

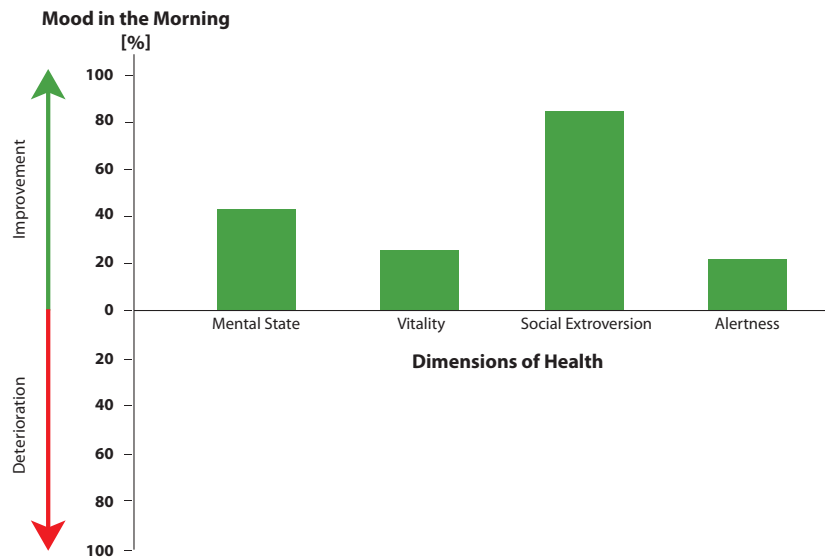
Influence of a pine heartwood constructed room on people in an everyday living situation

Objectives

Can the pine wood show positive characteristics on the human body in a scientific analysis?

Approach

Thirty volunteers experienced normal levels of daily stress and relaxation. Half of the group occupied a room made of raw pine wood while the other 15 were in identical rooms made of other types of wood.



*Morning mood in the cembra pine room**

Result

There were significant differences in the quality of recovery between the two groups. The material of the room had a significant influence on the stress and relaxation ability of the people. The volunteers from the room made of pine heartwood showed a lower heart rate in physical and mental stress situations and subsequent periods of inactivity, and an accelerated vegetative recovery process and increased social extroversion.

Conclusion

Since the Wilms® Hygienic Wood Bed Mats are also made of cembra pine wood, the positive effects on the human body are obvious even without the transformation of the entire room.



Implementation

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Franz-Pichler-Str. 30, A-8160 Weiz, Gefördert von der Europäischen Union, 2002.

* Data: Moser, Maximilian (2002) : Evaluation der Auswirkungen eines Zirbenholzumfeldes auf Kreislauf, Schlaf, Befinden und vegetative Regulation, S. 42; Graphical composition: Fa. Wilms GmbH



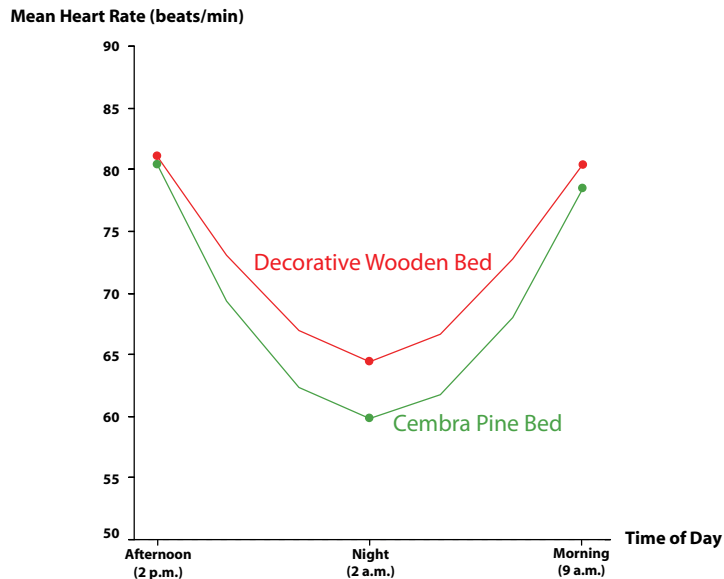
Influence of Cembra Pine on quality of sleep and relaxation

Objectives

Is there an improvement of sleep quality when Cembra Pine beds are slept in compared to similarly decorated beds made of different wood?

Approach

Fifteen healthy adult volunteers spent a period of 3-4 weeks sleeping in a Cembra Pine bed or another type of wooden bed. Throughout this time, long-term ECG measurements were made to record everyday stress and recovery operations of the body.



*Heart rate during sleep in a Cembra Pine bed**

Result

The positive influence of pine wood on humans was shown on both physiological and psychological levels. When sleeping in a cembra pine bed, a significantly lower heart rate occurred. During the first sleep cycle, sleep is usually the deepest. When in a cembra pine bed, subjects remained in this period longer. Also during the day the positive impact of the cembra bed was shown by participants. The heart beats up to 3,500 times less, which equals on hour of daily cardiovascular work.

Conclusion

Sleeping in a cembra pine bed leads to better quality of life.



Implementation

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* Data: Moser, Maximilian (2002): *Evaluation der Auswirkungen eines Zirbenholzumfeldes auf Kreislauf, Schlaf, Befinden und vegetative Regulation*, S. 38; Graphical composition: Fa. Wilms GmbH

