



# SLEEP REVOLUTION CONTINUES AT YATAŞ

Everyone dreams of a comfortable sleep. Yataş turns those dreams into reality.

We spend about a third of our live sleeping; the rest depends on how our sleeping hours pass. A peaceful sleep brings with it a happy day.

To have a quality and healthy sleep is not a privilege, but a necessity.

Increasing your quality of life depends on it.

Such a sleep is everyone's right.

Therefore, as Yataş, we work with care and discipline in the direction of our sense of commitment and responsibility principles that we feel for you, and we develop ourselves constantly. We are pioneering for your convenience by producing new technologies for every age and body type. Everytime we meet you, we take pride in being worthy of your trust.

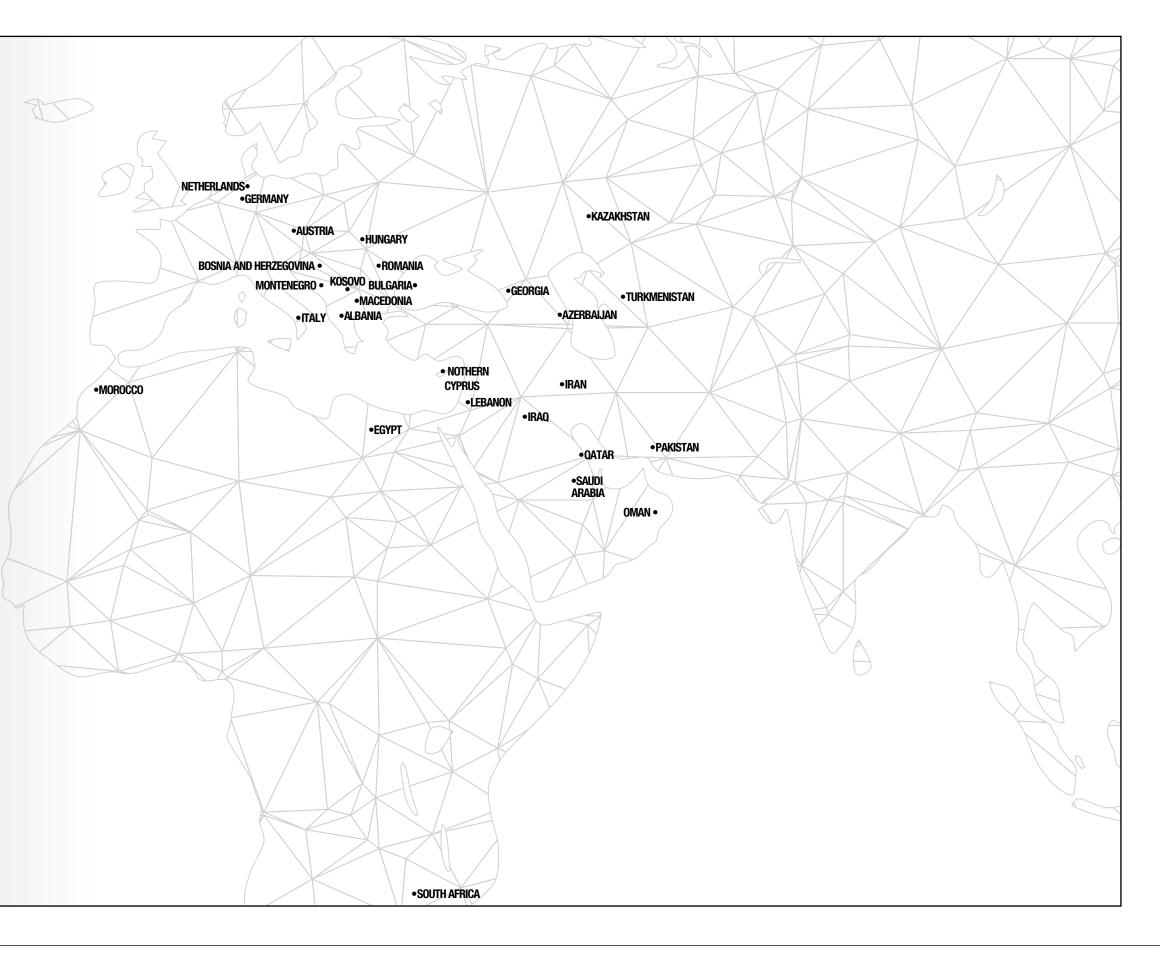
For a unique sleeping experience millions of people dream of Mattresses, Quilts, Pillows from Yataşşş!

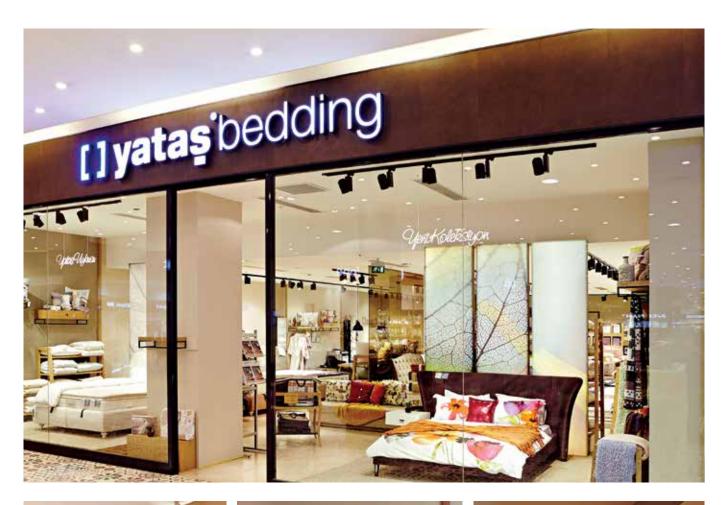
## [] yataş bedding

## **Globally Yataş**

Turkey's best-known mattress brand Yataş is taking firm steps towards becoming a global company with its developing technologies and product quality since the day it was founded. Today, Yataş Group exporting 50 countries in foreign markets mainly in Austria, Azerbaijan, Bulgaria, Egypt, Georgia, Germany, Hungary, Iran, Iraq, Italy, Kazakhstan, Lebanon, Macedonia, Montenegro, Morocco, Nothern Cyprus, Saudi Arabia and Turkmenistan including serving with 50 corporate stores.













## Yataş Bedding Dealership



## You can have a Yataş store too...

Yataş is Turkey's most recognized and innovative brand in the world of sleep with a transformed and revamped merchandising approach. It is now seeking new business partners at 55 domestic and 10 overseas locations...

In contrast to its counterparts, the company offers opportunity for a profitable and enjoyable business at a small investment and cost. You can open a 200-500 square meter Yataş Bedding Store in a shopping mall or on a busy street to actively sell mattresses, storage beds, headboards and textile products throughout the year.

Don't miss out on the chance for an available Yataş dealership location for yourself or for an acquaintance. Enjoy the right for secure regional borders, modern store management system, patented and specialized product range without comprise from quality, and a diverse range of product prices.





Find the best mattress for you easily

## **Perfect Mattress Search System**

Unconscious and trial-and-error mattress choices affect sleep quality and human well-being. In order to prevent all these negativities, we have prepared Smart Match Mattress Finding Analysis with algorithms which are the result of detailed researches carried out by Yatas Sleeping Laboratories. The Smart Match application allows you to easily find the right mattress for yourself by evaluating your specific information and sleeping needs.



#### Gender

Even if the height and weight measurements are the same, the body structure, weight distribution and spine patterns of men and women are different. For this reason, although the mattresses are designed as unisex, the most accurate analysis is structured with the knowledge of gender.



#### Age

Age changes the need for support of the spine, independently of height, and weight.



#### **Sleep Position**

Mattresses have different adaptability according to sleeping position. Therefore, sleep position information is a very important parameter for mattress-body mapping.



#### Height - Weight

Stature changes the pressure applied to the mattress. It directly affects the support that the mattress gives to the spine. Weight is an important parameter that determines how much support the mattress should provide for the correct spinal position.

## (if any)

Pain Area

The pain felt during sleep decreases the quality of sleep, while the pain felt after sleep reduces the quality of life. To reduce pain, a body-compatible mattress should be selected.

#### **Sweating Problem** (if any)

Matresses that absorb moisture from sweating and remove from the body, and dry up quickly and reduce the feeling of wetness, help to increase sleep quality.



#### **Allergy Risk** (if any)

If you feel nasal obstruction or pruritus irrespective of the season, you may have dust mite allergy. It is recommended that asthma patients choose mattress that provide protection against dust mites.

After you answer the questions in a complete and correct way, you will be ready to meet with Yatas sleep with the results that will be sent to your e-mail address.

Visit www.yatasbedding.com and discover the best mattress options for you with Smart Match.

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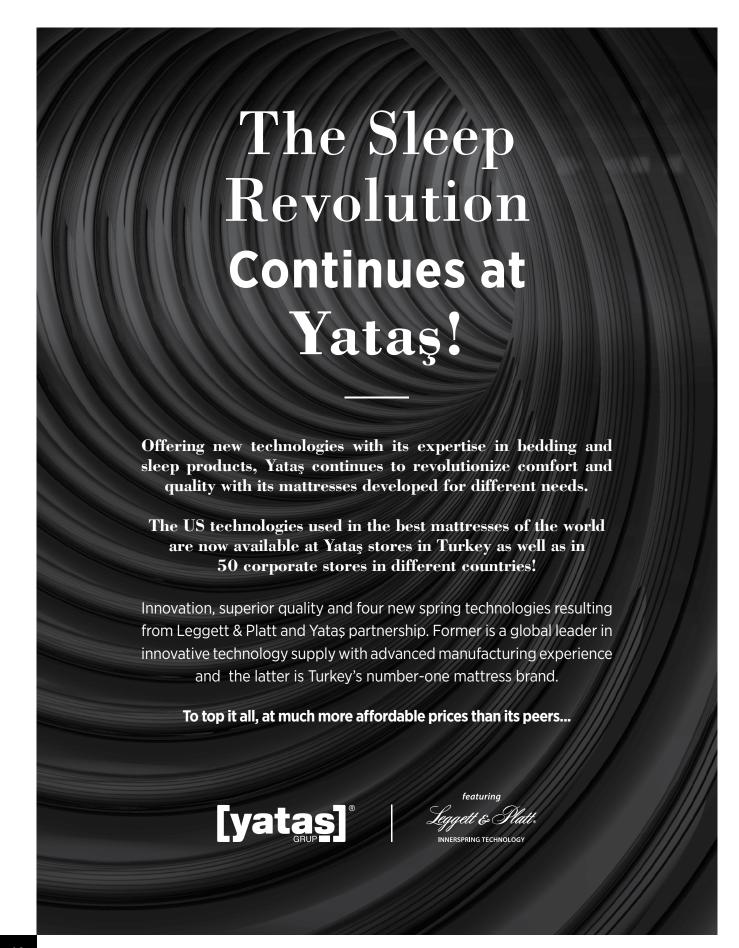
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The mattress with the world's first memory spring system from Yataş: Smart Track. 22



Royal Series / Special Colleciton

## **Smart Track**

Smart Track Mattress, providing the unique surrounding feeling of the Visco technology with the enhanced spring system Memory Coil, offers a sleeping experience that you have never felt before.

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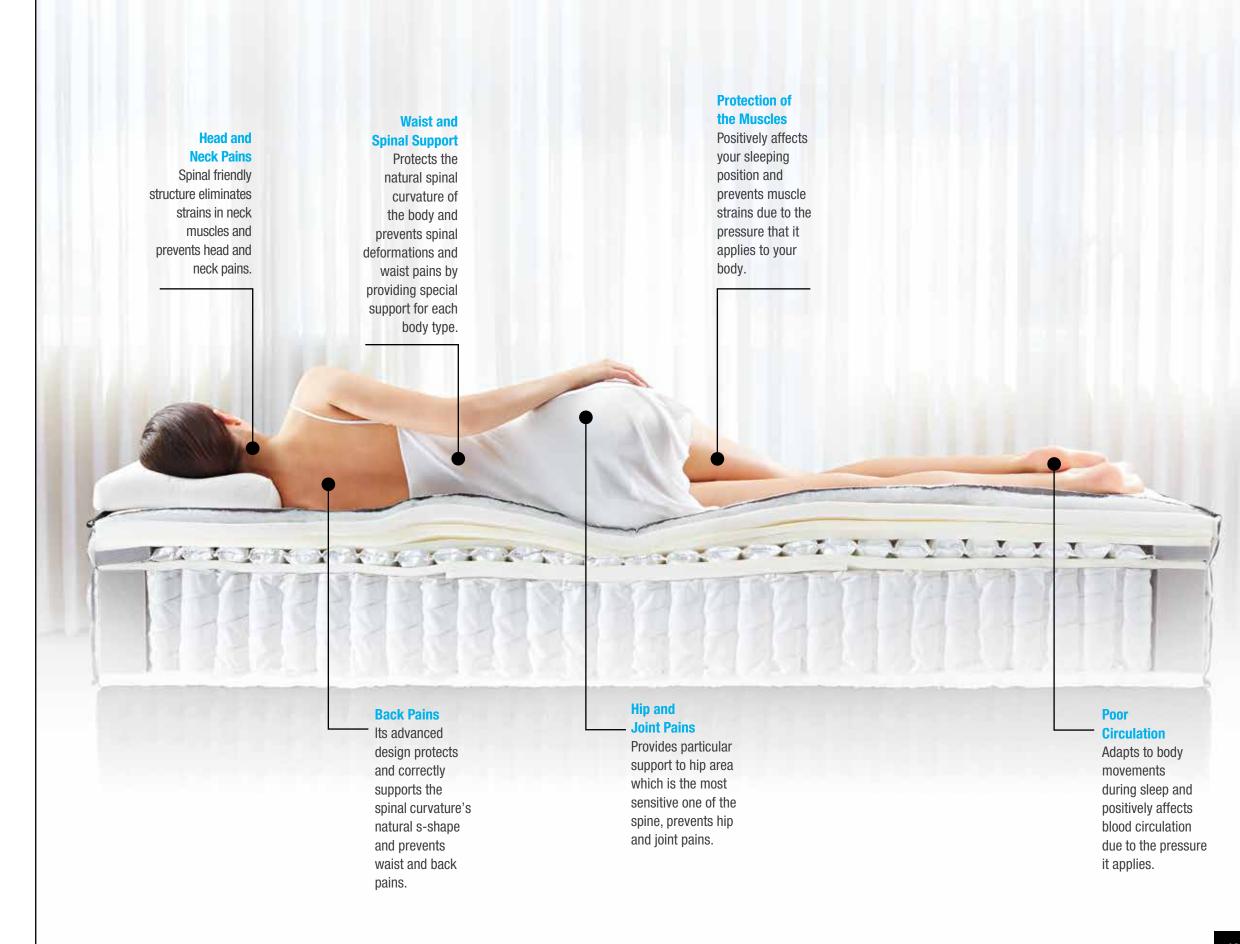


# WHY BUY A HYBRID MATTRESS

Yataş's HYBRID SERIES mattresses, which are composed of various combinations of the most advanced spring, visco, foam, latex, gel and fabric technologies which are suitable for all kinds of body types and satisfy personal comfort and needs, provide an uninterrupted and unique sleep experience.

If the problem is the mattress, the solution is Yataşşş..





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#### Royal Series / Special Collection

## **Smart Track**

The Memory Coil system in Smart Track Mattress ensures that your mattress is more breathable and prevents unintentional spring movements. Fitting perfectly to the convex regions of the body such as head, neck, waist and hips, responds to body movements instantaneously. Smart Track Mattress provides the same level of comfort to different body types with the utilized pocket spring system.



#### **Natural Friend of Your Body**

#### **Hybrid Design**

Due to special spring technologies which are used in the Smart Track mattress, less pressure is being applied to tissues and blood circulation is being regulated. Sleep quality tests conducted in Japan reveal that the Smart Track mattress reduces toss and turns at night by 24%.



## **Memory Spring System**

#### **Memory Coil**

The first coil system with a "memory", the Memory Coil provides the unique surrounding feel with its enhanced spring systems and ensures that your mattress is more breathable via increased air circulation compared to standard visco



#### **Smart Support**

#### **Pocket Spring Technology**

Individually packaged and independently functioning springs provide excellent adaptation to different body types and provide accurate spinal support by supporting body folds.



## **Comfortable Technology**

#### **FWT (Fine Wire Technology)**

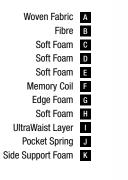
The advantages of narrow diameter and thinner springs turn to perfect comfort thanks to Fine Wire Technology and you get to enjoy the unique comfort of Memory Coil.

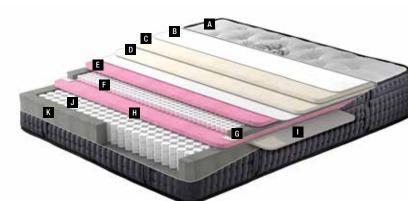


## FERAN ICE

#### **Thermal Comfort System** Feran Ice®

The Feran Ice® technology providess the optimal micro climate for a better night's sleep and keeps the extra heat, or moisture, away from the sleeping surface and provides a cool sleeping environment.





Mattress **Dimensions** - cm -160x200 180x200 200x200 - Mattress Support Rating -















Fine Wire Technology

MEDIUM MEDIUM-FIRM FIRM

Please contact our sales points for custom dimensions



The functional significance of this overcoat that it is acidic. This acidity is measured by the pH value. The ideal balanced pH value for our skin's health is 5,5. This pH value ensures that our skin remains moist and protected against the

As Yataş we are doing all the controls on this value which is important for our skin health and we choose our fabrics carefully. In our mattresses we offer you a pleasant sleep as well as skin health.

Royal Series / Special Collection

## King Master 10.000

Yataş celebrates its craftsmanship of sleeping quality for nearly half a century with the King Master 10000, a special handmade mattress. Get ready for an unique sleep experience where the award-winning Posturflo HD and Hi-Low technologies blend within one mattress with Yataş craftsmanship and are combined with the comfort from 10.000 springs.

[] yataş bedding



## King Master 10.000

Silky satin fabric and inner layers of King Master 10.000 are expertly combined using hand crafting skills. A total of 10.000 intelligent springs which work in harmony provide the ultimate comfort with award-winner Posturflo HD and Hi-Low and spring technologies.



## Smallest Pocket Springs in the World!

Posturflo HD

Posturflo HD spring technology consists of the smallest pocket springs that are only 20 mm in height and 33 mm in diameter, and is ultra breathable. Its high elasticity envelopes the body and provides the right support for every pressure point.



#### **Personalized Comfort**

Hi-Low

This unique pocketed innerspring system strategically positions coils of varying heights in the same row, maximising product comfort, support and versatility. Initial softness provided by the responsive head of the tall coil is followed by the firmness provided by the compressed tall coil combined with the shorter support coil.



## The Best Sleep of Your Life is Completely Hand-made!

**Expert Hands** 

In the King Master 10.000 the smooth and silky satin fabric that wraps around the mattress is sewn onto the inner layers of the mattress completely by hand.



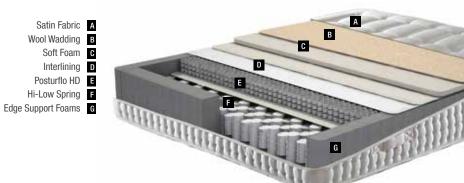
## Say Goodbye to Fatigue

**Active Support Technology®** 

Active Support Technology® of innersprings allows your muscles to relax in a more natural position. The coils adjust instantly to your sleep movements, comforting and supporting your body actively as you dream on.

Mattress Dimensions

- cm -



























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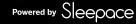
## Your Personal Sleep Counselor in your Pocket

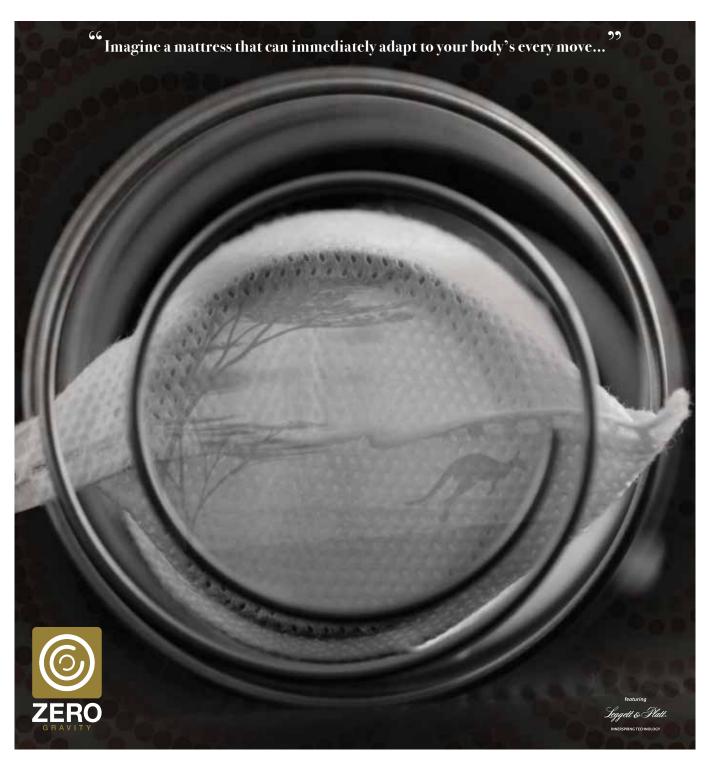
After installing the SLEEPACE app on your smart phone, the **RestOn Sleep Tracker** allows you to access detailed reports about your sleep data by touching merely a button. The device allows you not only to track your heart and breathing rate during sleep, but also various data such as the frequency of your toss and turns and the duration of your deep sleep. With the smart alarm feature, the device ensures that you start the day most vigorously.

Welcome an unique sleep experience and healthy and energetic life with **RestOn.** 









Royal Series / Special Collection

## **Zero Gravity**

Only, Yataş offers the world's most advanced spring technology, Wallaby! No matter what your body profile and sleep habits are, Zero Gravity will provide you specialized support with Wallaby springs, and you will no longer feel gravity while sleeping.



## **Zero Gravity**

Wallaby spring system that is used in Zero Gravity mattress utilises advanced coil-within-a-coil technology, generating a sleep system that intelligently responds to individual body weights, shapes, and sleep patterns. Zero Gravity with sleeping surface formed with soft, silky fabric with bright and smooth viscose fibers made of cellulose invites you to a unique sleeping experience created by its box pillow top with high relaxation effect and Adaptive TM technology featuring thermal comfort.



#### Coil within a Coil

Wallaby

Strategically targeted springs contain secondary interior coils which, once engaged, increase in firmness as more weight is applied. This "selfposturising" system identifies and reacts to every individual body movement. Wallaby coils offer sublime levels of sleeping comfort with essential body alignment and support characteristics.



#### **Different Support Levels** for 5 Areas

5-Zone

The 5-Zone spring alignment of the Zero Gravity mattress provides a healthier sleep by providing extra support for the five sensitive areas on your body.



## **67% Better Humidity Control**

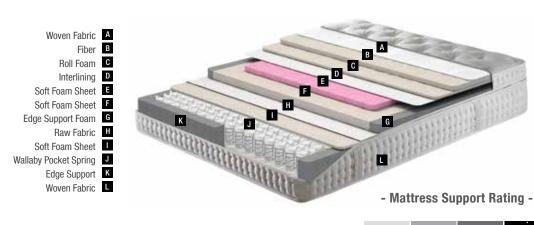
In the exact same environment, women may feel cold while men may feel hot. Adaptive has received an award for intelligent material & design technology, and mimics the actions of a smart air conditioner by distributing the humidity 67% more and evaporating it at a 25% faster rate. In other words, Adaptive™ technology offers personalized sleeping temperature.

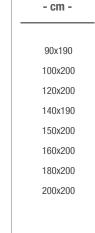


## Say Goodbye to Fatigue

**Active Support Technology®** 

Active Support Technology® of innersprings allows your muscles to relax in a more natural position. The coils adjust instantly to your sleep movements, comforting and supporting your body actively as you





Mattress **Dimensions** 

























## Wedding Premium

The Wedding Premium mattress has been specially designed for new beginnings and lifelong partnerships. Its 5-Zone Pocket Spring system that provides independent support for different parts of the body reduces partner disturbance during sleep. An exceptionally cushioned smart pillow top is ideal for couples who seek comfort.



#### 5-Zone

#### **Pocket Spring System**

The Wedding Premium mattress' 5-Zone Pocket Spring system provides independent support for different parts of the body, prevents discomfort caused by the involuntary movements of your spouse during sleep. Its Free Zone Spring technology offers uninterrupted sleep.



## A Soft Touch

#### **Doucinelle Fabric**

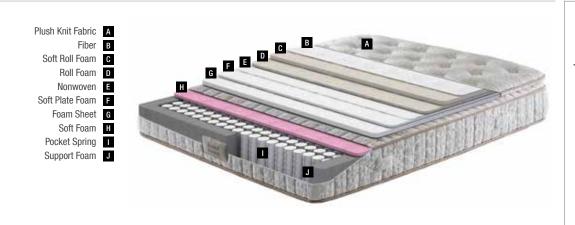
The Wedding Premium mattress boasts a plush fabric and an ample form that makes you feel as if you're sleeping on a cloud.



#### **Extra Comfort**

#### Pillow Top

Wedding Premium mattress provides body-weight specific support with its smart pillow top.



#### Mattress Dimensions - cm -

140x190 150x200 160x200 180x200 200x200







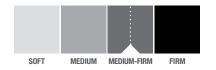








- Mattress Support Rating -



Please contact our sales points for custom dimensions

Wedding Premium For your first or new home as a couple...

Weddind

Royal Series / Special Collection

Wedding Premium



## MAGNETIC SLEEP **REVOLUTION WITH** YATAŞ TESLA SLEEP MATTRESS

Every living or inanimate being has a magnetic field, weak or strong. Human beings also need the ideal magnetic field to keep their lives healthy.

How does the magnetic field affect sleep quality?

If functions well, the magnetic energy-sensitive "pineal gland" in the brain will secrete the melatonin hormone, which regulates sleep rhythm, relaxes muscles and strengthens the immune system. The magnetic field improves blood circulation by acting on iron oxides in the blood and increases sleep quality.

[] yataş bedding

## Your sleep quality is expanding!



Selective Series / Innovative Technologies

## Tesla Sleep

Meet ISMOB 2016 Design Award-winning Tesla technology with magnetic field capability and increase your sleep quality.



#### Selective Series / Innovative Technologies

## Tesla Sleep

International test results show that, woven with magnetic yarns, Tesla Sleep mattress with Tesla technology, increases sleep efficiency by 98% and REM sleep by 11%. Thanks to the pocket springs, which move independently, it provides high comfort while providing proper support for your body. Featuring a cool sleeping environment with Feran Ice® technology, the Tesla Sleep mattress also features Free Zone technology that prevents spouses from being affected by their turn. Moreover, it offers high comfort sleep with No-turn technology that does not need to turn the mattress.



**Quality Sleep** Tesla Technology

Tesla technology is available in the special fabric of Tesla Sleep mattress knit with magnetic yarns that show magnet characteristics. The magnetic energy-sensitive "pineal gland" in the brain will secrete the melatonin hormone, which regulates sleep rhythm, relaxes muscles and strengthens the immune system. In addition, the magnetic field improves blood circulation by acting on iron oxides in the blood. It has been scientifically proven through tests in a sleep laboratory in Japan that Tesla technology improves sleep quality through magnetic field.



**High Comfort Variable Zoning System** 

The variable-zone body suspension system of Tesla Sleep mattress offers high comfort while providing proper support for your body. It causes less pressure at the convex points such as the shoulder, bases and joints, and most importantly prevents you from feeling tired.



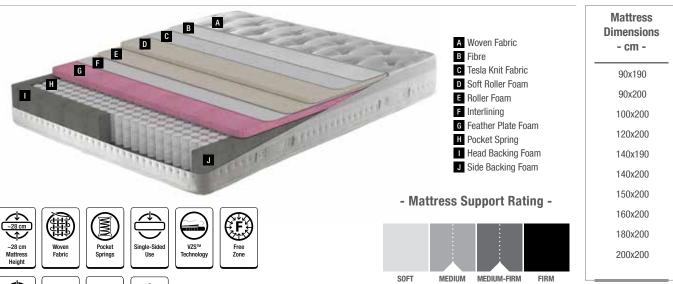
#### **Natural Touch** Viscose Fabric

The viscose fibres produced by passing through the special processes of the woods obtained from certified forests are turned into varn and fabric respectively. With their natural structure of cellulose, silky soft touch and high moisture absorption ability, viscose fibres are used in conjunction with the world's most luxurious fibres.

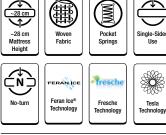


**Smart Support Pocket Spring Technology** 

Individually packaged and independently functioning springs provide excellent adaptation to different body types and provide accurate spinal support by supporting body folds. It also offers uninterrupted sleep thanks to Free Zone technology, which prevents you from being influenced by your partner's turning movements.



Please contact our sales points for custom dimensions



Tesla Sleep

Since Tesla Sleep has more magnetic fields than normal mattresses, it is recommended that people using cardiac pills can use this mattress with a doctor's advice.

## Specialist Opinion

## **INSOMNIA**



Medicana Çamlıca Hospital Neurology Specialist Spec. Dr. Selda ÖZSAHİN

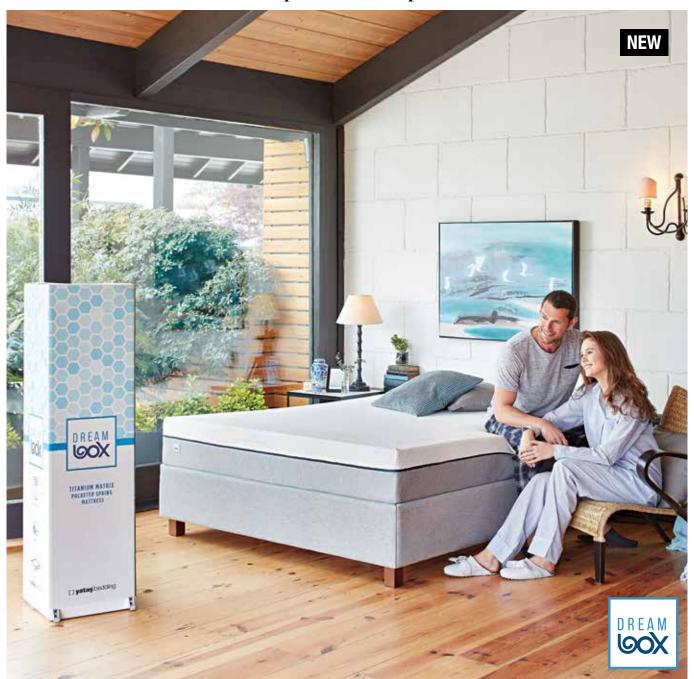
"50% of people suffer from insomnia at some point in their lives. For these people, insomnia has a meaning beyond being unable to sleep, leading to failure in psycho-social and occupational areas, thus greatly reducing quality of life."

In acute sleep disturbances ranging from 1 to 3 days, depending on change of place and medical conditions, a person may have gotten stressed or experienced an emotional trauma. In this case, the treatment is carried out by detecting the wrong behaviour and overcoming the fear of being conditioned "I can not sleep". For sleep disturbances continuing more than a few days, a neurologist should be consulted. Since chronic sleep disorders that last more than 3 weeks are related largely to psychiatric causes, the underlying problem should be investigated very well. If a person's biological clock does not match the sleep time, a long period of sleep disturbance may occur.

Alcohol, caffeine, smoking, stimulant use, a medical chronic or painful disease, and such neurological disorders as Alzheimer's, Parkinson's, stroke can also cause long-term sleep disturbances. In such cases, it is not possible to resolve the sleeping problem unless the underlying problem is corrected first and the appropriate treatment method is used. In addition to these treatments, one can get rid of long-term insomnia and sleep disturbances by paying attention to sleep hygiene and consulting a medical specialist.



## <sup>66</sup>Open, Roll, Sleep. <sup>79</sup>



Selective Series / Innovative Technologies

## **Dream Box**

The Dream Box represents the optimal mattress for everyone, offering personalized comfort by providing support for different body types and sleeping positions with its Titanium Matrix spring technology.

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## **Dream Box**

Dream Box is produced from smart materials of the future. Dream Box can easily be carried in its box and quickly prepared. Apart from being practical, it applies less pressure to your head-shoulder area and spinal curvature thanks to its Titanium Matrix Spring technology, which is applicable to all types of bodies. In addition, the removable cover and award-winning fabric keeps your mattress clean for years to come.



## For A Sound Sleep, **Well-Rested Body...**

**Active Support Technology®** 

Specially processed new generation springs of the mattress protect the natural spinal curvature of the body and the mattress applies correct amount of pressure on nerves and veins and allows you wake up to the day very well rested.



#### **Three Separate Comforts** In One

**Titanium Matrix Spring** 

In this spring-form, looking like an hourglass, the broad springs on the ends embrace the body softly. The narrow arc shape in the middle provides support when necessary and as firmly as required. The Titanium Matrix Spring supports even various body profiles correctly.



## **Idyllic Sleep Every Day!**

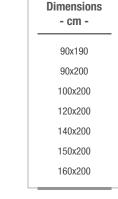
Removable - Washable Cover

Provides a hygienic sleep environment thanks to its removable and washable cover.



## Panel Fabric A Fabric B HR Plate Foam C Support Foam E Plate Foam **F** Zipper G

# Hourglass Pocket Spring D



Mattress



You can easily take your mattress out of its box.



You can easily cut the covering packaging with the cutter provided in the box.



You can roll your mattress effortlessly from end to end.



The mattress inflates and takes it real form. All you have to do is enjoy a nice sleep experience.



























Please contact our sales points for custom dimensions.

## Specialist Opinion

# CHOICE OF MATTRESS & PILLOW



Medicana Çamlıca Hospita Physical Therapy and Rehabilitation Specialist

**Prof. Dr. Tunç Alp KALYON** 

"The choice of the wrong mattress and pillow will cause the natural curve in the waist and neck areas to deteriorate and invites spinal diseases."

While a proper mattress helps to preserve the body's natural backbone, a wrongly selected mattress causes pressure on the muscles, nerves and veins, causing waist and back pain.

A good mattress should support the waist, back, head, neck and knee areas. The excessively stiffness of your mattress causes the formation of gaps between the body and the mattress, while the soft mattresses do not support the areas where the body is pressed. This causes some incarceration on the blood circulation and the brain is stimulated for blood circulation.

Therefore, you turn right and left many times during the night and cannot pass to deep sleep. When buying a mattress, firmness, softness and comfort of the mattress should be decided by lying on the mattress.

The material used in the mattress, the quality of the fabric on the exterior and the spring system used are very important.

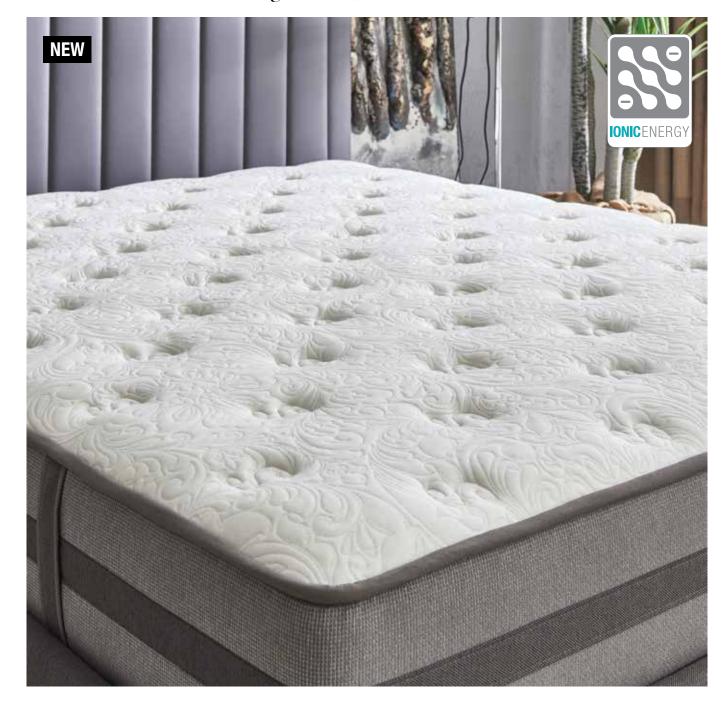
Before making a decision, this information should absolutely be obtained about the mattress that is desired to be purchased.

The mattress should also protect the body heat. In order to prevent sweating and cold, attention should be paid to the technologies in the mattress or the summer-winter use characteristics.

For a comfortable and sound sleep choosing the ideal pillow is also very important. Lying without pillows is not good for neck health and sleeping on very thick pillows is also inconvenient.

Pillows that do not force the natural curve of the neck spine and that support it are the most convenient.

## "Negative Ion, Positive Effect"



Selective Series / Innovative Technologies

## **Ionic Energy**

Combining features that improve the quality of sleep with the ergonomic design, the Ionic Energy Mattress invites you to a brand-new sleep experience.

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#### Selective Series / Innovative Technologies

## Ionic Energy

The Ionic Energy Mattress does not only help you rest, it also contributes to your body health thanks to its fabric that can emit negative ions which improve mental functions. The international Woolmark® certified woolen inner structure and the knitted fabric enrich the design of this mattress. Free Zone spring technology, which prevents being affected by changing sleeping positions during the night, and pocket spring system that provides support to the body provide together a comfortable sleep.



#### The Perfect Support Of Your Body

**Pocket Spring System** 

The pocket spring system, adapts to the body structures of the couples -regardless of how much each of them weigh- lying on the same mattress and stops joint pains thanks to its independently functioning springs with different firmness levels.



## A New Sleep Experience

**Negative Ion Technology** 

It helps you rest well and provides a quality sleep experience by contributes actively to your body health thanks to its fabric that can emit negative ions.



## Health by Pure Wool

Woolmark®

100% natural and the purest wool of the world, the Woolmark® regulates your respiration and pulsation and balances the body temperature.

Mattress Dimensions - cm -

90x190

90x200

100x200

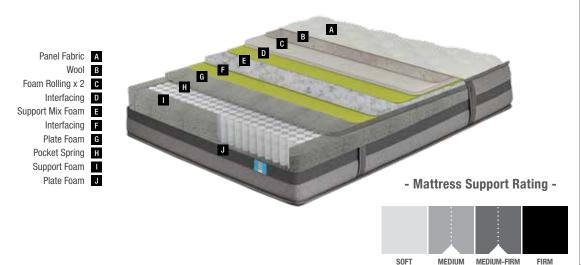
120x200

140x190

140x200

150x200

160x200 180x200 200x200



















Please contact our sales points for custom dimensions.

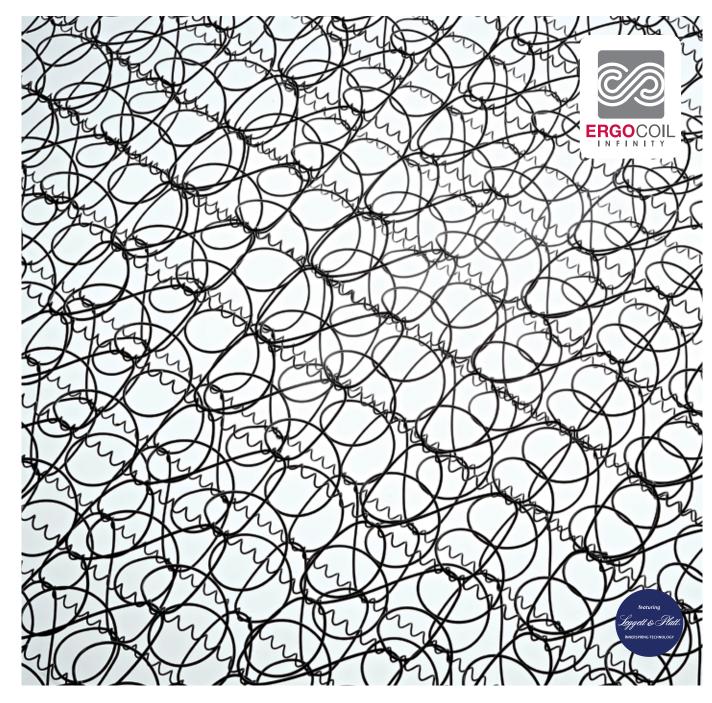


Body movements are restricted with mattresses that do not support the body or that react slowly to movements during sleep. Active Support Technology® is used in the springs of Leggett&Platt, a prominent spring technologies manufacturer, allowing the springs in the mattress to immediately adjust to sleep movements, and support the body for an active and relaxing sleep.

Active Support Technology® balances the moisture and temperature by providing circulation between the springs in the mattress innersprings sleep up to 28% cooler than foam.\*



American mattress type spring, a silent and infinite comfort 22



Selective Series / Innovative Technologies

## **Ergocoil Infinity**

The Ergocoil Infinity mattress, co-developed by Leggett & Platt and Yataş, provides double coil count and double comfort compared to standard spring systems. With the high comfort of the Ergocoil Infinity mattress, waking up tired will become history!



## **Ergocoil Infinity**

Ergocoil Infinity offers you waist support thanks to the UltraWaist system that has been exclusively designed for Yataş and private sleeping temperature thanks to the Adaptive<sup>TM</sup> technology. Yataş's special Ergocoil<sup>TM</sup> infinite spring system supports the spine correctly and prevents waking up feeling tired.



#### Shhh

#### **Ultra Silent Mattress**

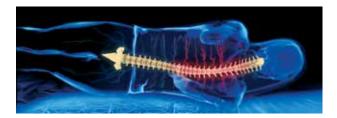
Ergocoil spring system, used in Ergocoil Infinity mattresses, is extremely noise free over after years.



## **Doubled Sleep Quality**

#### Ergocoil™

The Ergocoil Infinity mattress increases your sleep comfort dramatically due to high coil count. It offers double the number of springs compared to conventional mattresses and thus much more support. Compared with standard coil shapes, Ergocoil™ provides greater coverage with its continuous wire design. This results in mattress upholstery layers staying where they should - on top of the coils for maximum cushioning and support.



#### **Specialized Lower Back Support**

#### **UltraWaist Lower Back Support System**

UltraWaist Support system provides support and comfort for the waist and hips, which is the most vulnerable area of the backbone, and offers personalized waist support with its special soft-textured polymers for everyone, no matter what BMI or body type.



#### **Infinity Springs that Can Withstand 240.000 Impacts**

#### Ergocoil™

Featuring a unique, cross-laced design, Ergocoil™ provides a more supportive sleep surface by using a single, continuous length of highperformance wire for each row of springs. Tested for durability: no damage after 240.000 impacts.



## **67% Better Humidity Control**

#### Adaptive™

In the exact same environment, women may feel cold while men may feel hot. Intelligent material & design award winning Adaptive™ technology mimics the actions of a smart air conditioner by distributing the humidity 67% better and evaporating it at a 25% faster rate. In other words, the Adaptive™ technology offers personalized sleeping temperature.



#### Say Goodbye to Fatigue **Active Support Technology®**

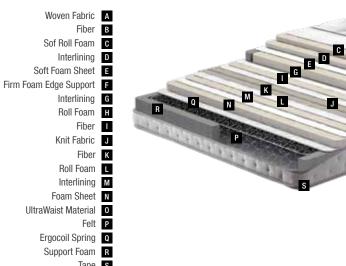
Active Support Technology® of innersprings allows your muscles to relax in a more natural position. The coils adjust instantly to your sleep movements, comforting and supporting your body actively as you dream on.



#### **Clean Sleep** Ergocoil™

The removable box pillow top of Ergocoil Infinity enables you to dry clean your pillow top









90x190 90x200 100x200 120x200 140x190 140x200 150x200 160x200 180x200 200x200

**Mattress** 

**Dimensions** 

- cm -

















Please contact our sales points for custom dimensions.

# WHY DOES QUALITY OF SLEEP MATTER?

Quality of sleep is vital to remain relaxed physically and mentally during the day. Frequently interrupted sleep or incomplete sleep without getting a rest causes adverse effects such as tiredness, lack of concentration, stress and labor loss. Sleeplessness poses a threat to your immune and repair system especially when it becomes chronic. It increases the risk of infection and various illnesses. A good sleep improves the quality of your life. The body repairs itself most effectively during sleep and provides the opportunity to recover from the physical, mental and emotional stress of the day. If you pay attention, you will see that we feel irritable, ill-tempered or tepid when we go to bed late or do not get enough sleep for a couple of days consecutively. Good and regular sleep is necessary for a healthy emotional growth.

#### **How Long Should a Good Sleep Last?**

A healthy adult needs between seven and nine hours of good quality sleep a night. This duration may change, depending on our diet or the day's circumstances. The body would require more time to rest following a busy day of physical and mental activity. Malnutrition or a heavy diet takes away from the quality of our sleep, whereas nutritional meals will help our body recover faster and feel more energetic.





Personalized comfort with the combination of visco foam technology and pocket springs...



Selective Series / Innovative Technologies

## Five-Z

The 5-Zone Pocket Spring system features independent springs of varying firmnesses, which adapt to the body types of spouses sleeping on the same mattress and relieve their joint pains.



## Five-Z

The high density, viscoelastic pad that is being used on both sides of the Five-Z mattress incorporates space technology and accelerates blood circulation and prevents waking up feeling tired. The 5-Zone Pocket Spring system in the center of the mattress provides personalized support for five different parts of the body and specially adapts to your body type.



#### **Perfect Support for Your Body**

**5-Zone Pocket Spring System** 

The 5-Zone Pocket Spring system features independent springs of varying firmnesses, which adapt to the body types of spouses sleeping on the same mattress and relieve their joint pains.



## **Memory Foam**

Visco Elastic Pad

The 60 DNS visco elastic padding used on both surfaces of the Five-Z mattress, manufactured with space technology, speeds up circulation.



#### **Health Benefits of Pure Wool**

Woolmark®

Woolmark®, 100% natural and the purest wool in the world breathes, relaxes the heart rate and

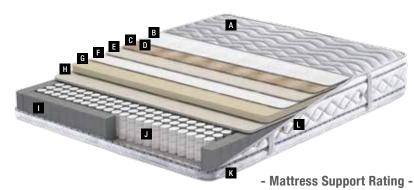


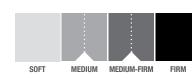
### **Uninterrupted Sleep**

**Double-sided Use** 

The Five-Z mattress may be used double-sided. This way, you can enjoy high-quality sleep for years!







## Mattress **Dimensions** - cm -90x190 90x200 100x200 120x200 140x190 140x200 150x200 160x200 180x200 200x200



























Please contact our sales points for custom dimensions

# HOW DOES YOUR MATTRESS AFFECT THE HEALTH OF YOUR SPINE AND QUALITY OF SLEEP?

A correct mattress is essential for a good sleep. Wrong choice of mattress creates pressure on the muscles, nerves and veins, and thus causing lumbar and back pain. It is important to preserve the spine curve of the body during sleep.

## Give due consideration when choosing a mattress!

At Yataş, each mattress is manufactured with the objective of preventing lumbar and back pains, and protecting the health of your spine. You need to choose the correct mattress for an uninterrupted and sound sleep without turning left and right, or experiencing lumbar and back pain. The first step to getting a quality sleep is to become informed regarding the technologies used on your mattress.

[] yataş bedding





Selective Series / Innovative Technologies

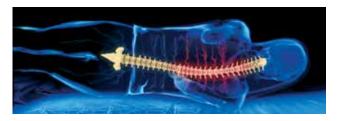
## Prestige Prime

FULL HD Edge<sup>TM</sup> Support Springs provide equally distributed comfort in all four sides of Prestige Prime. Its Monoblock Solid Core technology provides the best support for the back and the lower back and preserves its form for years.



## Prestige Prime

The Alpaca wool fabric of the winter surface creates a warm sleeping environment with a soft touch, and the knit fabric of the summer surface, which contains silk fibres has a cooling effect.



#### Firm Surface for Lower Back and Back Pain **Monoblock Solid Core Technology**

The durable and fully orthopedic Prestige Prime and its Monoblock Solid Core technology provides the best support for the back and the lower back and preserves its form for years.



#### **Improved Perimeter** Consistency

Patented Edge™ Support Spring Technology

Provides Full HD mattress comfort with its Edge™ Spring technology that supports the mattress on all four sides. Only at Yataş. Offers an improved perimeter consistency



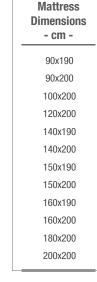
#### **Cool in Summer, Warm in Winter**

Alpaca Wool - Silk Fabric

The Alpaca wool knitted fabric of winter surface of Prestige Prime matress has an extremely soft touch and is durable. With microscopic size air gaps in its structure, Alpaca wool, by trapping air, keeps warm 7 times more than standart wool. The kint fabric of the summer surface, which contains silk fibres has a cooling effect.







## - Mattress Support Rating -







~32 cm Mattress



















Please contact our sales points for custom dimensions.

\*Discover Duchess Comfort's 7-Zone Pocket Spring system and its award - winning technologies 29



Selective Series / Innovative Technologies

## **Duchess Comfort**

Your partner's movements during sleep, or humidity control-related issues such as sweating or feeling cold may cause quite a discomfort.



## **Duchess Comfort**

Supporting different zones of gravity on the body with the 7-zone pocket spring system and helping spouses not to be affected by each other's toss and turns, the Duchess Comfort mattress provides excellent humidity-management thanks to award-winning Tencel® and Purotex® technologies. Its modern pillow top design allows maximum pressure distribution and provides extra comfort.



#### **Perfect Spine Support**

7-Zone Pocket Spring System

Duchess Comfort offers an interrupted night's sleep with its 7-Zone Pocket Spring system that prevents spouses from feeling the discomfort of each other's movements.



## Maximum Pressure Distribution

Pillow Top

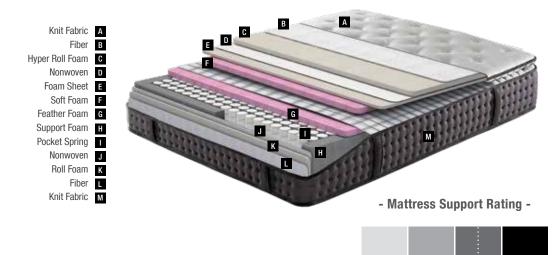
Duchess Comfort facilitates maximum pressure distribution with a comfort-improving sleeping pad and offers extra relaxation.



## **Superior Moisture Control**

Tencel<sup>o</sup>

Tencel® fibers are obtained from eucalyptus trees, with its superior moisture management, it helps to balance body temperature. The soft touch of Tencel® gives your mattress a smooth silky feel



90x190 100x200 120x200 140x190 150x200 160x200 180x200 200x200

Mattress















ENCEL Twintech Technology

MEDILIM MEDILIM-FIRM



Please contact our sales points for custom dimensions

## Specialist Opinion

## LYING POSITIONS

AND IMPACTS ON THE BODY



Medicana Çamlıca Hospital Physical Therapy and Rehabilitation Specialist

Prof. Dr. Tunç Alp KALYON

"It is imperative that a proper lying position has to be taken for the spinal cord which gets tired during the day and to relax the muscles."

The spine, which provides the basic support of our body, consists of 33 bones arranged on top of each other. Among the vertebrae are cartilage cushions called "discs", and in between the discs is a gel-like core. The spinal cord is a nervous tissue that goes down to the waistline just after it leaves the brain. From there, 31 pairs of nerves come out to the right and left, and all this system is protected by the spine. Once these nerves have departed from the backbone, they are distributed to the arms, legs, or body and fulfil the functions of the senses and movements of the area they go to.

Not everyone has an ideal lying position. For example, some people sleep comfortably on the back position. This position is not preferred by couples especially because it increases the risk of snoring despite relieving the spine.

In the freefall position, on the other hand, there may be inconveniences such as pressure in the chest and abdominal cavities in addition to stretching the neck and waist spine. The most recommended lying positio is side-position in accordance with the structure of the letter "S" of the spine. In this position the arms and legs should not be shrinking fully. The back and arms should be bent and the knees should be pulled slightly toward the abdomen. In particular, we recommend those who suffer from lower back and neck problems and pregnant women to lie in this position and avoid from the supine position. In addition to all these, the use of non-light curtains, with the average temperature of the bedroom being 21-22 degrees, will also facilitate a good quality and restful sleep.

f 8

## Athletic

Imagine a mattress that allows the quick recovery of muscles and facilitates thermal balance by increasing the energy level of the body. The patented Celliant® fabric technology, used by the world's leading sportswear brands, has been proven to increase energy in clinical researches. Yataş has exclusively brought the fabric to Turkey for the first time with the Athletic mattress.







**REDUCES JOINT** PAIN



#### Start the Day Fresh, Feel the Energy!

Celliant® Technology

The Athletic mattress increases the oxygen levels in the body, offers anti-stress minerals straight from nature, and its Celliant® fabric technology that facilitates natural healing prevents waking up with fatigue and joint pains. Clinical researches have shown that the patented Celliant® fabric technology, used by the world's leading sportswear brands, can increase the body's energy levels. Yataş has exclusively brought the fabric to Turkey for the first time with the Athletic Mattress.



## **Same Comfort for Years**

**DHT Spring Technology** 

The Athletic mattress preserves its form for years thanks to Yataşexclusive DHT Spring technology made up of double heat treated steel



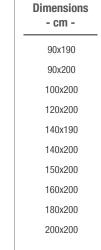
Add 48 extra minutes to your day with the Athletic mattress

Clinical trials have proven that the Athletic mattress helps you fall asleep 15 minutes earlier and get enough sleep by a 33 minutes increase.









**Mattress** 







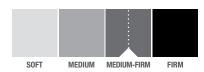








- Mattress Support Rating -



Please contact our sales points for custom dimensions

Turkey's first and unique... Energize while you sleep...

Selective Series / Innovative Hybrid Technologie



# FAST MOISTURE MANAGEMENT ON YOUR MATTRESS

High heat that is created during sleep causes uncomfortable sleep. Heated body sweats out the heat. Feran Ice® technology helps the mattress stay dry and provides a cool sleeping environment by quickly vaporizing the moisture that is created on the fabric of the mattress due to sweating. With a soft and flexible feel it gives to the fabric of the mattress, Feran Ice® is promising more than the sleep you are accustomed to.

[] yataş bedding



Selective Series / Innovative Technologies

# **Cool Action**

The Cool Action mattress provides personalized support with its individually encased pocket springs and offers thermal comfort with its Feran Ice® technology.

# **Cool Action**

The Cool Action mattress offers thermal comfort with its Feran Ice® technology and provides personalized support with its individually moving pocket springs. Cool Action remains clean for years with its washable pillow top. Its Free-Zone technology prevents partner disturbance, and its No-turn technology that relieves you from turning the mattress offers comfortable sleep.



# **Smart Support**

**Pocket Spring Technology** 

Individually packaged and mobile springs perfectly adapt to different body types and provide the correct back support by supporting the curves of the body.



# **Thermal Comfort System**

Feran Ice®

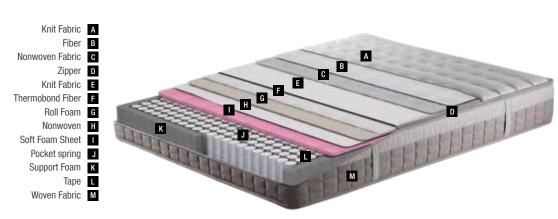
The Feran Ice® technology helps maintaining the optimal micro climate for a better night's sleep and keeps the extra heat, or moisture, away from the sleeping surface and provides a cool sleeping environment.



# **Clean Sleep**

Removable - Washable Cover

The Cool Action mattress provides the opportunity to clean your mattress whenever you wish with its removable and washable cover.



# Mattress **Dimensions** - cm -90x190 90x200 100x200 120x200 140x190 140x200 150x200 160x200 180x200 200x200









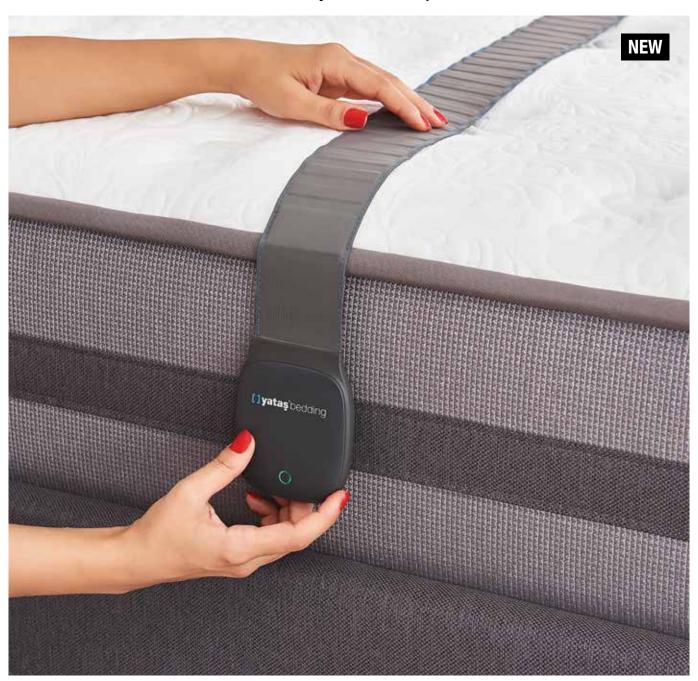






MEDIUM MEDIUM-FIRM

# Your Personal Sleep Counselor in your Pocket



# RestOn Smart Sleep Monitor

We spend about a third of our lives asleep; the rest depends on how well we spend our hours of sleep. RestOn Smart Sleep Monitor, the newest member of the new generation of sleep technologies which offer an unique sleep experience, is designed to achieve the most conformable sleep experience for you.



Powered by Sleepac

#### Sleep Tracker

# RestOn Smart Sleep Monitor

After installing the SLEEPACE app on your smartphone, in order to improve your healthy living standards, you can reshape your own sleep pattern with RestOn, which allows you to access detailed reports about your sleep data by touching merely a button. You can operationalize RestOn by rolling it on your mattress. The device allows you not only to track your heart and breathing rate during sleep, but also various data such as the frequency of your toss and turns and the duration of your deep sleep. With the smart alarm feature, the device can wake you up at the lightest point of your sleep and allows you start the day most vigorously.







Remove the magnetic cover.

Place the sensor strip on a compatible mattress or under your flat sheet.

Attach the magnetic cover over your flat sheet.

Sleep well.

# **Sleep Assistant**

#### **Memory Technology**

Easily integrating on to your mattress, the RestOn helps create ideal sleep habits while offering exercise and diet advice along with tips for sleep counseling and healthy sleep.



# **Wake Up Vigorously**

#### **Smart Alarm**

RestOn measures the depth of your sleep during the night. By this means, you wake up in the 30 - minute period before the alarm you set goes off, thus allows you start the day in a vigorous fashion by waking you up at the lightest moment of you sleep.



# **User-friendly Interface**

#### Easy Use

Monitor your sleep cycle, heart and breathing rate and body movements with 96% accuracy at the touch of a button and track your sleep with the correct data!



# Track The Health Of Your Beloved Ones

#### **Family Sharing**

With Family Sharing Feature, you can easily follow your relatives who especially have health problems, even if you are not with them, and get an idea about their health status.





















Please note that this product is not a medical device and can not be used to prevent sudden deaths.

Attention! This product is not suitable for persons using pacemakers.

SCAN TO DOWNLOAD SLEEPACE APPLICATION



# Visco, Latex and Foam Technologies

# For the ones who seek for a qualified sleep...

Pure Touch Series visco mattresses produced with open cell manufacturing technology are extra sensitive to body temperature and pressure. Visco mattresses are also utilized in medical treatments due to the perfect support they provide to body's natural curve. Furthermore, they maintain the quality of sleep at the utmost level. They are ideal for an uninterrupted sleep, thanks to a structure that prevents partner disturbance during sleep.

# THE BIRTH OF A NEW AGE EUCALYPTUS TREE EXTRACT

Tencel® is a natural cellulosic lift obtained from the eucalyptus tree extracts. It gives a cool and refreshing feeling to the sleeping environment. In short, Tencel® fabrics are as soft as silk, they are as cool as linen, and at the same time they have high durability.

With the experiments made, it has been proven that 65% of the moisture is rapidly removed from the body.

#### What are the advantages of Tencel®?

- Provides moisture management.
- It is completely breathable and remains dry.
- Tencel® regulates body heat balance and maintains skin moisture balance.
- It is suitable for sensitive skin.
- It is made from smooth fibre and soft touch.
- Helps to increase the comfort of sleep.
- It is renewed with nature.





Pure Touch Series / Visco, Latex and Foam Technologies

# Visco Ultimate Support

Yataş's new mattress that is built with exclusive open cell technology and high density visco elastic memory foam, Visco Ultimate Support Mattress is offering a highly supportive and comfortable sleeping experience.

yataş bedding

# Visco Ultimate Support

The ideal arrangement of layers in the mattress Visco Ultimate Support produced with Yataş's open cell visco foam technology creates a supreme level of comfort by supporting the body everywhere. Thanks to the award-winning Tencel technology in its fabric provides superior moisture management and balances body warmth. Tencel's soft touch will leave a smooth feel on the skin. Removable and washable fabric helps you clean your mattress when you want. Furthermore, it provides a supremely comfortable sleeping experience for years to come with No-turn technology that removes the need to turn the mattress around.



#### Yataş Quality

#### Visco

Yataş's visco mattresses are produced using open cell visco foam and helps preserve the natural curve of the spine. It wraps around your body perfectly and reduces involuntary turning and tossing movements during sleep. At the same time, Yataş mattress produced with open cell visco foam technology provides a spacious sleeping environment thanks to its high air permeability.





#### **High Comfort**

Variable Zoning Technology

The variable-zone body suspension system of Visco Ultimate Support mattress offers high comfort while providing proper support for your body. It helps you feel less pressure and fatigue at the convex points such as the shoulder, bases and joints.



# **Superior Moisture Control**

#### **Tencel®**

Tencel® fibers are obtained from eucalyptus trees, with its superior moisture management,it helps to balance body temperature. The soft touch of Tencel® gives your mattress a smooth, silky feel.

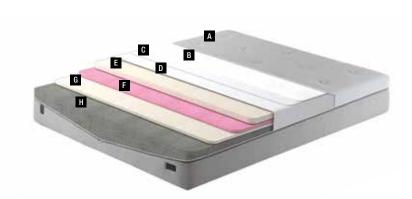


# A Clean Sleep...

#### Removable Cover

The Visco Ultimate Support mattress offers a clean sleeping environment with its removable and washable cover.





# - cm 90x190 90x200 100x200 120x200 140x190 150x200 160x200 180x200 200x200

Mattress Dimensions

# - Mattress Support Rating





















# ARE YOU ONE OF THOSE WHO GETS CHILLED OR PERSPIRES DURING SLEEP?

Which ever you are, Adaptive<sup>™</sup> technology provides specific thermal comfort for you. Intelligent material & design award winning Adaptive<sup>™</sup> technology mimics the actions of a smart air conditioner by distributing the humidity 67% better and evaporating it at a 25% faster rate. Thanks to its smart material with high humidity management, it turns your mattress special to you during sleep.

Adaptive™ Technology has won Interzum Material & Design Award.





# [] yataş bedding



Ideal mattress choice for those who want to experience Visco comfort: Visco Optimum Support



Pure Touch Series / Visco, Latex and Foam Technologies

# Visco Optimum Support

Manufactured with Yataş proprietary open cell technology, adverse affects or perspiration seen on standard visco mattresses due to environment temperature are not experienced in Visco Optimum Support mattresses.

# Visco Optimum Support

With high technology visco layer, Visco Optimum Support recovers its shape rapidly and responds to the body movements in ideal speed. Visco Optimum Support mattress's ideal layer alignment supports the body from every point and creates a supreme comfort level. With award winning Adaptive technology, it offers personal thermal comfort while with its washable fabric, you are free to clean your mattress whenever you like.



# **Yataş Quality**

Yataş's visco mattresses are produced using open cell visco foam and helps preserve the natural curve of the spine. It wraps around your body perfectly and reduces involuntary turning and tossing movements during sleep.





# **High Comfort**

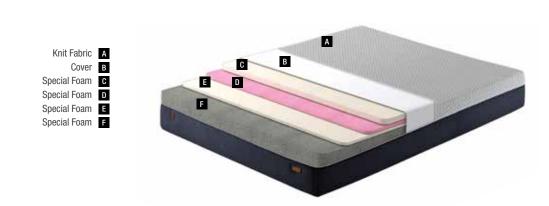
Variable Zoning Technology

The variable-zone body suspension system of Visco Ultimate Support mattress offers high comfort while providing proper support for your body. It helps you feel less pressure and fatigue at the convex points such as the shoulder, bases and joints.



# **67% Better Humidity Control**

In the exact same environment, women may feel cold while men may feel hot. Intelligent material & design award winning Adaptive™ technology mimics the actions of a smart air conditioner by distributing the humidity 67% better and evaporating it at a 25% faster rate. In other words, the Adaptive™ technology offers personalized sleeping temperature.



**Dimensions** - cm -90x190 90x200 100x200 120x200 140x190 150x200 160x200 180x200 200x200

**Mattress** 

#### - Mattress Support Rating





















# Specialist Opinion

# DEFINITION OF QUALITY SLEEP



Medicana Çamlıca Hospital
Pulmonology Specialist

Spec. Dr. Ertuğrul Serdar AKIN

"The definition of insomnia and sleep disorder can vary from person to person, the most common case we face is having difficulties at falling asleep. Staying asleep after having falling asleep is another form of sleep disorder. Stress and sleep disorders are diseases of the new age and they decreases the quality of life and cause many diseases."

Uninterrupted and regular sleep, which are very important for our health, affect our comfort and standard of living the next day. In particular, these conditions affect overweight patients with respiratory disorders such as asthma and copd or disorders such as hypertension, coronary failure. It is important that patients with this type of disorders should have a proper mattress and pillow to ensure a smooth and comfortable sleep. In addition, we recommend patients with neck complaints, such as cervical disc hernia and reflux to pay strict attention to the correct selection of mattress and pillow and patients with allergies should select antiallergic mattresses and pillows.

The selection of mattresses and pillows is becoming more important as generally we sleep away one-third of our lives. Therefore, we emphasize and advise all our patients paying attention to mattress and pillow selection.

The Seven-Z Latex mattress redefines sleep comfort! 22



Pure Touch Series / Visco, Latex and Foam Technologies

# Seven-Z Latex

With natural latex layer and 7-Zone Pocket Spring system, the elastic structure of Seven-Z Latex mattress absorbs the body's pressure to reduce the turning movements during sleep while providing support to each area of the body separately, providing a very comfortable sleeping in fewer positions.



# Seven-Z Latex

Obtained from the sap of rubber tree, the natural latex of the Seven-Z Latex mattress offers a spacious sleeping environment while allowing the mattress to breathe more, while its flexible structure absorbs extra pressure. Thanks to its 7-Zone Pocket Springs in the centre, it fits seamlessly into the body curves while maintaining the natural S shape of the spine in different sleep positions. It also prevents spouses from being influenced by each other's turns during sleep, through Free Zone technology.



#### **Natural Friend of Your Body**

#### **Hybrid Design**

Seven-Z Latex mattress which is the perfect combination of 7-Zone Pocket Spring system and natural latex, perfectly fits in body curves. With the structure that protects the natural curve of the spine, it relaxes your body and offers you a healthy sleep.



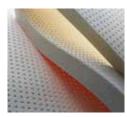
#### **Excellent Backbone Support** 7-Zone Pocket Spring System

Prevents spouses from being disturbed by turns during sleep, the Seven-Z Latex mattress with 7-Zone Pocket Spring system provides uninterrupted sleep throughout the night.



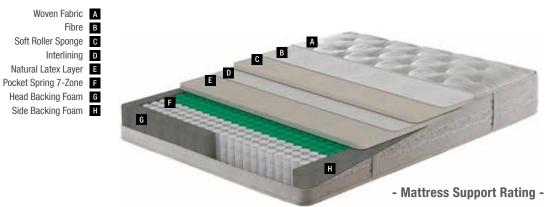
#### **High Comfort** Variable Zoning Technology

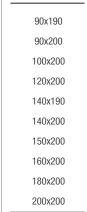
The variable-zone body suspension system of Seven-Z Latex mattress offers high comfort while providing proper support for your body. It helps you feel less pressure and fatigue at the convex points such as the shoulder, bases and joints.



#### **Unique Comfort Natural Latex**

Latex is a unique filling material, in addition to its naturalness. Due to its flexible structure, absorbs excessive pressure and reduces the effect of turning movements during sleep, providing a much more comfortable sleep in fewer positions. To use the highest quality and environmentally friendly latex in the Seven-Z Latex mattress, the rubber sap is supplied from certified forests that are only cultivated under control. It is used with human and environment friendly methods.





Mattress

**Dimensions** 

- cm -





















Pure Touch Series / Visco, Latex and Foam Technologies

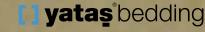
# **Supreme Comfort**

Supreme Comfort makes a difference with its hybrid structure, in which visco elastic memory foam and Micro Pocket Spring technology have been used together. It reduces pressure and gives perfect support to body.



With patented open cell technology, Pure Touch Series visco mattresses are responsive to body heat and pressure. Visco mattresses are also utilized in medical treatments due to the perfect support they provide to body's natural curve. Furthermore, they maintain the quality of sleep at the utmost level.

Yataş visco mattresses are innovative, natural and environment-friendly.



# **Supreme Comfort**

The mini pocket springs in the Supreme Comfort mattress that are only 5 cm high provides crucial support between visco and foam layers, and offers special support for the most sensitive area of the spine: the waist and the hips. Fresche® technology prevents the formation of unpleasant odors and preserves its effect for as long as the mattress is in use.



# **Special Backbone Support**

**Hybrid Design** 

Sandwich design that provides perfect pressure relief and support for the most sensitive area of the backbone. 5 cm high mini pocket springs take on an important support task between visco and CNC-cut PU foam layers.





# With Yataş Quality

Visco

Yataş's visco mattresses are produced using open cell visco foam and helps preserve the natural curve of the spine. It wraps around your body perfectly and reduces involuntary turning and tossing movements during sleep.



#### A Clean Sleep... Removable Cover

The Supreme Comfort mattress offers a clean sleeping environment with its removable and washable cover.

Mattress

**Dimensions** 

- cm -

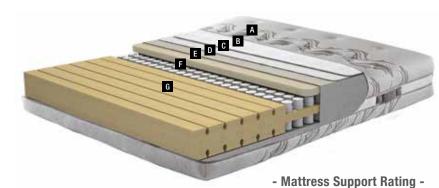
90x190

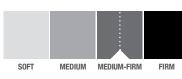
100x200

120x200 140x190 150x200 160x200

180x200 200x200









S U P R E M E C O M F O R T





















# Visco Topper

With Yataş Visco Topper, you can economically experience the visco comfort without having to purchase a new mattress. Yataş Visco Topper may be used on top of your mattress and comes with 4 or 7 cm options, and provides you a comfortable sleep. Your topper may be cleaned easily with its washable cover, and increases your sleeping quality with its backbone support feature.



Your Body is Saved in Your Mattress' Memory **Open Cell Visco Foam Technology** 

Yataş's visco mattresses are produced using open cell visco foam and helps preserve the natural curve of the spine. These mattresses envelop your body much better and provide more comfort than firmer mattresses due to their open cell structure and sensitivity to heat and pressure.



# **Clean Sleep**

Removable - Washable Cover

The Visco Topper provides the opportunity to clean your product whenever you wish with its removable and washable cover.



# - Mattress Support Rating -











150x200x7

Mattress **Dimensions** - cm -

> 90x190x4 100x200x4 140x190x4 150x200x4 160x200x4 180x200x4 200x200x4 90x190x7 100x200x7 140x190x7

Please contact our sales points for custom dimensions.

Experience the visco comfort without getting a new mattress...

Pure Touch Series / Visco, Latex and Foam Technologies

Visco Topper

# Give your guests a comfortable sleep experience



#### Guest Bed

# **Compact Guest Bed**

With its ergonomic design which can be set up and folded easily and stored without covering space in its own bag, the Compact Guest Bed offers smart solutions to various needs.

#### Guest Bed

# **Compact Guest Bed**

The Compact Guest Bed provides your overnight guests a quality sleep experience with its unique comfort. In addition to being a mattress pad, you can use it either on the floor, on the armchair, or as a camping bed. Moreover, it can be converted into a queen sized mattress with a second Compact Guest Bed thanks to the combinable slide fastener design.









Easy to carry in a special zip-around Gets ready quickly and practically.

Can be converted into queen sized mattress thanks to the combinable slide fastener feature

Your guest experience a nice sleep thanks to its usability on different level surfaces.



# **Supreme Comfort**

HR Foam

Compact Guest Bed is manufactured with supreme comfort special HR foam that can respond to body movements very quickly. Due to its high air permeability, the continuously breathing HR sponge prevents problems such as malodour and perspiration.



# **Healthy and Hygienic**

**Washable Bamboo Fabric** 

Compact Guest Bed is washing machine-safe thanks to the bamboo fabric with the zip-around cover and therefore be used as clean as on its first day. The organic and natural bamboo fabric provides sleep temperature suitable for every season due to its dehumidifying feature.



# Ease of Use

Foldable, Incapacious, Portable

Compact Guest Bed, is easily foldable and can be stored in its own bag thanks to its soft and light HR foam. It is incapacious when not in use. The chic bag enables the mattress to be carried with ease during travels and fits easily into car trunks.







**Mattress Dimensions** - cm -

80x200



# Specialist Opinion

# **CONNECTION BETWEEN SLEEP AND DIET**



Dietician Rd. Yavuz CELİK

"Even though our sleep pattern is determined by a genetic clock, environmental and biological factors also have a significant impact on the duration and quality of sleep. In particular, excessive and high-calorie food consumption, malnutrition, lack of movement during the day and depression are factors that reduce sleep quality."

Sleep is an important vital physiological requirement, just as vital as nutrition or breathing is. For this reason, sleep should be seen as an important determinant of health, affecting the quality and comfort of the individual.

Sleep can be defined as the period of time when the individual is not active, his physical activities end and his/her body needs to rest. This period of time lasts 7-8 hours, but it may exceed 10 hours according to age group.

Adequate sleep quality, environment and conditions are essential for our body to be more vigorous and functional and ready for the next day. Going about some of these conditions; • Relaxing colours on the walls most important ones are physical conditions (sleep environment) and physiological conditions (Nutrition).

Examining nutrition in detail; selecting quantities and qualities of food that covers the needs of the individual would be our first pick, followed by foods which are easy to digest and methods of cooking of these foods and approximately 3-5 hours before sleeping the food consumption should be ended which is the necessary time needed for the foods to be digested. When the physical conditions are met:

- A warm shower if possible
- Clean mattress, flat sheet, duvet covers, pillows etc., relaxing pattern and colour selections
- Mattress selection
- Well ventilated room with optimal temperature
- Dark and and guit environment

# Uninterrupted sleep experience



Classic Series / DHT Spring Technologies

# **Wool Sense**

Promising a healthy and durable sleep with Woolmark®'s wool the Wool Sense Mattress offers an uninterrupted sleeping experience by supporting the spine throughout the night due to DHT spring system.

# Wool Sense

Wool Sense Mattress keeps your mattress as good as new for years to come due to DHT spring system. This feature supports the spine during the night and minimizes sleep interruptions and promises an independent and relaxing sleep experience. Incorporated in Turkey only by Yataş Woolmark® wool feature offers calm and comfortable night.



#### **Extend The Life of your Mattress**

**DHT Spring Technology** 

DHT spring system keeps your mattress as good as new for years to come even when used one sided. Successful results have been obtained from height loss and form/shape loss tests measured as a result of international endurance tests.



# **Health by Pure Wool Woolmark®**

Woolmark®

100% natural and the purest wool of the world, the Woolmark® regulates your respiration and pulsation and balances the body temperature.

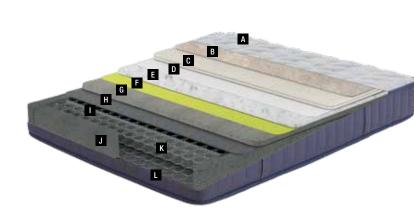


#### **Soft Touch**

**Knit Fabric** 

The ultra-flexible knitted fabric provides a comfortable sleep with its soft texture while adding elegance to the mattress.





# 90x190 90x200 100x200 120x200 140x190 150x200 160x200 180x200 200x200

Mattress **Dimensions** - cm -

#### - Mattress Support Rating -



















Please contact our sales points for custom dimensions.





# Specialist Opinion

# OF INSOMNIA ON HEART HEALTH



Medicana Çamlıca Hospital
Cardiology Specialist

Assoc. Prof. Dr. Murat YALCIN

"Poor quality sleep causes coronary failure, hypertension and cardiac arrhythmia symptoms to increase. For this reason, a good quality sleep is important for cardiovascular diseases i.e. disorders of heart and veins."

Some of the hormones secreted at night during a good quality sleep are like sighs of relief for our cardiovascular diseases. The cardiovascular system which approximately works one hundred thousand times a day relaxes relatively at night. Thanks to these hormones, our heart rate slows down at night with the help of sleep, and our blood pressure values are reduced. allowing the cardiovascular system to lighten its burden. Poor quality of sleep or insomnia causes the heart rate and blood pressure during sleep at night to increase what may lead to cardiovascular diseases. One of these diseases is heart attack which usually occurs towards morning and is closely related to insomnia. Another cardiovascular disease is paralysis. While it is expected to decrease throughout the night, high blood pressure due to insomnia may invoke paralysis. Therefore, hormones secreted during a good quality sleep may protect against cardiovascular diseases.

In particular, disruptive rhythm disorders may occur when a sleepless night is spent after an intense day of work stress and fatigue. These are mostly rhythm disorders called extrasystoles, which occur mostly in form of stuttering heart attacks. Patients feel the deviancy in their heartbeat after a sleepless night other than a normal night. Therefore, a body that wakes up well rested and relaxed will be more at ease in terms of arrhythmia.



# 



Classic Series / DHT Spring Technologies

# Natura Rest

With its natural viscose fabric and washable cover, Natura Rest mattress gives you a whole new sleep experience with its high comfort.

# Natura Rest

Natura Rest mattress, which gives ideal backbone support with unique DHT spring system and high comfort proper to Yataş that only allows your mattress to remain in its first-ever form for many years allow you to use your bed cleanly for many years with its Sanitized® technology and removable - washable cover.



# **Prolong the Life of Your Mattress**

**DHT Spring Technology** 

The Yataş-Exclusive DHT Spring system preserves the volume of your mattress from day one, even when used single-sided. The mattress has passed international endurance testing on volume loss and deformation.



#### **Clean Mattresses**

Sanitized®

The Sanitized® technology puts an end to unpleasant odors in the mattress, and keeps your mattress clean for years.



#### **Natural Touch**

Viscose Fabric

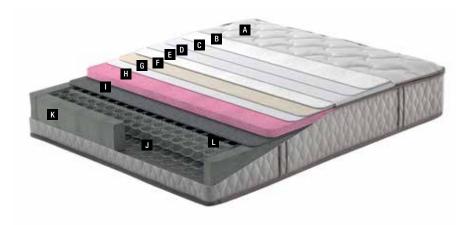
The viscose fibres produced by passing through the special processes of the woods obtained from certified forests are turned into yarn and fabric respectively. With their natural structure of cellulose, silky soft touch and high moisture absorption ability, viscose fibres are used in conjunction with the world's most luxurious fibres.



#### **Clean Sleep**

Removable - Washable Cover

The Natura Rest mattress provides the opportunity to clean your mattress whenever you wish with its removable and washable cover.



A Knit Facric **B** Fibre

> C Interlining Woven Fabric

**F** Roller Foam

**G** Interlining Feather Foam

> I Firm Felt J DHT Spring

K Edge Foam L Support Foam **Dimensions** - cm -90x190 90x200 100x200 120x200 140x190 150x200 160x200 180x200 200x200

Mattress



Mattress









- Mattress Support Rating -



Please contact our sales points for custom dimensions.

# Specialist Opinion

# SLEEP AND DIABETES



Medicana Çamlıca Hospital Internal Medicine Specialist Spec. Dr. Memduh CAYMAZ

"More than 70% of diabetics have sleep problems. Diabetics suffer under following emerging syndromes: snoring, sweating, excessive urination at night, waking up with dryness in the mouth, feeling tired when waking up, and daytime sleepiness."

Diabetes is a common condition and its frequency is dramatically rising all over the world. According to a study conducted in the 2000's the frequency of diabetes in Turkey was around 7%; another study in early 2010's revealed that it was around 13%. This big number means an increase of almost 100%. Diabetes keeps snowballing all over the world. Studies have shown that sleep problems are more common among diabetic patients. Almost one in three diabetic patients has sleep problems. Diabetes itself can directly lead to sleep problems, and patients urinate excessively at night due to high levels of blood sugar.

Another concept is diabetic neuropathy; The high level of blood sugar among diabetic patients causes damages and devastation to the neural crest. Therefore, patients may feel burning, aches and pains in their feet at night. Also diabetics suffer from problems such as heart conditions, strokes more frequently and in parallel with that sleep problems arise.





Classic Series / DHT Spring Technologies

# **Blue Star**

Blue Star promises a restful sleep in the comfort of pure wool, relaxing the heart rate and increasing the quality of sleep with its Woolmark® wadding.

# Blue Star

The Blue Star mattress, preserves the natural curve of the backbone with high density foam layers and the DHT Spring system. The summer side features moisturizing cotton fabric, while the winter side features warm, 100% Woolmark® wool.



# **Same Comfort for Years**

#### Yataş-Exclusive DHT Spring Technology

The Blue Star mattress, featuring the DHT spring technology with Yataş-Exclusive, double heat-treated steel springs, defies wear for years.



# **Health Benefits of Pure Wool**

Woolmark®

Woolmark®, 100% natural and the purest wool in the world, breathes, relaxes the heart rate and regulates body temperature.

Mattress

**Dimensions** 

- cm -

80x190

90x190/200

100x200

120x200

130x190/200

140x190/200

150x190/200 160x190/200

> 180x200 200x200



# **Specialized Summer and Winter Comfort**

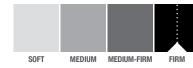
**Wool and Cotton Effect** 

The Blue Star mattress features cooling, moisturizing cotton on the summer side and warm Woolmark® on the winter side, and balances body





#### - Mattress Support Rating -

























# HEALTH THAT COMES WITH PURE WOOL...

Wool is the most ideal choice because it is natural, recyclable, environmentally friendly, durable and soft. Woolmark®, one of the biggest wool manufacturers in the world, provides 100% natural and pure wools used in Yataş mattresses, which are available only at Yataş for a comfortable, luxurious and calm night's sleep.



[] yataş bedding

The new Thermo Rest mattress, featuring a washable cover and superior humidity control. 29



Classic Series / DHT Spring Technologies

# Thermo Rest

With the DHT Spring technology that Yataş developed with over 40 years of steel spring manufacturing experience, your mattress will not lose its volume or deform. You just have to enjoy the same comfort level of sleep for years.

# Thermo Rest

The Thermo Rest mattress provides strong backbone support with Yataş's DHT Spring system that preserves your mattress' volume for years, and offers personalized thermal comfort with Adaptive $^{\rm TM}$  fabrics' superior humidity control.



# **Prolong the Life of Your Mattress**

**DHT Spring Technology** 

The Yataş-Exclusive DHT Spring system preserves the volume of your mattress from day one, even when used single-sided. The mattress has passed international endurance testing on volume loss and deformation.



# **Clean Sleep**

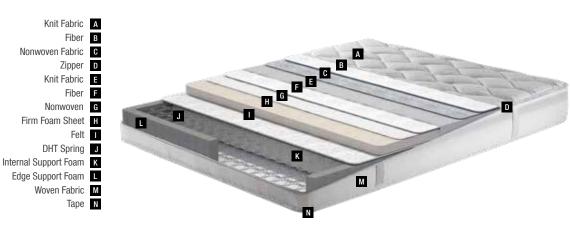
Removable - Washable Cover

The Thermo Rest mattress provides the opportunity to clean your mattress whenever you wish with its removable and washable cover.



# **67% Better Humidity Control**

In the exact same environment, women may feel cold while men may feel hot. Award winning Adaptive<sup>™</sup> technology mimics the actions of a smart air conditioner by distributing the humidity 67% better and evaporating it at a 25% faster rate. In other words, the Adaptive<sup>TM</sup> technology offers personalized sleeping temperature.





















- Mattress Support Rating -



# Get rid of stress and wake up well by enjoying naturalness and comfort



Classic Series / DHT Spring Technologies

# **Stress Balance**

The Stress Balance mattress provides a restful sleep by supporting the convex areas of your body. Thanks to the fabric produced from natural fibres and its special technology, it discharges static electricity from your body and helps reduce your daily stress.

#### Classic Series / DHT Spring Technologies

# **Stress Balance**

Stress Balance mattress with Feran Ice® technology removes static electricity that accumulated in the body, which helps you get rid of stress and wake up well. While the advanced interior of the Stress Balance offers your mattress durability, DHT Spring technology and support layers provide the right support for your body. It decreases pressure at the convex points such as the shoulder, bases and joints and helps you feel no fatique.



#### **Same Comfort for Years**

Yatas-Exclusive DHT Spring Technology

The Stress Balance mattress, featuring the DHT spring technology with Yataş-Exclusive, double heat-treated steel springs, defies wear for years.



#### **High Comfort**

Variable Zoning Technology

The variable-zone body suspension system of Stress Balance mattress offers high comfort while providing proper support for your body. It helps you feel less pressure and fatigue at the convex points such as the shoulder, bases and joints.



#### **Anti-Stress**

Feran Ice®

Feran Ice® does not just refresh your body thermally, it helps to remove the static electricity that accumulates in the body as well. The static electricity-free body wakes up with a feeling of more rest.

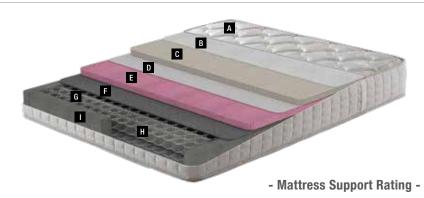


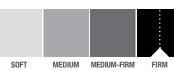
#### **Natural Touch**

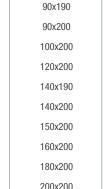
Viscose Fabric

The viscose fibres produced by passing through the special processes of the woods obtained from certified forests are turned into yarn and fabric respectively. With their natural structure of cellulose, silky soft touch and high moisture absorption ability, viscose fibres are used in conjunction with the world's most luxurious fibres.









Mattress

**Dimensions** 

- cm -





















Please contact our sales points for custom dimensions

# Silver Therapy

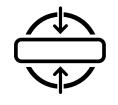
The Silver Therapy mattress, featuring the Silver Ion technology, prevents the formation of unpleasant odors with the silver ions in its fabric. The Silver Therapy mattress preserves its form for years thanks to Yataş-Exclusive DHT Spring system made up of double heat treated steel springs and high-comfort filling material. It is the right choice for those looking for an affordable and long-lasting mattress.



#### **Same Comfort for Years**

Yataş-Exclusive DHT Spring Technology

The Silver Therapy mattress preserves its form for years with Yataş-Exclusive DHT Spring technology made up of double heat treated steel springs and high-comfort filling material.



#### **Uninterrupted Sleep**

**Double-Sided Use** 

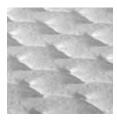
The Silver Therapy mattress may be used double-sided. This way, you can enjoy high-quality sleep for years!



# Say Goodbye to Unpleasant Odors

Silver Ion Technology

The Silver Therapy mattresses, featuring the Silver Ion technology, prevents the formation of unpleasant odors with the silver ions in its fabric, and offers you a clean night's sleep.



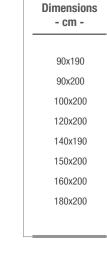
#### **Extra Comfort for All Areas**

7-Zone System

The mattress forms support points by separating the sleeping surface in 7-Zone, and increases your sleeping comfort with its contemporary quilted design.







Mattress











#### - Mattress Support Rating -



# Star

The Star mattress is not only affordable, but also ideal for a high-quality, safe sleep. Its fabric, featuring Sanitized® technology, natural materials used on its summer and winter sleeping surfaces, and the highdensity foam used for its structure provide additional backbone support.



#### **Same Comfort for Years**

Yataş-Exclusive DHT Spring Technology

The mattress, featuring the DHT Spring technology with Yataş-Exclusive, double heat-treated steel springs, defies wear for



#### **Benefits of Pure Wool**

Woolmark®

Woolmark®, 100% natural and the purest wool in the world, breathes, relaxes the heart rate and regulates body temperature.



# **Specialized Summer** and Winter Comfort

**Wool and Cotton Effect** 

The Star mattress features cooling, moisturizing cotton on the summer side and warm Woolmark® on the winter side, and balances body temperature.



# **Clean Mattresses**

Sanitized®

The Sanitized® technology puts an end to unpleasant odors in the mattress, and keeps your mattress clean for years.

Mattress

**Dimensions** - cm -

80x180

80x190

90x190

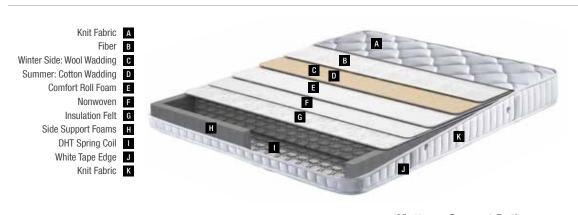
90x200

100x200

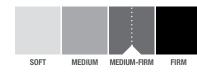
120x200 130x190/200

140x190/200 150x190/200 160x190/200 180x200

200x200



- Mattress Support Rating -





~22 cm ~22 cm



















Please contact our sales points for custom dimensions.

%100 natural and pure wool effect...

Classic Series / DHT Spring Technologies

Star

# Sleep Balance

DHT spring technology developed by Yataş with steel spring production experience for more than 30 years also provides strong backbone support and prevents your mattress from losing height and deformation. It is up to you to enjoy sleeping in the same comfort for many years.



#### **Prolong the Life of Your Mattress**

**DHT Spring Technology** 

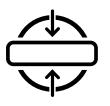
The Yataş-Exclusive DHT Spring system preserves the volume of your mattress from day one, even when used single-sided. The mattress has passed international endurance testing on volume loss and deformation.



#### **Soft Touch**

Knit Fabric

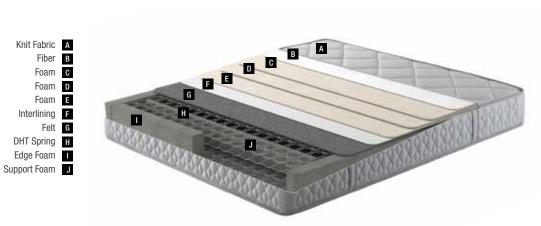
The ultra-flexible knitted fabric provides a comfortable sleep with its soft texture while adding elegance to the mattress.

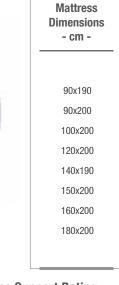


# **Uninterrupted Sleep**

**Double-Sided Use** 

The Silver Therapy mattress may be used double-sided. This way, you can enjoy highquality sleep for years!





~24 cm ~24 cm Mattress













# Multi

The Multi mattress is ideal for those looking for affordable long-term comfort with its internal and side support foam and fully orthopedic structure that provides full support for the backbone. It features luxury Jacquard-loom fabric with Sanitized® technology and the DHT Spring system made up of Yataş-Exclusive steel springs.



# **Prolong the Life of Your Mattress**

**DHT Spring Technology** 

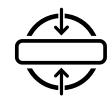
The Multi Ultra mattress preserves its form for years thanks to Yataş-Exclusive DHT Spring technology made up of double heat treated steel springs.



### **Clean Mattresses**

Sanitized®

The Sanitized® technology puts an end to unpleasant odors in the mattress, and keeps your mattress clean for years.



# **For A More Comfortable** Sleep

**Double-Sided Use** 

The Multi mattress may be used double-sided. This way, you can enjoy high-quality sleep for















- Mattress Support Rating -





# Vesta

The Vesta mattress offers a wide sleeping surface with its DHT Spring system and side support foams. It distributes pressure evenly and supports the backbone, offering you an affordable alternative featuring luxury Jacquard-loom fabric and soft quilted layers.



# **Prolong the Life of Your Mattress**

**DHT Spring Technology** 

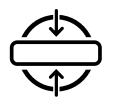
The Vesta mattress preserves its form for years thanks to Yataş-exclusive DHT Spring technology made up of double heat treated steel springs.



# **Guarantees High Quality Sleep**

Luxury Jacquard Loom Fabric

The Vesta mattress features exclusive luxury jacquard loom fabric, which adds elegance and opens the doors to uninterrupted sleep.

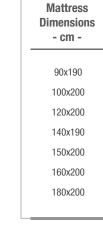


# For A More Comfortable Sleep

**Double-Sided Use** 

The Vesta mattress may be used doublesided. This way, you can enjoy high-quality sleep for years.





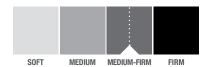








- Mattress Support Rating -





# Rina

The Rina mattress features side support foams that allow for a wide sleeping surface and Yataş-Exclusive double-heat treated steel DHT Spring system, and supports the backbone and provides orthopedic and long-lasting sleeping comfort. Its luxury jacquard loom fabric increases your sleep quality. Rina is Yataş's most affordable mattress.



# **Prolong the Life of Your Mattress**

**DHT Spring Technology** 

The Rina mattress preserves its form for years thanks to Yataş-Exclusive DHT Spring technology made up of double heat treated steel springs.



# **Guarantees High Quality Sleep**

**Luxury Jacquard Loom Fabric** 

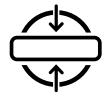
The Rina mattress features exclusive luxury jacquard loom fabric, which adds elegance and opens the doors to uninterrupted sleep.



#### **Natural Climate**

Thermobond Fiber

Thermobond fibers add additional comfort to the Rina mattress with heat preservation, breathability, and odor and moisture proofing features.



# **For A More Comfortable Sleep**

**Double-Sided Use** 

The Vesta mattress may be used doublesided. This way, you can enjoy high-quality sleep for years.





- cm -90x190 100x200 120x200 140x190 150x200 160x200 180x200



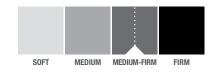








- Mattress Support Rating -





# Safe like in mother's womb

# Juno



With its high head zone, the Juno Mattress helps preserve the natural head shape of babies while preventing reflux, one of the most important health problems of infants. The outstanding abdomen band of the Juno Mattress' design provides a comfortable and safe environment for the baby without hindering the freedom of movement from birth until your baby starts to turn. It improves sleep quality by reducing interruptions during sleep.



Juno® is designed so your baby sleeps soundly at day and night. It improves sleep duration and quality while reducing interruptions during sleep. It helps the baby to overcome the difficulties of adaptation in the first months and supports balanced development.



It helps prevent colic pain and reflux in newborn babies and provides a peaceful and comfortable sleeping environment for your baby.



Juno® contains a abdomen band that keeps your baby in the right position and provides relaxation for your baby without hindering freedom of movement. You can use the abdomen band, from birth on until your baby starts to turn or tries to take different positions.



The Juno® mattress for newborns embraces your baby and ensures a safe sleep. It can be used in cribs, bedsteads, cars, playgrounds and on parents' bed as well as during visits.

#### **Baby Mattresses**

# Juno

Juno<sup>®</sup> helps babies to adapt to their new environments as it is similar to a mother's womb.













# Specialist Opinion

# INSOMNIA **DURING AND AFTER PREGNANCY**



Obstetrician and Gynecologist Op. Dr. Avlin AKINCI

"Continuous sleepiness is observed in expectant mothers, especially during the first 6 months of pregnancy. At the end of 6 months, some physical ailments due to the growth of babies and the restriction of the freedom of the mother's movement during sleep make sleeping more difficult."

To minimize physical discomfort during this period:

- Remove caffeinated beverages from vour diet.
- Decrease fluid intake 2-3 hours before sleeping.
- · Set your sleep hours.
- · Do not forget daytime exercises.
- Take precautions such as warm shower for cramps.
- If you wake up at night, do things that will make you feel comfortable.
- Especially in the last few months, stretch your knees to yourself and lie on your left side.
- Get support from specially designed pregnant cushions.
- Choose mattresses that adapt to different body types, that are sensitive to weight and pressure.

The stress of having a new baby for the mother after the baby is born and the process of adapting to a baby can lead to depression problems and troubles in social life after birth. As a result, severe sleep problems

may occur within the first 3 months after birth. This physical and psychological deprivation can wear off the mother's own health, the process of looking after the baby, and her relationships with her partner. In the first 3 months, the mother needs to have a short periods of sleep as frequent as possible, in order for the family to get accustomed to the care of the baby. In this short sleep period, mother's sleep should not be interrupted and the mother should have a quality sleep. In particular, nursing babies should be nursed by a bottle by another family member. It is possible to overcome all of these difficulties with the support of father and other family members.



#### **Baby Mattresses**

# Miniko

Miniko mattresses feature 28 DNS profile cut firm foam for babies aged 0-2 years, and 24 DNS profile cut super soft foam for babies aged 3-6 years.





# **Same Comfort for Years**

Yataş-Exclusive DHT Spring Technology

The Miniko mattress preserves its form for ears thanks to Yataş-Exclusive DHT Spring technology made up of double heat treated steel springs. Also it supports your baby's spine evolution.



# A Clean Sleep for Your Baby

Washable Pillow Tops

Miniko mattresses remain clean and hygienic for a long time due to their washable zippered pillow tops on both sides.















# **Different Firmness Levels** Depending on The Age of The Baby

Miniko mattresses feature 28 DNS profile cut firm foam for babies aged 0-2 years, and 24 DNS profile cut super soft foam for babies aged 3-6 years.

Mattress Dimensions - cm -	
60x120	70x170
70x130	75x160
70x140	80x130
70x150	80x180
70x160	

#### **Baby Mattresses**

# Bebiş

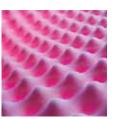
The Bebiş mattress supports your baby's body with the Pocket Spring system and protects his/her backbone. The mattress relaxes and calms your baby during sleep with its duct foam layers that regulate circulation and create a massaging effect.



#### **Smart Support**

**Pocket Spring Technology** 

Separately packed and independently functioning springs adapt perfectly to the body of your baby and provides independent support for different weight zones.



#### **Massaging Effect**

**Special Channels** 

The mattress regulates circulation and creates a massaging effect with the duct foam layers on both sides.



#### **Extra Safety and Quality for Your Baby**

**LGA®** Ergonomy Certificate

All products in our Yataş Baby Mattresses collection have been certified by the LGA® in Germany. This certification is presented to products that meet extremely high safety, ergonomy and quality standards in microbiological and biomechanical compatibility.



#### **Different Firmness Levels**

Depending on The Age of The Baby

Bebiş mattresses feature 28 DNS profile cut firm foam for babies aged 0-2 years, and 24 DNS profile cut super soft foam for babies aged 3-6 years.



# The Touch of Milk Fiber on Your Baby's Sensitive Skin

Milky® Fabric

Used in our baby mattresses. The fabric is made up of milk fibers, and 30% of it is made up of amino acids. Moisturizes the baby's skin with its soft, washable cotton surface. Prevents rashes. Soothes the baby by absorbing extra moisture from sweating.



# A Clean Sleep for Your Baby

Washable Pillow Tops

Bebiş mattresses remain clean and hygienic for a long time due to their washable zippered pillow tops on both sides.



Height















60x120 70x130 70x140 80x130 80x180

Mattress Dimensions - cm -

Please contact our sales points for custom dimensions.

**Baby Mattresses** 

Bebiş

#### **Baby Mattresses**

# Yumurcak

Yumurcak mattresses provide extra protection with the waterproof microfit mattress cover that features Membran technology. Also it provides very clean and healthy sleep environment for your baby.



# Your Baby's Body in His/Her Mattress's Memory

**Open Cell Visco Foam Technology** 

Yataş's visco mattresses are produced using open cell visco foam and helps preserve the natural curve of the spine. These mattresses envelop the body of your baby much better and provide better sleep quality than firmer mattresses due to their open cell structure and sensitivity to heat and pressure.



# **Extra Safety and Quality for Your Baby**

**LGA®** Ergonomy Certificate

All products in our Yataş Baby Mattresses collection have been certified by the LGA® in Germany. This certification is presented to products that meet extremely high safety, ergonomy and quality standards in microbiological and biomechanical compatibility.



# The Touch of Milk Fiber on Your Baby's Sensitive Skin

Milky® Fabric

Used in our baby mattresses. The fabric is made up of milk fibers, and 30% of it is made up of amino acids. Moisturizes the baby's skin with its soft, washable cotton surface. Prevents rashes. Soothes the baby by absorbing extra moisture from sweating.



# **Different Firmness Levels**Depending on The Age of The Baby

Yumurcak mattresses feature 28 DNS firm foam for babies aged 0-2 years and 60 DNS visco foam for children aged 3-6 years.



# A Clean Sleep for Your Baby

Washable Pillow Tops

Features washable, waterproof and breathable microfit mattress protector with Membran technology.



Height













- cm 60x120
70x130
70x140
80x130
80x180

Mattress Dimensions

Please contact our sales points for custom dimensions.

Baby Mattresses

Yumurcak

### Agu

Your baby can use the Agu mattress, which provides cotton-soft sleep with visco elastic foam and Pocket Spring system, safely from birth on. The protection barriers keep your baby safe in bed. Its zippered cover can be removed and washed easily, and used as a diaper changing pad in the bedroom as well.



#### **Smart Support**

**Pocket Spring Technology** 

Separately packed and independently functioning springs adapt perfectly to the body of your baby and provides independent support for different weight



### Your Baby's Body in His/Her **Mattress's Memory**

**Open Cell Visco Foam Technology** 

Yataş's visco mattresses are produced using open cell visco foam and helps preserve the natural curve of the spine. These mattresses envelop your the body of your baby much better and provide more sleep quality than firmer mattresses due to their open cell structure and sensitivity to heat and pressure.



#### **Extra Safety and Quality for Your Baby**

LGA® Ergonomy Certificate

All products in our Yataş Baby Mattresses collection have been certified by the LGA® in Germany. This certification is presented to products that meet extremely high safety, ergonomy and quality standards in microbiological and biomechanical compatibility.



### **Different Firmness Levels**

Depending on The Age of The Baby

Agu mattresses feature 28 DNS profile cut firm foam for babies aged 0-2 years, and 24 DNS profile cut feather super soft foam for babies aged 3-6 years.



### The Touch of Milk Fiber on Your Baby's Sensitive Skin

Milky® Fabric

Used in our baby mattresses. The fabric is made up of milk fibers, and 30% of it is made up of amino acids. Moisturizes the baby's skin with its soft, washable cotton surface. Prevents rashes. Soothes the baby by absorbing extra moisture from sweating.



#### Your Baby is Under Our **Protection**

**Safety Barriers** 

The baby can sleep more safely in bed with the Agu-exclusive special edge protection barriers. The Spacer fabric cover boasts high breathability. Its zipper allows for use outside home.





Technology



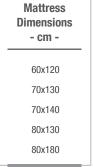






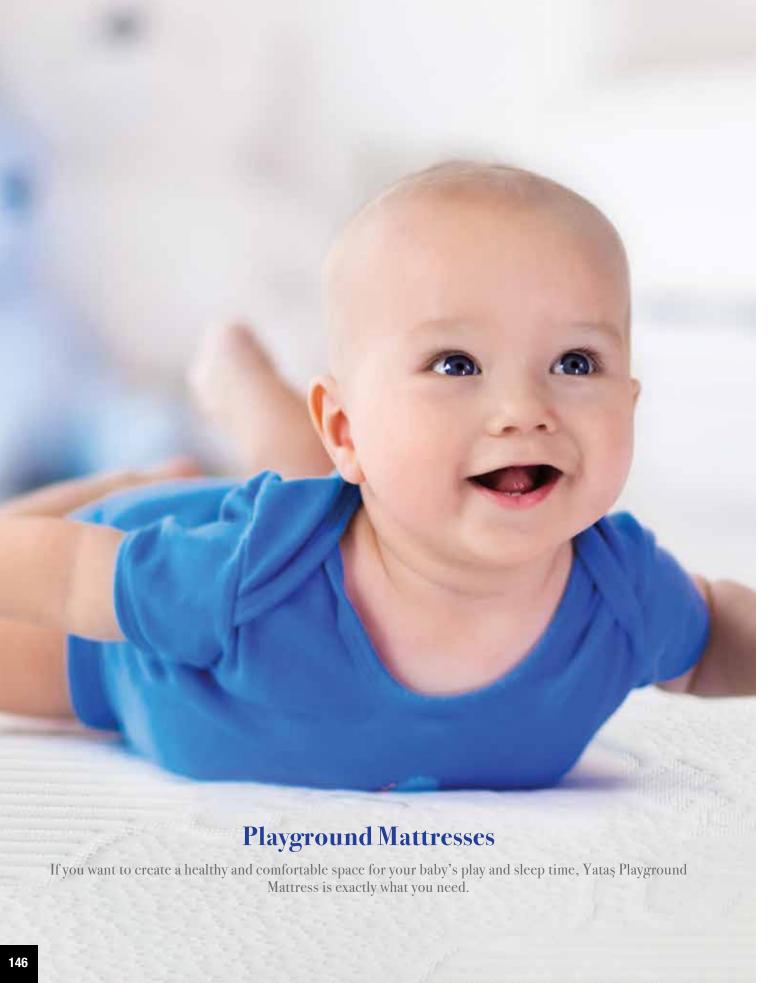






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### Playground Mattress

## Miyo

Light and portable, the Miyo Playground Mattress can be used as a sleeping and playing environment. Manufactured from completely harmless raw material. Its high density foam supports your baby's spinal growth and its high weight fabric wraps the body of your baby and provides a safe and comfortable sleep environment. Removable cover and water-proof membrane fabric help keep the mattress clean. Miyo Playground Mattresses is ideal both for sleeping hours and hours of fun.









### Playground Mattress

## Lily

The Lily Playground Mattress creates a natural sleeping environment with its cotton padding while reducing the risk of suffocating when the baby sleeps face down. Milky fabric with 30% amino acid content obtained from milk fibers provides an uninterrupted sleep environment by regulating the sensitive skin moisture level of your baby. Lily Cotton Playground Mattress is ideal for both sleep and leisure hours with its special washable fabric and content produced from completely harmless raw materials.















the Move-Up Master Base!! 22



Adjustable Bed Sets

# Move-Up Master

Experience something brand new with the Move-Up Master Mattress that offers perfect sleep experience and comfort together by using the most advanced bedding technologies in the world. Move-Up Master, equipped with a motor which enables 5 zones to move separately, will offer unprecedented comfort.

Adjustable Bed Sets

## Move-Up Master

With help of the motor that enables 5 zones to move separately, the Move-Up Master base can be adjusted to a favourable position and helps your body to be shapely, healthy and in form. It provides not only optimal environment and personal comfort in activities such as watching TV, reading, it also helps to eliminate physical disadvantages that can occur with increasing age. The movable head, neck and back zones facilitate sitting, straightening up or getting up.

#### **Move Up Master Base** 5 Separate Moving Zones



#### HEAD

Set at waist level, it provides an effective solution for disorders such as reflux and sleep apnea. Silent operation ensures uninterrupted sleep.



#### NECK

Provides a healthy and comfortable sleep thank to its anti-snoring position setting.



#### WAIST

Distributes your body weight evenly; helps prevent waist pains and muscle spasms.



#### BVCK

Straightens your spine recover by keeping your back in an upright position



#### FFT

Adjustable feet and head zones help for a healthy rest and regulation of the blood circulation.



#### Easy to ensconce thanks to the Pull Back mechanism

With the Pull Back mechanism, when the head zone of the mattress is lifted, the mattress slides back automatically without you having to pull it. By this means, you can put the Move-Up Master against the wall. In addition, thanks to this mechanism the furniture next to the mattress stay close to you, you can easily reach the desired furniture from the mattress and enjoy comfort at the highest level.



## Control your mattress with the remote controller!

You can set your Move-Up Master
Base to a desired position by
controlling it with its controller.
You can use the torchlight feature in the
controller and experience the privilege of
making comfort essential in your life.

Storage Bed Dimensions - cm -
90x200
100x200

90x200 100x200 120x200 160x200 180x200

200x200

Mattress Dimensions - cm - 80x200 90x200 100x200 120x200



## Grande

Offering a magical touch to your bedroom with its special design, Grande Base will be the new indispensable selection thanks to its aesthetics and its spacious volume.

- Stainless and rust free, inner steel construction.
- Shock absorbers and scissors reinforced with safety locks to ensure the safety of you and your children



Storage Bed **Dimensions** - cm -

150x200

160x200 180x200



Storage Bed Sets

# Marquis



**Storage Bed Dimensions** - cm -

> 150x200 160x200 180x200

Combining nobility and functionality, Marquis storage bed appeals to all with various fabric and leather choices, while creating more space at home with a large storage volume.

- Steel construction internal parts do not rust or corrode.
- Shock absorbers and switches are supported with safety locks to ensure your and your children's safety.



# **Imperial**



Imperial storage bed brings an air of royalty to your home with a unique classical headboard design and a large storage area.

- Steel construction internal parts do not rust or corrode.
- Shock absorbers and switches are supported with safety locks to ensure your and your children's safety.



## Rose



Storage Bed Dimensions - cm -

> 150x200 160x200 180x200

Combining elegance and functionality, Rose storage bed offers a sleek alternative with large storage space for those who cannot give up the classic style.

- Steel construction internal parts do not rust or corrode.
- Shock absorbers and switches are supported with safety locks to ensure your and your children's safety.

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Storage Bed

**Dimensions** 

- cm -

150x200

160x200

180x200



## Dafne



**Storage Bed** Dimensions - cm -

> 150x200 160x200 180x200

Combining modern style with a classic touch Dafne storage bed brings a fresh breath of air to bedroom decoration. It creates more space in your home while offering style and functionality together. Fabric and leather upholstery choices appeal to all tastes, and steel construction in the framework structure ensures long product life.

- Steel construction internal parts do not rust or corrode.
- Shock absorbers and switches are supported with safety locks to ensure your and your children's safety.



# Majesty



**Dimensions** - cm -

> 150x200 160x200 180x200

Combining style and functionality, Majesty storage bed creates more space with large internal volume, while improving your safety, thanks to the special lock system used in the shock absorbers and switches. Steel construction in the framework structure ensures long product life.

- Steel construction internal parts do not rust or corrode.
- Shock absorbers and switches are supported with safety locks to ensure your and your children's safety.



### Erica Buttoned



**Storage Bed Dimensions** - cm -

> 150x200 160x200 180x200

Erica Buttoned storage bed brings a modern air to your home with the button detail, while making more space for you with its large storage volume. Discover elegance by selecting the most suitable color for your room.

- Steel construction internal parts do not rust or corrode.
- Shock absorbers and switches are supported with safety locks to ensure your and your children's safety.



Storage Bed Sets

# Cool Natura



Cool Natura storage bed makes an impression with natural and stylish designs, providing alternative covers that can be removed.

- Steel construction internal parts do not rust or corrode.
- Shock absorbers and switches are supported with safety locks to ensure your and your children's safety.

- cm -90x190 90x200 100x200 120x200 140x190 150x200 160x200 180x200 200x200

**Dimensions** 



Bases

## Volden



- cm -140x190 150x200 160x200 180x200 200x200

**Dimensions** 

Volden storage bed, which will change the atmosphere of your bedroom with its contemporary style and high foot design, will be the irreplaceable piece of your decoration with its long-lasting construction.

- Steel construction internal parts do not rust or corrode.
- Shock absorbers and switches are supported with safety locks to ensure your and your children's safety.



## Volden Buttoned



Volden Buttoned storage bed will be the complementary element of the bedroom with different options of colors and alternative headboards.

- Steel construction internal parts do not rust or corrode.
- Shock absorbers and switches are supported with safety locks to ensure your and your children's safety.

- cm -140x190 150x200 160x200

180x200

200x200



Bases

### Somni

Somni Storage Bed has a specially designed and patented internal structure and offers a more spacious storage space than its counterparts. It prevents the mattress from sliding over the storage bed.

- Corrosion-free and non-deteriorate steel construction interior
- $\bullet$  Boosted by safety interlocks, shock absorbers and scissors for your and children's safety



Storage Bed Dimensions - cm 
90x190
90x200
100x200
120x200
140x190
150x200
160x200



#### Bases

## Marinel

With stylish design and high legs, Marinel storage bed will be indispensable for you, thanks to its decorative looks and storage space for your unused belongings.

- Steel construction internal parts do not rust or corrode.
- Shock absorbers and switches are supported with safety locks to ensure your and your children's safety.



Storage Bed Dimensions	90x190	120x200	150x200	180x200
- cm -	100x200	140x190	160x200	200x200

#### Bases

# Conform

Conform steel storage bed gives an elegant look to your room with various color choices, while high legs make it extremely easy to clean underneath without having to move it. It provides plenty of storage space with a large internal volume, and steel construction ensures long product life.



 Storage Bed Dimensions
 90x190
 120x200
 150x200
 180x200

 - cm 100x200
 140x190
 160x200
 200x200





## **HEADBOARDS**

A gorgeous collection that compliments the elegance of the bedroom with matching stylish and beautiful headboards for all tastes.



























