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How Aussie Merino wool can drastically improve your sleep quality


 By Sonia Taylor • Jun 9th, 2018



Shleep

One of Australia's biggest exports could be the key to sleeping soundly.

Could a couple more hours of quality shut eye make your day? Sorry, silly question. Turns out, about 40 percent of Australians are consistently sleep deprived, which is causing more than sleepiness the next day; it's costing the economy a whopping \$66bn in lost productivity.

Sleep deprivation has a whole host of negative side affects, from moodiness and weight gain, to stress and as mentioned, a strain on the economy. But if you don't have time for meditation and the idea of cutting out coffee sounds like torture, what are your options?

Get some better bedding. (And really, try not to look at your phone in bed).



It's weird that most Australians consider wool – a product we produce in both quality and abundance – to be old school, itchy, bulky, or too hot for warmer months.

But all of these assumptions are wildly incorrect.

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Wool is thermal-regulating and has the unique ability to retain 35 percent of its own weight in moisture, so that the body stays dry and is never too hot or cold. (Yes, that means wool is great in summer).

It is also breathable, hypoallergenic and can be extremely soft and supportive – all essential attributes for managing a healthy sleep environment.



Image: [Shleep](#)

Isn't it great then, that Australia is one of the world's largest wool producers?

Indi Maini, Founder and CEO of [Shleep](#) (a new woollens brand launched specifically around consumer desires for better sleep), believes that the secret for a healthier sleep has been grazing in our country's farms for centuries.

"Thirty years of scientific research suggests that sleeping surrounded by wool results in better quality sleep," she says.

Other research by Australian Wool Innovation found it can soothe you to sleep faster and get you 25 percent more restorative, sleep, compared to other materials.

But not all wool products are created equal.

Luckily, Australia produces the best wool in the world: Merino. And fine Merino wool technical fabrics are the only type of wool Shleep will use in its products because of its positive affects on your slumber.

Indi has shared her tips for making the most out of trans-seasonal bedding for *9Homes*:

Get creative with layering

“Winter is the perfect opportunity to be creative and add layers of pattern, colour and texture,” says Indi. “For maximum warmth throughout the cooler months, layer up by combining a light-weight wool summer duvet cover with either medium or heavy weight wool duvets (or both).”

She says this works well winter chill but also becomes the ideal companion throughout the spring and summer months.



Image: [Shleep](#)

Maximise multi-purpose blankets

Some of the Shleep blankets have two sides: a wool fleece side and a cotton one. When it comes to fine Merino wool fleece blankets, make sure you use them both ways: over and under.

“Sleep under the ultra-soft fleece to cosy up in those cold winter months, or alternatively switch it up and lounge around on the high quality, cool cotton weave in the summer.”

Keep your product looking lush all year round

Taking care of your fine Merino wool bedding will make sure it lasts forever and always looks and feels great! It’s not cheap, but it is a long-lasting investment in your wellbeing.

“A great way to retain the softness of Merino wool fleece over time is by using a paddle brush. Brush all the fibres in one direction and then in the opposite direction after washing and drying – your bedding will look brand new all year round.”

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