



ingsize. Elite sleepers know a good bed than just size. A mattress made with natural wool and horsehair, which is far away from the body, aiding temperature regulation. Loaf, Vispring and other good options — though the latter's Vividus bed, unveiled at the Salone del Mobile design festival, the mattress has hand-tied bolsters to create a floating sensation and is, True, it costs £100,000 but the world has one, and he knows a lot about beauty sleep. Not so keen on the sum? Natural Mat's Superb mattress (£985; naturalmat.co.uk), made of organic lambswool and horsehair, is brilliant, particularly if you share a bed with a restless partner — though it's worth the extra to keep you insulated. We've tried it.

Lavande des Alpes candle, £195 (rojaparfums.com)



**SWITCH OFF**  
One of the first things sleep therapists tell clients to do is to create a night-time routine to help them switch off.



Food supplement, £90 (dumitylife.co.uk)



Lighting a scented candle is a good way to begin; try Roja Parfums Lavande des Alpes candle (studies have demonstrated lavender's ability to induce sleepiness — and leave you more energetic on waking), followed by a bath. Neom Organics Tranquillity Bath & Shower Oil is rich in lavender and jasmine, another soothing scent. End your evening with a cup of Pukka's Night Time tea and a spritz of This Works' Deep Sleep Pillow Spray.



Bath & Shower Oil, £40 (neomorganics.com)



# ES Magazine

**DALSTON? DORSET? BOTH!**  
*Hanging with the urban bumpkins*

# Jack O'Connell

*Dodging jail, charming Angelina and taking Hollywood by storm*

