



Duvet Guide

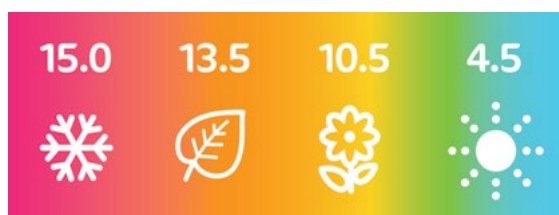
Duvets come in a wide range of fillings, constructions and cover materials. It is important to find the type that suits your needs.

Slumberland duvets have been designed to provide you with supreme comfort at the times you need it most. With duvets available in a variety of togs, you'll be sure of a restful night's sleep, whether it's hot or cold.

Tog talk

The warmth to weight ratio or insulation properties of a duvet is measured in Tog Value. Tog ratings operate on a scale of 1.0tog (lightest rating) to 15.0tog (warmest rating). In the colder, winter months it's important to choose a higher tog to ensure your bed is warm and snug.

Our tog reference chart will help you to select the right tog duvet for you.



When discussing what tog is more suitable, age must also be considered. The heat output of a person aged 70 is approximately 20 per cent less than that of a person aged 30 years. Similarly, very young children require less insulation than older children or adults.

Central heating and house ventilation must also be considered, hence the reason various togs are available throughout the year for the varying temperatures.

Size

When it comes to duvets size does matter. A duvet should be at least 9" wider than the bed on each side. With Double or King Size beds, the allowance should be even greater. Also, a taller person would suit a bigger size duvet than the bed they use – to ensure they get full coverage from the duvet.

The standard UK duvet sizes are as follows:

| Duvet type | Dimensions |
|-----------------|------------|
| Single | 135 x 200 |
| Double | 200 x 200 |
| King Size | 220 x 225 |
| Super King Size | 220 x 260 |

Filling Guide

Synthetic Fillings

Man-made or synthetic fillings are the most popular fillings for bedding these days. Synthetic fillings are made from the tiniest polyester fibres, and can be shaped into smooth layers or ball clusters to offer different feels and levels of support.

Synthetic fillings are therefore versatile, durable and can offer great value for money.

Natural Fillings

Natural fillings, such as duck or goose feathers and/or down are also great insulators. Natural duvets tend to be more expensive, but this does depend on the ratio of filling. The down comes from the breast area of the duck or goose and has no quills, therefore it is softer and lighter. It is down that gives the highest warmth to weight ratio, so a mixture of feathers and down will often be selected as this can still offer warmth without weight at a reasonable price.

Both natural and synthetic fillings have channel or cassette construction in duvets, to ensure the filling does not 'bunch' and cold spots are not created when washing and shaking the duvet.

Anti-Allergenic Fillings

Anti-allergenic filled bedding can be made from either synthetic or natural fillings. Alternatively, the fabric the product is encased in can have anti-allergenic properties.