

M&S

THE  
SLEEP  
SHOP

IN STORE | ONLINE | APP

# Sleep well

WHEN IT COMES TO ALL THINGS  
SLEEP, WE'RE THE DREAM DESTINATION

A good night's sleep leads to better, more productive days – that's why we've spent years looking for ways to help you snooze more soundly. Whether it's designing the perfect mattress (and the bed frames to put them on), bed sheets to keep you cosy (or cool), or creating scented candles to help you relax, we have a world of expertise – and we can't wait to share it with you...

ON THE COVER: Trapunto  
bedspread £150 T354041T  
Trapunto cushion £29.50  
T354041C Pom Pom double bed  
set £39.50 T354420B Matelasse  
Tile Print cushion £15 T354774C  
Zig Zag textured double bed  
set £59 T354284B Hastings Grey  
double bed £349 T654020

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Do you know why you

## CAN'T SLEEP?

Three common bedtime complaints  
– and a simple solution for each



### I ache when I'm in bed

No one should wake up in the morning feeling like they've gone 10 rounds in a boxing ring. If this sounds familiar, check your mattress. Ideally, it should hold your entire body and offer comfort at pressure points, such as the hips and shoulders. Look for one that combines pocketed springs that rise and fall as you move, with a memory foam layer that will mould to your body for full support.

**WE RECOMMEND**  
Memory foam 1500 mattress  
(see pages 6-7)



### I can't seem to get the temperature right

Feel cool when you go to bed, but wake up hot and bothered? Age, hormones and weather all play their part, but our immediate environment has the biggest impact. We recommend mattresses and sheets made from natural materials such as cotton, Tencel®, lambswool or bamboo. These will allow the body to breathe and help regulate your core temperature.

**WE RECOMMEND**  
Natural Plus mattress (see  
pages 6-7), plus Comfortably Cool  
duvets, pillows and bed sheets  
(see pages 4-5 and 8-9)



### I'm allergic to dust mites

They may be tiny, but dust mites can significantly impair sleep if you're allergic to them. They're impossible to eliminate completely, but you can minimise their effect. Our Anti Allergy duvets, pillows, mattress toppers and linens are endorsed by the British Allergy Foundation: they're crafted from special fibres scientifically proven to reduce dust mite allergens. And all our mattresses have Actipro triple-action fabric treatment: anti-odour, antibacterial and anti-allergenic.

**WE RECOMMEND**  
Anti-allergy duvet, pillows and  
protectors (see pages 4-5)

EVERYTHING  
YOU NEED  
FOR A GOOD  
NIGHT'S  
SLEEP

**PILLOWS**  
From super soft to extra firm, feather to memory foam, our comprehensive range has it all

**DUVETS**  
All seasons, all fillings, all sizes, all budgets – our products have got you covered

**MATTRESSES**  
We know everyone has different needs, so we offer options for every sleeper: side, back or front

**BED SHEETS**  
Flat or fitted sheets, plus pillowcases and duvet covers in a range of thread counts and fibres

**SLEEPWEAR**  
Everything from baby sleepsuits to luxurious lingerie, so all the family can sleep in style

**BEAUTY**  
Establish a bedtime ritual with skincare, candles and diffusers, all serenely scented

**WANT TO  
SEE MORE?  
FIND THE  
FULL RANGE  
ONLINE**

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**DUVETS FOR ALL SEASONS**

Whatever the weather, we have a duvet to suit, thanks to our range of seasonal or year-round products



**SPRING**  
Supersoft 13.5 tog all-season duvet from **£95** T357783D



**SUMMER**  
Comfortably Cool 6 tog duvet from **£35** T355422D



**AUTUMN**  
Teddy fleece 10.5 tog duvet from **£29.50** T356705D



**WINTER**  
Duck feather & down 13.5 tog duvet from **£39.50** T359874D

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*Plump it up*

# DUVETS & PILLOWS

Cosy up with luxurious natural fillings or stay snug with the latest high-tech, super-comfy man-made fibres

Did you know?

All our duvets are machine washable. Yes, even the feather-filled options



**IN THE KNOW: DUVETS**

**NATURAL FEATHER**  
With generous clusters of feathers and down encased in pure cotton, these duvets are breathable, insulating, lightweight... and about as close as you'll get to sleeping on a cloud.

**MAN MADE**  
Soft and light, our man-made fillings offer warmth without weight. Fillings include recycled polyester fillings and supersoft microfibre that's so soft it feels like down.

**TOGS EXPLAINED**  
The tog rating relates to warmth, not weight (that depends on the filling). The higher the tog, the warmer the duvet. Ours range from 1-13.5; the all-season option combines 4.5 and 9 tog layers – join them for a toasty 13.5.

**IN THE KNOW: PILLOWS**

**NATURAL FEATHER**  
Super-plush feather and down pillows mould to your head, neck and shoulders to give soft, gentle support. They're naturally insulating and breathable, to help keep you comfortable all night.

**MAN MADE**  
Our pillows are easy to care for, with our Anti-Allergy range the ideal choice for asthma or allergy sufferers. From super soft to extra firm, Comfortably Cool to Feels Like Down, you'll find a pillow to suit the way you sleep.

**SPECIALITY**  
These pillows are designed with specialised fillings and shapes to provide superb comfort and excellent support. Box wall pillows offer extra neck support, while memory foam moulds to your head and neck for comfort.

**PILLOW PROTECTORS**  
Easy to wash and quick to dry, protectors offer an extra layer between you and your pillow, hygienically protecting it and keeping it safe from wear and discoloration.



**WANT TO SEE MORE? FIND THE FULL RANGE ONLINE**

**PILLOWS FOR EVERY SLEEPER**

With a choice of more than 20 pillows, you're sure to find one that's right for you, however you like to lay your head



**EXTRA SUPPORT**  
Memory foam 3-way contour pillow **£39.50** T358113P



**SUPER SNUGLY**  
Teddy fleece pillow **£12.50** T356705P



**READING & FEEDING**  
V-shape pillow **£19.50** T358179P



**ULTIMATE LUXURY**  
Hungarian goose down pillow **£59** T355001P

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Find your perfect match

# MATTRESSES

Whether it's pocket sprung, memory foam or pillow-topped, all of our mattresses are traditionally handcrafted in the UK using the highest quality materials

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## COMFORT CONSIDERATIONS

To give an instant indication of how our mattresses feel, we've divided them into three levels of firmness. When trying and buying, you need to factor in the base – remember, a mattress on a sprung divan will feel softer than one placed on a firm-top divan or slatted bed frame.

MEDIUM

### FOR WRIGGLERS

A medium mattress will adapt to the shape of your body, giving gentle and comfortable support.

FIRM

### FOR BACK SLEEPERS

A firm mattress will give just the right amount of support when you sleep on your back (or front).

EXTRA FIRM

### FOR MAXIMUM SUPPORT

An extra firm mattress gives maximum support to the back and the whole body.

## MATTRESS TOPPERS

A smart way to safeguard against spillages and allergens, a topper will boost the feel and lifespan of your mattress

**WANT TO SEE MORE?**  
FIND THE FULL RANGE ONLINE

## Did you know?

All the springs in our pocket-sprung mattresses are made from 15-20% recycled steel



### Responsive to posture

#### Memory foam from £399

Will mould to your contours, help maintain correct posture and relieve pressure points, while the COOL PLUS® cover helps regulate body temperature.

### Firm and supportive

#### Ortho from £549

A combination of natural fillings, foam and extra supportive pocket springs makes this perfect for those who prefer a sturdier sleeping surface.

### Ultimate comfort

#### Luxury from £699

Crafted with superior-quality fillings, this range offers enhanced thermoregulatory properties and the ultimate in feel, comfort and support.

### Super comfy

#### Pillowtop from £699

A sprung mattress with a soft pillowtop layer containing a bed of mini springs that provide unique bounce back, superior comfort and support.

### Natural fillings, all-round comfort

#### Natural Plus from £349

Pocket-sprung mattresses made using natural materials such as cotton, lambswool, cashmere, silk, pashmina and alpaca to give an enhanced natural and supportive feel.

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*Thread count unravelled*

# WHO'S COUNTING?

Generally speaking, the greater the thread count, the higher the quality. Finer threads mean more are used, resulting in a higher count and a softer, smoother fabric

## Did you know?

All our plain dye bed sheet ranges are machine washable and can be tumble-dried – plus they all have StayNEW™ to keep colours looking fresh

### Cosy

**Brushed cotton**  
Air pockets between fibres keep you cosy. Naturally warm and ultra soft. In plastic-free packaging. 100% brushed cotton. 4 colours.  
**From £9.50 (set of 2 pillowcases)**

### Soft

**Cotton jersey**  
Made from pure, sustainably sourced cotton jersey, this bedding is light, soft to touch and has a wonderful drape. In plastic-free packaging. 4 colours.  
**From £10 (set of 2 pillowcases)**

### Cool

**Comfortably Cool**  
Woven with Tencel®, a sustainable fibre derived from the eucalyptus tree, to help regulate body temperature. 200 thread count. 11 colours.  
**From £8 (pillowcase)**

### Non-iron

**Pure Egyptian cotton 230**  
Durable and soft, made from fine Egyptian cotton. With a non-iron finish. 230 thread count. 22 colours.  
**From £7.50 (pillowcase)**

### Smooth

**Pure Egyptian cotton percale 400**  
All the benefits of our Egyptian cotton with a higher thread count for a luxurious feel, plus an easy-to-iron finish. 400 thread count. 8 colours.  
**From £12 (pillowcase)**

### Easy

**Easycare poly/cotton blend**  
Recycled polyester and sustainable cotton, in plastic-free packaging. 6 colours.  
**From £5 (set of 2 pillowcases)**

Rest assured

# BEDS & DIVANS

Expertly crafted from the finest materials, our extensive collection includes a wide range of styles, from traditional divans with upholstered headboards to modern clean-lined styles



### Did you know?

When you buy from M&S, we can take away your old bed and mattress. For full details visit [marksandspencer.com](https://marksandspencer.com)

## IN THE KNOW: DIVANS & HEADBOARDS

### DIVANS

With or without storage: that is the question. Our divans offer a wealth of choice, with drawers in various combinations, or an ottoman style that lifts up to hide bulky items out of sight. **From £249**

### HEADBOARDS

Add the finishing touch to your choice of divan with one of our Standard or Premium headboards. Keep it simple with an elegantly padded design or make a statement with a deep-buttoned finish. **From £199**

### FABRIC CHOICES

With four Standard and six Premium fabrics to choose from, it's easy to customise your headboard and divan. Select a shade that suits your style and a finish that matches your budget.

**WANT TO SEE MORE?  
FIND THE FULL RANGE ONLINE**

MORE AVAILABLE AT [MARKSANDSPENCER.COM](https://marksandspencer.com)



## IN THE KNOW: BED FRAMES

### WOOD & WOOD-EFFECT

A solid wood or wood-effect frame will bring texture and warmth to your bedroom. A classic choice with the charm of natural grain, these designs will never go out of style. **Hastings Light Natural double bed £349**

### PAINTED WOOD

Add subtle colour with a painted bed frame in a choice of shades. Love the look? Our Sandbanks, Hastings and Winchester ranges come with matching furniture. **Sandbanks double bed £399**

### METAL

Big on vintage charm, our Edwardian-style Castello bed comes with beautifully shaped posts and railings, and a glamorous high-shine finish. **Castello double bed £499**

### UPHOLSTERED

Our latest range incorporates three tailored designs – Mila, Amelie and Cleo – each with a generous padded headboard and upholstered frame. Matching ottomans offer seamless storage. **Amelie double bed from £499**

## BEDS

From single to super king, choose the size that fits your space



**SINGLE 3FT**  
**Sonoma™ £549**  
T657510



**SMALL DOUBLE 4FT**  
**Hastings Ivory £329**  
T657312



**DOUBLE 4FT 6**  
**Arlo Natural £349**  
T653460



**KING 5FT**  
**Sandbanks Grey £449**  
T657488



**SUPER KING 6FT**  
**Winchester £799**  
T658430N

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WANT TO  
SEE MORE?  
FIND THE FULL  
RANGE ONLINE

Cotton modal shell  
print pyjamas £30  
T371025J

*Dressed for bed*

## DREAM TEAM

Our range of sleepwear has something for every member of the family, whether you're a night owl or lover of long lie-ins

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### IN THE KNOW: SLEEPWEAR

#### ADULTS

Ease into bedtime with our classically cut pyjama sets, or opt for a more laid-back look in relaxed stretch fabrics. A dressing gown in pure cotton provides the finishing touch.

#### KIDS & BABIES

Soft and ultra-comfortable, our coordinating pyjama sets are the perfect kit for kids. Encourage sweet dreams with calming tones, classic stripes or a pop of pattern.

*Clockwise from top left:*

**Women's pure cotton waffle dressing gown £15** T372361G  
**Children's stripe heart woven pyjamas from £15** T862160P  
**Children's Dreamskin® cotton with stretch star-print pyjamas from £8** T865001D

**Men's pure cotton striped pyjama set £25** T073019  
**Men's pure cotton striped pyjama shorts set £19.50** T072028  
**Men's raglan-sleeve cotton striped pyjama short set £19.50** T072020

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## IN THE KNOW: BEAUTY

### SCENT

Opt for candles and diffusers blended with lavender, chamomile and patchouli that help relieve tension and ease the mind. Super-blended balms and fragrant mists could help you fall asleep faster.

### RESTORE

Your skin works hard fighting pollution and toxins during the day, so give it some TLC come night-time with face creams that are formulated to repair and regenerate while you sleep.

*Left to right, top to bottom:*  
**Ragdale Hall Spa: sleep candle** £9.50 T221040D  
**Formula Absolute: ultimate sleep cream** £23 T226368  
**Time capsules** £27 T226338  
**Ragdale Hall Spa: sleep diffuser** £15 T221040C **Sleep body butter** £9 T221040E

**REN: pillow spray** £18 T231086B  
**Atlantic kelp and magnesium anti-fatigue body wash** £22 T232114B **Atlantic kelp body cream** £22 T232275B  
**Ragdale Hall Spa: sleep bath elixir** £7.50 T221040N **Sleep aromatherapy pillow and body mist** £6 T221042V

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## How to sleep better BEDTIME RITUALS

Establishing a thoughtful night-time routine can be an effective way to calm the mind and relax the body before you hit the hay – and we have the products to help

*Left to right:*  
**This Works Deep Sleep collection** Breathe In £18 T232153B  
**Pillow spray** £19.50 T231353B  
**Heavenly candle** £26 T232053B  
**Bath soak** £22 T231953B  
**Shower gel** £18 T231853B  
**Sleep Plus pillow spray** £27.50 T231653B



WANT TO SEE MORE?  
FIND THE FULL RANGE ONLINE

### Did you know?

You can increase the life of your candle by trimming the wick to 5mm after the wax has set

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# MARKS & SPENCER

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## INVITE SLEEP IN

To soothe the senses before bed,  
create a relaxing space without  
clutter or distractions

### Keep it neat

Make your bed as  
soon as you rise for  
a sound start to the  
day, then thank  
yourself later when  
you climb back in

### Light matters

To control outside  
light, invest in shutters  
or blackout curtains.  
If you face the street,  
they'll also block out  
a lot of street noise



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