



## **BBC research finds 42% of nine month-year-olds wake frequently in the night**

BBC research has revealed that new parents took sleep for granted before the birth of their baby. The arrival of a child often marks the end of sleeping until late on the weekend. Results have shown that 22 per cent of nine-month-olds have difficulty settling to sleep and 42 per cent wake frequently in the night. Constant waking can take its toll on parents. But some mothers have found that having their baby sleep on an organic mattress has solved this problem.

The **Naturalmat Coco Mat Baby Mattress** is the perfect choice for newborns and babies up to 18 months. It provides your child with gentle support and excellent breathability. It consists of an organic coir (coconut fibre) core which gives the mattress spring whilst the organic lambswool tufting adds extra comfort.

Its creators know that is essential that children grow up in a clean and safe environment. This was the motivation behind having the **Coco Mat Mattress** come with a machine washable cotton cover and more importantly it is completely chemical free.

You undoubtedly will to have a lot and your mind when you are expecting and with the pressures of modern life you may have a limited amount of time to make all of the necessary arrangements. That is why Naturalmat have made purchases hassle free. Your **Naturalmat Coco Mat Mattress** can be ordered online and be delivered to your door within five days.

Naturalmat customers have provided the company with an overwhelming amount of positive reviews. 'Our little boy has been sleeping in his cot bed with his lovely mattress since he was four months old and has slept through most nights, what luxury! It was a pleasure buying from Naturalmat and I have even recommended them to friends,' said Sarah from Tyne and Wear.

The Naturalmat Company has expanded its range of products and the **Coco Mat Baby Mattress** is just one of the many products for sale. You can purchase Naturalmat products from [www.naturalmat.co.uk](http://www.naturalmat.co.uk).

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**Notes to Editor:**

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**About The Natural Mat Company:**

The Natural Mat Company was founded in 2000 in Topsham in Devon, by Mark Tremlett and Peter Tindall, who as keen sailors both became frustrated with the poor quality of synthetic mattresses found on boats.

Mark and Peter decided to look for an alternative and found natural fibres to be a more superior substitute for boating. With their knowledge and expertise they quickly developed a business making mattresses for yachts and motor boats. With the arrival of Mark's first child, they quickly identified a need for a natural offering for babies.

With a mission to develop the perfect natural sleeping environment for babies and children, Mark and Peter set to work to create a range of pure natural fibre mattresses. After nine months, they were proud to launch the first range of natural baby mattresses.

The handmade range includes organic coir, natural latex and mohair mattresses from cribs through to children's beds. Each mattress provides parents with the peace of mind that babies will have a safe and restful night sleep on the highest quality natural fibres available today.

Natural Mat manufactures and distributes mattresses around the world from its base in Topsham, Devon.

**About the Coco Mat Mattress:**

The Naturalmat Coco Mat Mattress is made from organic coir from the husk of coconuts, and is the most breathable of all Naturalmat mattresses. The gentle spring of the coir is surrounded by plenty of organic lambswool which helps to provide insulation and a soft tufting to the top of the mattress.