

## You've made your bed, now lie in it

In these troubled times, the stress and strain from the barrage of consistently bad news can deprive one of a good night's kip and Brummell for one is keen to maintain its well-earned beauty sleep.

To that end, Cycle13, a Liechtenstein-based luxury goods firm, has launched the **Lomme** bed, an egg-shaped sleeping pod that could have come straight off the set of a Kubrick movie.

The Lomme (light over matter mind evolution) combines light, sound, colour and massage therapies to provide the optimal sleep environment and a natural light alarm clock which creates a virtual sunrise to ease you into the day.

The Lomme shell is designed to block harmful electromagnetic waves and

radiation and isolates all electricity away from the bed. The protective cocoon limits external noise and has a built-in iPod to listen to relaxing music, sounds and guided meditations.

The mattress is made of viscoelastic memory foam and the bed climate is regulated. All functions are controlled by an iPhone which has been specially programmed for Lomme.

All this multi-layered functionality is a snip at just £33,000 (£39,000) – after all, we do spend a third of our lives in bed. With the average City worker sleeping six hours a night, over the course of a year each hour of sleep in the Lomme bed comes in at a highly economical £15.

[www.bouf.com](http://www.bouf.com), phone 0870 803 4883

