

1 of 1 DOCUMENT

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BYLINE: OJ Twiner**SECTION:** SLEEP EASY;FEATURES; Pg. 6,7**LENGTH:** 1498 words

With more than 30years' experience as a chiropractor in the USA, I have concluded that many of my patients have problems achieving a good peaceful night's sleep.

With this in mind, over the past 10 years I have developed a complete range of products that I hope will make sleep a truly enjoyable experience.

Some of my products, like the Dr Twiner Pyramid Pillow, are patented and therapeutic, and are designed to help people with acute and chronic conditions which require specialist support.

It is estimated that 83 per cent of us will suffer from lower back pain during our lifetime, and proper lower back support is a must while sleeping.

I feel justifiably proud of my range of Dr Twiner products.

Dr OJ Twiner

White-as-snow duvet set

HALF PRICE

These premium fibre/hollow-fibre duvets are the closest equivalent to a natural down duvet - perfect for those who suffer with allergies or want a lighter-touch duvet. The white down-like filling includes a 100 per cent hollow-fibre/ microfibre blend in box construction pockets - which keep the filling evenly distributed.

The duvets have a 210 thread-count pure cotton cover, with matching piping. They should remain dust-mite free thanks to the filling and a miteproof cover, and are machine washable in a large capacity machine.

The Duvets are available in two togs 9.5 or 13.5 for the same price; don't forget pillows as well, to make your luxurious new bedding set complete.

Sweet dreams on luxury pillows

Throughout the world, Egyptian Cotton Pillows are the epitome of luxury, with a high thread count and pure cotton cover. They have a generous filling of soft, fluffy hollow fibre which will provide you with a wonderful sleep experience.

Size: L72xW48cm (28x19in)

Egyptian Cotton Pillows (pair) Code: 8127 RRP £45 Our price £22.50

SAVE £22.50

Hospitals' choice of safe duvet

This duvet, designed by leading chiropractor Dr OJ Twiner, is chosen by many hospitals throughout the UK. Filled with hollow fibre for excellent heat retention, the cover is 100 per cent pure cotton so it's breathable and non-allergenic. In addition, the duvet is treated with **Proban**, a flame-retardant that meets all UK safety specifications.

Lightweight at only 2.5kg (5.5lb), it's machine-washable at 40C.

Flame-retardent Duvet From £49.9

SAVE 30%

Protect your mattress from spilt drinks and leaking hot water bottles

Super-comfy, thanks to the downy-soft microfibre top, this luxury Mattress Protector is filled with warm polyester and backed by laminated PVC to be 100 per cent waterproof - very comforting when you're sipping your bedtime drink or snuggling down with a hot water bottle. Available in four sizes, they are machine washable at 40C.

Mattress Protector From £19.99

HALF PRICE

Waterproof and easy-to-clean duvet - simply wipe away spills

Spills, splashes and drips: this smart duvet shrugs them all off without staining or soaking. The secret? Together with the matching pillow, it's encased in a PU-coated nylon cover that's sealed by ultrasound, not stitches, to make it reassuringly waterproof. Perfect for drama-free early morning cuppas, they're also ideal when you're unwell or simply fancy a long, lazy breakfast in bed.

Designed by eminent chiropractor Dr OJ Twiner, these clever covers are breathable, antibacterial and nonallergenic. Warm, thanks to a 9-tog value, and very comfortable, the Waterproof Duvet and Pillow can be wiped clean with a mild detergent (so no washing required), and are widely used by medical professionals.

A slumber-inducing mattress topper with a memory of its own

Transform your whole sleep experience with this revolutionary, heat-sensitive memory foam mattress topper. Originally developed to cushion Nasa astronauts in space, the memory foam moulds to the exact contours of your body to give support where it's needed most, helping to eliminate painful pressure points and provide perfect support all night long.

Ergonomically designed to keep your spine in a more natural position, finding the perfect sleeping position is easy, whether you sleep on your side or back. Ideal for rejuvenating an old mattress, it's also hypoallergenic for allergy sufferers, and has temperature sensitive qualities to ensure a cool comfortable sleep.

Supplied complete with a polycotton quilted mattress cover with an extra-deep skirt to cover your mattress and topper.

Memory Foam Mattress Topper SAVE up to £90 From £99.99

SAVEUPTO £90 OFF RRP

Sleep better and feel better on a Pyramid

The original and still the best, this uniquely shaped pillow is medically designed to provide maximum support and correct alignment for your head, neck and upper back. Providing an exceptional degree of allnight comfort, it was designed by leading chiropractor Dr OJ Twiner to help ease muscle tension, reduce snoring and relieve the discomfort of arthritis. Filled with hollow fibre, the Pyramid Pillow is non-allergenic, machine washable and fits easily into a standard pillow case. Supplied with a quilted protective cover for years of supportive comfort. Size: W42xL68cm (fits a normal pillowcase).

Pyramid Support Pillow Code: 2876 £19.99

Rest easy on a memory foam mattress

The Dr Twiner Ultimate Mattress range is designed to give the user the best possible night's sleep by offering excellent support and ultimate pressure relief. Traditional sprung mattresses have hundreds of springs that cause upward pressure and resistance against the body, resulting in restless sleep and joint pain. The heat-responsive memory foam moulds to the contours of the body to maximize contact, allowing less pressure to develop on key areas, such as hips, knees and lower back. This will mean less tossing and turning during the night and improved blood circulation. Along with the comfort benefits, the foam has an open-cell construction for added breathability.

Suitable for any divan or bed frame

Made in the UK

Five inches of pressure-relieving memory foam

SAVEUPTO £100 OFF RRP

Three easy ways to order: Call 0844 871 1491 quoting TELS19, visit www.telegraph.co.uk/solutions or complete the order form on page 8 and post to: Telegraph Offers TELS19, Euro House, Cremers Road, Sittingbourne, Kent ME10 3US.

Please add £4.99 p&p per order - however many items you order.*

Inquiries: please call 0844 871 1492. Call centre opening hours: Mon-Sat 8am-9pm; Sat-Sun 9am-9pm. Please quote TELS19. Maximum call cost per minute is 5p to BT customers. Calls on non-BT lines will vary. Offers are subject to availability and open to UK mainland readers only. Minimal charge of £4.99 postage and packaging. Please allow 21 days for delivery from receipt of order. Return unused items within seven days for a refund if not completely satisfied. All products are purchased from, and your resulting contract will be with, Easylife Group Ltd (registered in England no. 05221840), a company wholly independent of Telegraph Media Group Ltd.

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White as Snow Duvet Set Style 9.5 Tog 13.5 Tog RRP Our Price Saving Duvet Single 8101 8105 £95 £47.50
 50% Duvet Double 8102 8106 £115 £57.50 50% Duvet Kingsize 8103 8107 £149 £74.50 50% Duvet
 Superking 8104 8108 £169 £84.50 50% Pillow 8109 £24.99 £14.99 £10 Pillow pair 8110 £49.98 £24.98
 £25Flame-Retardant Duvet 15 tog Style Code RRP Price Single 8115 £79.99 £49.99 Double 8116 £89.99
 £59.99Mattress Protector Style Code RRP Price Size Single 8119 £40 £19.99 995cm (35x75x14in) Double
 8120 £50 £24.99 135x195cm (53x75x14in) Kingsize 8121 £69 £29.99 150x205cm (59x79x14in) S/Kingsize
 8122 £70 £34.99 180x205cm (71x79x14in)Waterproof Duvet 9 tog Style Code RRP Price Saving Single
 8111 £109.99 £89.99 £20 Double 8112 £144.99 £124.99 £20 Single pillow 8128 £24.99 Pillow set of 2 8129
 £44.98 £5Memory Foam Mattress Topper Style Code RRP Our price Saving Single 2201 £189.99 £99.99
 £90 Double 2202 £199.99 £139.99 £60 King 2203 £209.99 £159.99 £50 S/Kingsize 2204 £219.99 £179.99
 £40 Style Code RRP Price Saving Size Single 8123 £349.99 £249.99 £90 W90 x L190cm Double 8124
 £399.99 £299.99 £90 W135 x L190cm Kingsize 8125 £449.99 £349.99 £100 W150 x L200cm S/Kingsize
 8126 £499.99 £399.99 £100 W180 x L200cm