevity.



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### **WEIGHT AND FITNESS**



Sleep is closely linked to the metabolism and regular sleep has been shown to help maintain a healthy weight. Research conducted by the Universities of Chicago and Brussels has provided evidence that the amount of sleep we get influences the hormones responsible for regulating how hungry we feel.

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### **STRESS**



Sleep allows the mind to process the challenges of everyday life, reducing stress levels and helping us deal with traumatic events.

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### **MENTAL BALANCE**



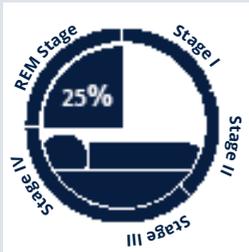
The rational and irrational parts of the mind can come together during sleep, helping us maintain our mental balance. Psychologically, sleep enables the conscious and subconscious parts of the mind to find expression in our dreams.

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# THE SLEEP CYCLE

## Behind the snooze

Since our bodies and brains perform intensive activities during sleep that are crucial for our mental and physical health, it's an oversimplification to consider sleep a period of "rest" as opposed to being "awake".



While we sleep, our brain goes through a series of activity "cycles" shown by our "brain rhythms". These are the famous **SLEEP CYCLES**, each of which consists of two basic stages: REM and non-REM (NREM) sleep.

The **REM stage**, also known as "paradoxical sleep", is both the deepest stage of sleep and when we dream, amounting to around 25% of our total sleep cycle. This is when our brain waves become more rapid, eye movements accelerate, the face becomes animated and breathing often becomes irregular. It's as if we're preparing to wake up when our sleep is deepest.

The **NREM** stage is generally divided into four distinct phases:



### FALLING ASLEEP

This is when we slip into sleep: the brain slows down its activities, our body and mind become calm, and our breathing grows regular. During this stage, we are still able to hear sounds and detect stimuli from our surrounding environment.

Stage II



### **LIGHT SLEEP**

This is the intermediate stage between falling asleep and deep sleep.

Stage III



### **SLOW WAVE DEEP SLEEP**

Brain activity slows down further, and there is a total absence of muscle movement.

Stage IV



### **DEEP SLEEP**

This is when it's most difficult to wake a sleeping person. The brain, muscles and entire body are all perfectly at rest and we are completely "isolated" from the outside world and its stimuli.

This is the stage of sleep in which we recover from physical fatigue.

At the end of Stage IV, we enter REM sleep and then start a new cycle, often after a brief reawakening of which we will have no memory.

We normally complete 3 to 5 sleep cycles in the course of a single night.

This complex process allows our body cells to implement the regeneration processes necessary for personal well-being, which will suffer if anything interferes with one or more of the stages that our brains and bodies go through during sleep.

# A MATTER OF TIME: How long is long enough?



While many researchers believe we need at least 8 to 9 hours of sleep every night for our bodies to complete their regenerative processes, other studies have stated that as little as 7 or even 6 hours are sufficient.

The fact of the matter, however, is that the amount of sleep we needed varies from person to person, and depends upon the individual's age and health.

- An **INFANT** needs approximately 18 to 20 hours of sleep per day. By the age of 1, a **CHILD** only needs 14 to 15 hours per day, and this gradually decreases to 12 hours up until 6 years of age.
- An **ADOLESCENT** needs an average of 9 or 10 hours' sleep per night.
- For an **ADULT**, an average of 7 to 8 hours' sleep is needed per night.
- Sleep requirements tend to decrease in the **ELDERLY** along with the ability to resist sleep (which is why elderly people tend to fall asleep easily in front of the TV or in the absence of any stimuli).

## HERE'S HOW TO FIND OUT HOW MUCH SLEEP YOU NEED:



Choose a holiday period that's longer than a week.



Repeat the experiment over a series of days.



Sleep when you're tired, replicating your usual sleeping conditions, but don't set your alarm.



The mean number of hours you slept per night is the amount of sleep you need.



When you wake up, note down how many hours you've slept.

## DID YOU KNOW...?

The ideal amount of sleep is that which allows us to awake feeling alert and well rested, able to live the coming day to the fullest without feeling the slightest bit tired.

The recommendations in the table above are only general rules. Each of us has a different **BIOLOGICAL CLOCK**, and different sleep needs and requirements!



### GROWTH

Children need more sleep than adults because almost all growth processes take place when the body is at rest, giving it a chance to grow, strengthen the immune system and develop the nervous system.

In short, we should think less about how long we've slept and more about how we feel when we wake up! Whether adults or children, night owls or early risers, we all have our own "sleep rhythms", complete with our own schedules and habits. But at the same time, we're often forced to adapt our sleep schedules to our daily lives, in the same way that we adapt our daily schedules to meet our life commitments in terms of family, work and other things! This can create an "unnatural" situation that extends over many years, making it difficult for us to recognise how many hours' sleep we really need.

# GOOD HABITS

## For great sleep



Getting a good night's sleep is more than a matter of quantity. The quality of the sleep you get is equally important. The following simple tips can help you improve your sleep quality to enjoy a mentally and physically refreshing night every day of the week.



### REGULARITY

Try to go to bed and get up at the same time every day. This helps the body's internal clock – or circadian rhythm – and is particularly important for children.



### PHYSICAL ACTIVITY

Getting regular exercise is a great way to improve sleep quality. Just be sure to avoid adrenaline-pumping activities close to bedtime. Go for gentler forms like yoga instead.



### HAVE A LIGHT DINNER

Enjoy a light, healthy and nutritious evening meal. Fatty and highly-spiced foods take longer to digest, possibly making for disrupted sleep.



### AVOID STIMULANTS

Avoid stimulants such as coffee, tea, energy drinks and tobacco from 4 to 6 hours before bedtime. While alcohol can induce drowsiness, it also prevents restful sleep and can cause periods of wakefulness during the night.



### KNOW YOUR NAPS

A short afternoon siesta is a delightful way to recharge your batteries, but experts agree such naps should last no more than 30 minutes. Any longer and you risk entering deep sleep, which can negatively impact your regular sleep rhythm.



### KEEP TECHNOLOGY OUT OF THE BEDROOM

Sleep in a tech-free zone without any TVs, game consoles, mobiles, tablets or computers. Turn your bedroom into a haven of rest and relaxation, a place of tranquillity and calm. You'll sleep better for it.



### SHUT OUT THE WORLD

Double glazing, shutters, curtains and insulation are all ways to create an environment that is as protected as possible against the two arch enemies of sleep: light and noise, common problems for city dwellers.



### KEEP IT COOL

Aim for a room temperature of between 18° and 20° C where you sleep. Also, be sure to air the space and your bedding at least once a day to eliminate dust mites, allergens and any moisture that can build up between the sheets.

# PILLOW MENU

## For personalised sleep comfort

Pillows are like clothes: there's no such thing as "one size fits all". Your pillow is a personal choice that depends on factors such as your physique and preferred sleeping position, to name but two.

The pillow you choose should be thick enough to fill the space between your head and back or shoulders, depending on whether you sleep on your back or side. This will ensure your cervical vertebrae remain properly aligned throughout the night.

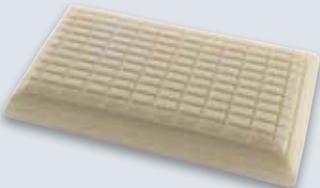
Each of the Dorelan pillows in our Pillow Menu is therefore designed to meet specific needs. Differences in shape, thickness and firmness allow you to choose the right pillow for a great night's sleep.

Your cabin attendant or the staff at Reception - Guest Services will be happy to help you select the ideal pillow for the way you sleep.

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**Ask your cabin attendant or the staff at Reception - Guest Services to help you to select the ideal pillow to suit the way you sleep.**

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### SLEEP PILLOW RELAX

#### MYFORM AIR

The Relax pillow is made with Myform Air in a classic elliptical shape. Myform Air is a version of Myform with a special structure featuring numerous large, open cells. This makes the pillow particularly breathable, cool and dry, helping to improve the hygiene of the whole bed system.

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Material: Myform Air  
Shaping: Elliptical  
Dimensions: 70x40 cm



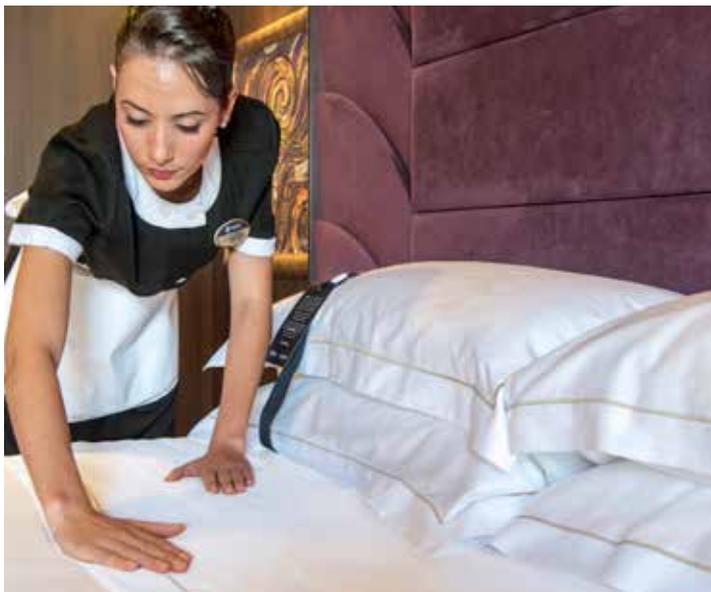
### SLEEP PILLOW CARE

#### NATURAL DOWN

Care is a traditional down pillow. Its entirely natural down filling not only provides an extremely comfortable surface on which to rest your head, but also has thermoregulating properties which ensure you enjoy the correct temperature for perfect sleep at any time of the year.

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Material: Natural Down  
Shaping: Elliptical  
Dimensions: 45 x75 cm



## DID YOU KNOW...?

The word “mattress” comes from an Arab term meaning “something thrown down”. The oldest known mattress dates back to some 77,000 years ago, but their use did not become common in Europe until after the Crusades, when the returning crusaders adopted this Arab tradition.



### SLEEP PILLOW POSE MYFORM MEMORY ERGONOMIC

This traditionally shaped pillow is made with Myform Memory Air, combining the breathability and hygiene of Myform Air with the extraordinary comfort of Memory Foam, which adapts to the shape of your body.

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Material: Myform Air  
Shaping: Elliptical  
Dimensions: 70x40 cm



### SLEEP PILLOW CURE MYFORM AIR ORTHOPAEDIC

The Cure pillow is particularly suited to those who sleep on their back, or anyone suffering from neck pain. Its contoured shape offers balanced support for the shoulders and neck, while the unique open-cell structure of Myform Air delivers lasting comfort and excellent breathability.

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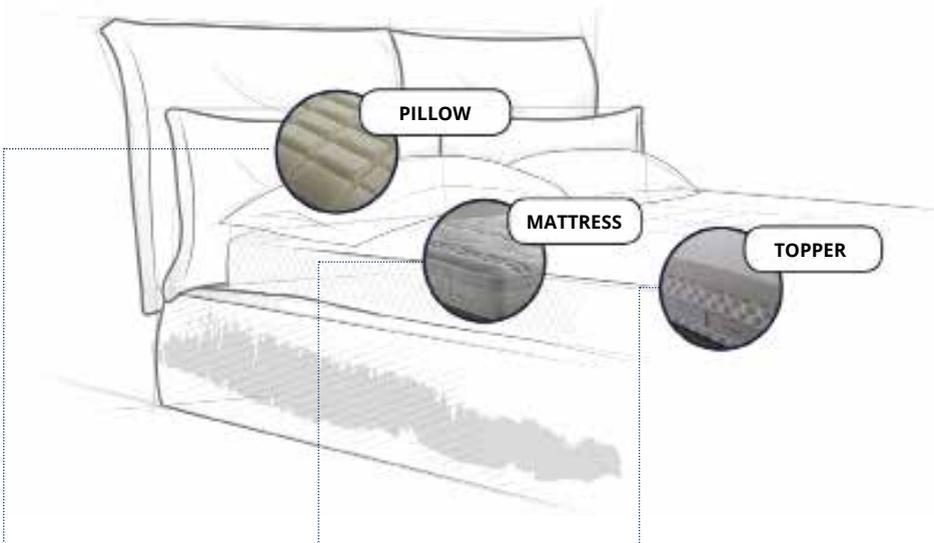
Material: Myform Air  
Shaping: Orthopaedic cervical support profile  
Dimensions: 68x40 cm

# THE BED SYSTEM

Synergy to meet our needs



A good bed system is one of the main factors responsible for our body's wellbeing during sleep. By "bed system" we mean everything, taken altogether, that ensures our resting comfort: the mattress, pillow and bed base or bed. MSC partnered with Dorelan, as we perfectly understand that to benefit from truly restorative sleep, all these elements need to work together in close synergy to meet all our different needs.



**PILLOW**  
The pillow looks after the wellbeing of your neck and shoulders, both delicate areas where stress and tension accumulate during the day. The pillow needs to provide them with the right support in all the different positions they assume during sleep.

**MATTRESS**  
The true hero of a good night's rest. The mattress is the most important component of the bed system supporting our bodies in comfort. The internal structure support our weight and adapts to the shape of our body as we move, while the upholstery provides additional comfort.

**TOPPER**  
The topper is a thin padded layer placed between the mattress and mattress cover to fully personalise your comfort and achieve perfect ergonomics.



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