

# FROM NATURE



# INTO YOUR BED

*sleeping systems and mattresses*

TEAM7



# WE ENSURE THAT NATURE PROVIDES THE MATERIAL OF YOUR DREAMS.

## HEALTHY SLEEPING ENVIRONMENT

We know how important it is to regenerate every night. That is why we take care of all aspects of your healthy sleep: with metal-free solid wood beds, an ergonomically designed bed interior and high-quality accessories as well as our bedroom furniture made of untreated wood.

At night we recharge our energy and strength for the next day. This is the time for our brains to process the impressions of the day. At the same time our immune system winds down, which

makes our bodies more susceptible to outside influences. Smells, sounds and tactile impressions play an important role at this time. That is why a natural environment with materials for a healthy home and the practice of ergonomic principles are an important requirement for restful sleep. Feeling sheltered and relaxed at night creates a regenerative balance for the challenges during the day. To make sure this succeeds, we at TEAM 7 rely on ingredients from nature.

## YOU CAN REST EASY WITH TEAM 7.



### NATURAL MATERIALS

Selected, natural materials of the highest quality support an uncontaminated sleeping environment – free from harmful substances.



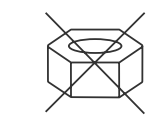
### HEALTHY AIR QUALITY

Open-pore solid wood breathes and improves the room climate because it absorbs moisture and then releases it again. It's also antistatic.



### EXCELLENT ERGONOMICS

Thanks to its high point elasticity, high-quality natural latex offers superior comfort in our TEAM 7 sleeping system and mattress range.



### METAL-FREE CONSTRUCTION

By eliminating metal in our beds, insertion and slatted frames, external influences are reduced to a minimum during sleep, and regeneration is encouraged.



### OPTIMAL HYGIENE

The TEAM 7 bed interiors and accessories made of genuine natural materials are particularly breathable and moisture-regulating – for a pleasant sleep environment.

### *Switch off. Recharge. Get up and go.*

Sleep is the elixir of life that gives rise to true miracles. Everyone knows this from experience – when we get restorative sleep, we start the day in the best mood and with full speed ahead. Healthy sleep means quality of life. It's a central pillar of physical, mental and emotional health. Nowadays we are almost always online and available for work-related or private calls or messages. Yet when we sleep, we have to switch off – in both a literal and metaphorical sense. It helps to have a beneficial and soothing environment where the organism can rest. You can create the perfect conditions for this with solid wood beds, bed interiors and accessories from TEAM 7.



# SLEEP IN HARMONY WITH NATURE

## NATURAL MATERIALS

We are not as intimate with any other piece of furniture as we are with our bed and its interior elements. So it makes sense to pay particular attention to the choice of materials here. In doing so, we rely on our most important partner: Nature. The use of natural materials promotes a beneficial, pollutant-free sleeping environment and encourages your nightly regeneration. This is why we make sure to use high-quality, pure natural materials for our solid wood beds, our **aos** sleeping system, our **classic** mattresses and slatted frames as well as for the sleeping accessories.



NATURAL LATEX



PURE SOLID WOOD



COTTON



VIRGIN SHEEP'S WOOL



TENCEL™/ MAIZE FIBRE







## NATURAL LATEX

The material obtained from the latex sap of the rubber tree is a true miracle of adaptation: it excels particularly with its excellent and precise elasticity – which means that it adapts perfectly to the sleeping body, yields exactly where the pressure is applied and ensures the best position for the spine no matter the sleeping position. And natural latex can do even more: with its open cell structure, it ensures a constant air exchange. The mattress is continuously ventilated, so to speak. It is resistant to fungus and bacteria while also deterring dust mites.

*Is good to your back and nature.*

Natural latex is a sustainable resource that is gently and ecologically extracted by hand and produced without solvents or adhesives. This requires significantly less energy than the production of cold foam, for example. Its permanent elasticity and high volumetric weight also make it durable for a particularly long time. This benefits not only late risers but also the environment.

## SOLID WOOD

Genuine, open-pore solid wood plays a key role in the bedroom. The pleasant smell and warm feel alone is enough to evoke a sense of well-being and relaxation in us humans. Natural wood breathes, absorbs humidity and releases it again when the air is dry. It also has a natural anti-static and anti-bacterial effect. To ensure we preserve these qualities, we process this superb natural material in its purest form. This is how we make sure the wood remains free of harmful substances and retains its wonderful properties.

*Nature doesn't need screws.*

We love wood. In our bed interiors as well, you can sense the passion and expertise with which our carpenters create unique solid wood furniture. Their skills guarantee the highest-quality workmanship. Just like nature, we intentionally forego metal. After all, there are no metal screws in the forest.

The metal-free production prevents the amplification of influences from Earth's natural magnetic field and promotes regeneration. Perfect for sensitive people to enjoy a relaxed sleep.



### NO SIGN OF BEING STIFF AS A BOARD!

Wood types differ not only in their appearance but also their properties. That is why expert craftsmanship and a feel for the material play a key role when the right wood is chosen for a particular application.

We use local ash wood for the rimellas of our **aos** sleeping system. This wood is remarkable for its durability, strength and elasticity, which make it especially resilient and flexible. Perfect for the ingenious design of our **aos** spring element.







## CERTIFIED ORGANIC COTTON

Cotton, derived from the seed fibres of the cotton plant, is by nature a resilient, living fibre. Because it is very skin-friendly, soft and breathable, it is particularly good for regulating moisture. And an extra benefit for people with allergies: it is washable. We exclusively use certified organic cotton for our bed interiors and sleep accessories. Now you can sleep not only in comfort but also with a clear conscience.

## TENCEL™/MAIZE FIBRE

Good night, bacteria. TENCEL™ absorbs moisture and quickly releases it again – leading to a pleasant and dry sleep environment that reduces bacterial growth. TENCEL™ is made from the cellulose of beeches and 100% natural. In our slip covers, we combine TENCEL™ with another natural material, the maize fibre. It has high bulking power and a heat-insulating effect, making it a natural alternative to artificial polyester fibres. Both fibres, TENCEL™ and maize, are washable and well-suited for people with allergies.

## SHEEP'S WOOL (FROM CONTROLLED ORGANIC FARMING)

A natural talent. For our slip covers, blankets and pillows, we use natural sheep's wool from certified controlled organic farming, a natural product made from the fleece of sheep. Sheep's wool is a very special talent among the already functional natural materials: it can absorb up to 33% of its own weight in moisture without feeling damp, thus providing a healthy and dry sleeping climate. The curls in the fleece cause the fibres to form tiny air chambers, which makes sheep's wool warming in the winter and temperature-balancing in the summer. Its natural self-cleaning function makes it even more outstanding. Because sheep's wool has an antibacterial effect and barely absorbs smells or dirt.







#### CERTIFIED ORGANIC COTTON (KBA)

The KBA certification is awarded to **controlled organic cultivation** and guarantees compliance with the directives for organic farming. Among other things, this means that no pesticides or other sprays are used. To ensure the preservation and improvement of the natural soil fertility, manure and compost are used as fertilisers and consistent crop rotation is implemented.

#### CERTIFIED ORGANIC FARMING (KBT)

The COF certification (**certified organic farming**) ensures that the animals are treated in a species-appropriate manner that meets their natural needs. The animal feed must come from controlled organic cultivation. Pesticides and fertilisers are also prohibited on the pastures where the animals are grazing. In addition, it must be ensured that the animals reproduce naturally and that there are no interventions at all.



# HEALTHY SLEEP FROM A TO ZZZZ.

While you are sleeping, your body is working. Night time is when it regenerates. The quality of sleep has a profound effect on the body and mind. Natural sleep supports our body's self-healing powers and greatly increases resilience. Our energy reserves are recharged

while our nervous and immune systems recuperate from the stresses and exertions of the day. As you can see, the question of sleeping comfortably should not be laid aside.

## *Do a good turn for your sleep.*

We place heavy demands on our spine during the day, and this causes the intervertebral discs to lose fluids. When you lie down properly, they get relief. Then they can fill up and regenerate again. An optimal lying position is very important to this process. The spine and neck should form a straight line. To this end, our sleeping system and mattresses support your body in the right places and give way in others. Which areas those are depends on the position you are sleeping in. We may turn up to 80 times in our sleep. That is also how many times the bed interior must adapt to the new sleeping position. If the mattress is too soft, however, every change in position uses additional energy. If it is too hard, it may lead to unpleasant pressure points, which the body in turn reacts to by changing its position again. So no matter how you turn it, the adaptability of the bed interior plays an important role in the quality of your sleep and thus also how you function throughout the day.



## *So you won't break a sweat.*

The temperature and climate of the bed should also be kept in focus. Even if your eyes are falling shut. If the temperature and moisture aren't regulated optimally, you will get hot – which creates an unpleasantly humid environment that affects your sleep. This is why we rely on natural materials, on their optimal arrangement and on the attentive construction of our bed interiors, to keep them breathable and ensure that the moisture is removed in the best possible way.

## THE GREEN BED

Bed, bed interiors and sleep accessories – made from 100% natural materials: Our "green bed" offers completely healthy and comfortable sleep. This is especially true of our **float** bed, where even the upholstered headboard is made from completely natural ingredients: solid wood, coconut fibre, cotton fleece, natural leather and nothing else.



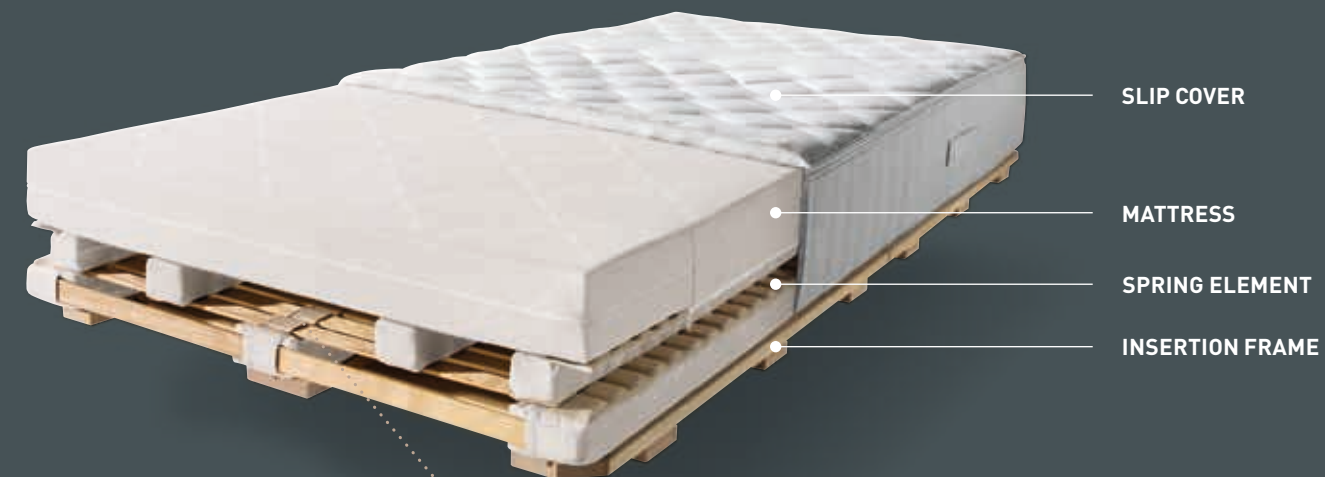


# AOS

## THE ART OF SLEEP

Healthy sleep is an art. But never artificial. Our holistic, ergonomically designed **aos** sleeping system is entirely made of natural materials and adapts to your individual needs and your sleeping position. It is the ideal complement for our solid wood beds and consists of an insertion frame, spring element, mattress, and slip cover or under-bedding.

With the **aos** sleeping system, you can choose between either an open sleeping system with under-bedding or a closed system – wrapped in a slip cover. In both versions, the construction from individual components ensures optimum air circulation within the system. In addition, the **aos** components can be conveniently separated for easy maintenance or possible replacement.



Find out more about the **aos** sleeping system!

OPTIMAL AIR CIRCULATION  
THANKS TO OPEN STRUCTURE



### TOPPER

The optional topper is attached to the slip cover with loops and makes the **aos** sleeping system look like a box spring. The higher seating edge makes it easier to get in and out of bed. The **aos** topper is available in a width of up to 200 cm. This lets you create a continuous lying surface on the double bed, but you can still individually adjust the firmness level of your side of the bed. Made from premium talalay latex, it provides additional sleeping comfort.



### SLIP COVER

The slip cover unites mattress and spring element into one compact single unit. The removable upper part of the slip cover is made of pure cotton (certified organic cotton), quilted with sheep's wool. You can also opt for the washable, hypoallergenic version made of TENCEL™/maize. Alternatively, there is the **aos** sleeping system with an under-bedding made of sheep's wool or TENCEL™. A partner cover is available for both versions, which connects two individually adjusted sleeping systems without visible or noticeable gaps.



### MATTRESS

Our **aos** mattress only yields where a force is applied. This ensures optimised pressure relief and ideal blood circulation. It is made of 100% natural latex and is available in two levels of firmness, soft (volumetric weight 70 kg/m<sup>3</sup>) and firm (volumetric weight 80 kg/m<sup>3</sup>), as well as in two height options, 10 or 15 cm. It is attached to the **aos** spring element with a zipper.



### SPRING ELEMENT

Seven latex strips covered in cotton, with sophisticated structural positioning, and rimellas made of elastic ash ensure precise support for your body – whether you're lying on your back, stomach, or side. The rimellas can be removed individually and the latex strips can be moved for personal adjustments. The ribbed surface of the rimellas and construction from individual components provide the optimal ventilation of the spring element.



### INSERTION FRAME

The **aos** insertion frame is available in either spruce or swiss pine. The manually-adjustable insertion frame version in beech offers seven inclines for the head and three for the feet area. The electric insertion frame including mains cut-off is infinitely adjustable and can be operated wirelessly via a radio remote control.







## HIGH SLEEPING COMFORT

A natural kind of box spring bed: the individual configuration options of the **aos** sleeping system also enable the popular look and comfort of beds with a high sitting edge. Deep sleep is also ensured with a more compact version. Optionally, you can also choose an open structure with under-bedding.

fig. above: **aos** sleeping system with 15 cm mattress and topper

fig. right: open **aos** sleeping system with 10 cm mattress and under-bedding



## RIMELLAS

The rimellas of the spring element are made from a single piece of untreated ash wood. Their characteristic longitudinal grooves reduce the contact surface, thus improving the air circulation in the sleeping system. Special clip rimellas provide a stable cohesion of the system.







# CLASSIC

## MATTRESSES

Off to the comfort zone! Or, actually, the comfort zones. Because the elastic, breathable latex core of our **classic** mattress excels with its seven zones. This special division into the shoulder, pelvis and foot areas, together with the high volumetric weight of 70 kg/m<sup>3</sup> [medium firm] and 80 kg/m<sup>3</sup> [firm] provides pressure relief that is precisely conformed to your body contours and thus affords you

ergonomically healthy sleeping comfort. A sophisticated sectioning of the surface allows for flexible adaptability and contributes to optimal ventilation. The **classic** mattress is even comfortable to clean: its cover is made of high-quality, natural cotton that is woven with breathable, temperature-sensitive fibres – and it is easy to remove and wash.

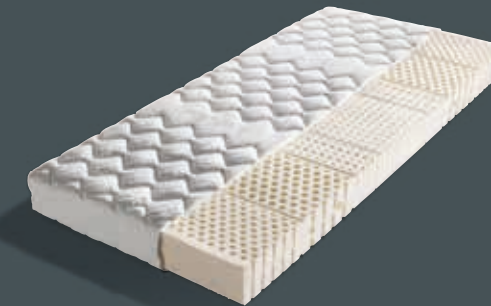
**classic natural latex 21** (representative photo)  
100% natural latex  
degree of firmness: medium-firm or firm  
height: 21 cm



**ALL MATTRESS COVERS**  
100% natural double-layered certified organic cotton quilted with 600 g/m<sup>2</sup> breathable TENCEL™/maize fibre, washable, suitable for those with allergies, partner cover possible



**classic natural latex 17** (representative photo)  
100% natural latex  
degree of firmness: medium-firm or firm  
height: 17 cm



**classic latex 17** (representative photo)  
min. 20% natural latex  
degree of firmness: medium-firm or firm  
height: 17 cm



**classic latex 21** (representative photo)  
min. 20% natural latex  
degree of firmness: medium-firm or firm  
height: 21 cm

## SLATTED FRAMES AND SLAT BASES

Our **classic** mattresses offer first-class sleeping comfort in combination with our metal-free slatted frames and slat bases. These adapt flexibly to the body's contours and allow for individual adjustments.



**classic flex plate frame**  
height: 11 cm | special shoulder and heel zone  
three-dimensional, freely movable plates made of beech wood  
individual adjustment options in the lumbar region



**classic fixed slatted frame**  
height: 10 cm | ergonomic fixed shoulder zone area  
movable layered spring slats



**classic adjustable slatted frame**  
height: 10 cm | ergonomic shoulder zone  
manually adjustable: head element 5 steps,  
foot element 3 steps





# ACCESSORIES

Your sleep climate has a considerable influence on how restful your sleep is: if it is too warm or cold your body has to react and balance out the temperature. This impairs regeneration. That's why we make sure that our covers are made of materials that are particularly climate- and moisture-regulating. Top off your sleeping pleasure with our pillows, which support an ergonomically correct lying position.

## GOTS CERTIFICATE

The Global Organic Textile Standard (GOTS) is an internationally recognised organic certification that controls the entire textile production chain.



### wool pillow

batting: wool bobbles  
cover: 100% organic cotton  
(certified organic cotton and GOTS certified)  
washable



### TENCEL™ pillow

batting: PES fibre balls  
cover: 100% TENCEL™  
washable



### latex moulded pillow

(individually adjustable)  
batting: soft-elastic Talalay latex  
cover: 37% Lyocell, 63% polyester  
washable



### all-season wool blanket

batting: 100% merino sheep's wool (COF)  
batting weight: 400g/m<sup>2</sup>  
cover: 100% organic fine satin cotton  
(certified organic cotton and GOTS certified)  
not washable



### all-season TENCEL™ blanket

batting: 100% TENCEL™  
batting weight: 430 g/m<sup>2</sup>  
cover: 100% TENCEL™ fine satin  
washable

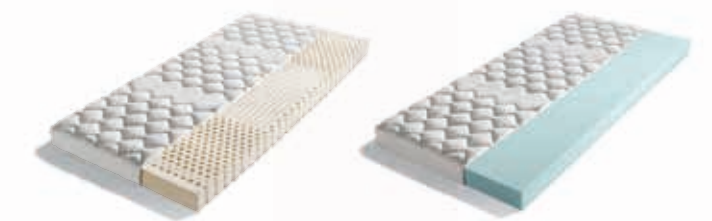


### under-bedding TENCEL™ or wool

batting: 100% TENCEL™ or 100% sheep's wool  
batting weight: 500 g/m<sup>2</sup> or 400 g/m<sup>2</sup>  
cover: 100% fine fabric cotton  
washable

## CHILDREN'S MATTRESSES

With our children's mattresses, even the smallest among us can enjoy restful sleep and beautiful dreams. Latex and comfort foam provide superior point elasticity for ergonomic sleeping comfort. The high-quality cover materials support the pleasant sleeping feeling and are washable.



### mobile mattress latex 11 [fig. left, representative photo]

### mobile mattress comfort foam 11 [fig. right, representative photo]

latex: min. 20% natural latex  
comfort foam: breathable cold foam | height: 11 cm  
upholstery: 100% natural double-layered certified organic cotton quilted with 600 g/m<sup>2</sup> breathable TENCEL™/maize fibre, washable, suitable for those with allergies



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*A restful and healthy sleep means everything to me, personally. That is why we offer complete sleeping systems made of natural materials at TEAM 7.*

Dr Georg Emprechtinger,  
CEO and owner of TEAM 7

When we produce our sleeping systems, mattresses and bedroom furniture made of solid wood, it is important to us that you recuperate. And that nature does too. By using natural, renewable materials, we create a beneficial sleeping environment that strengthens our well-being and makes the bedroom a place where we can replenish our energy. At the same time, we create products that come from nature and can be returned to the natural cycle at any time.

Because looking at our world today, it is clearly time to acknowledge the fundamental importance of nature in our lives, and to take responsibility for our ecological footprint. It is time to prioritise lasting value – and to treat nature and our fellow humans with respect.

At TEAM 7, sustainability and environmental protection are at the heart of everything we do. Because we are a part of nature, and how we interact with it is a deciding factor for our future.



Find out more about our pioneering role  
in sustainable furniture production!







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**TEAM 7**