



***RegenAsleep***

***Regenerate While You're  
Asleep***

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# RegenAsleep

## Founders Story

*Hi, I'm Michelle- founder of RegenAsleep, wellness advocate, and someone who knows firsthand what it's like to struggle with sleep, stress, and hormonal imbalance.*

*For years, I tossed and turned at night. Not just from discomfort, but from that deep restlessness that comes with being overworked, overheated, and overwhelmed. I tried everything- supplements, sleep apps, expensive gadgets- but nothing felt natural or consistent.*

*I started reading about grounding, then about temperature regulation, then about how much our bodies crave balance, especially during midlife shifts like perimenopause and beyond.*

*But when I looked for grounding sheets, they were either scratchy, clinical, or didn't work at all. None were designed for women like me- dealing with night sweats, overthinking or the invisible weight of stress.*

*So I created RegenAsleep- a grounding sheet that actually feels good to sleep on. One that combines cooling Lyocell, 10% silver thread for conductivity, and a soft, breathable texture that makes you want to go to bed.*

*This is not just about a product- its about giving your body permission to rest, recover and regenerate.*

*Its about creating rituals instead of routines  
Its about healing without noise, and sleeping without effort*

*Today, thousands of women are discovering what I found:  
When your grounded and cool, everything else starts to align-sleep, stress, even energy.*

*I hope RegenAsleep helps you the way its helped me- and so many others like us.*

*Here's to peaceful nights and powerful mornings.*

*Michelle*

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## About Us

At **RegenAsleep**, we believe the best sleep solutions don't come from pills, gadgets, or quick fixes — they come from nature, science, and simplicity. That's why we created a sleep product that works **while you sleep**, helping you **regenerate, restore, and reset your body overnight**.

Born from a desire to help people suffering from restless nights, inflammation, night sweats, and stress, RegenAsleep combines ancient wisdom with modern fabric technology — all in a beautifully simple sheet.

## Why We Started

We saw a problem: grounding sheets were either uncomfortable, unreliable, or simply didn't work for women dealing with **real-world sleep challenges** like hormonal imbalances, anxiety, and overheating.

So we made something better.

- **10% Silver Thread** for high-performance grounding
- **Cooling Lyocell Blend** to support night sweat relief
- **Aussie-ready**, thoughtfully designed, and crafted with **care, comfort, and conductivity in mind**

RegenAsleep isn't just a sheet. It's a **therapeutic tool**, a **luxury textile**, and a **wellness ritual**

**Made For Women. Designed for Real Life.**

Our products are made especially for **women aged 45 and beyond** — those navigating life changes, stress, pain, and hormonal shifts that affect their sleep and wellbeing.

We understand what you're going through — because we've lived it, too.



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## **Our Promise**

We're committed to quality, comfort, and honesty. No empty wellness buzzwords, no inflated claims — just a product that feels incredible and actually works.  
You deserve more than sleep — you deserve regeneration.

## **Introduction**

Sleep is not just a passive state; it is when our bodies perform vital restorative work. While we rest, the brain flushes out metabolic waste via the lymphatic system, cells repair DNA damage, rebuild proteins and neutralize harmful free radicals. These processes help slow ageing, strengthen immunity and keep us healthy. Modern lifestyles, however, can disrupt our natural rhythms — artificial light delays melatonin release, screens expose us to stimulating blue wavelengths and stress keeps cortisol elevated. The result is poorer quality sleep and, over time, reduced cellular regeneration.

At the same time, humans have become increasingly insulated from the Earth. Rubber-soled shoes, synthetic bedding and urban living isolate us from the planet's natural reservoir of free electrons. Grounding (or earthing) seeks to restore this lost connection. Proponents argue that contact with the Earth allows electrons to flow into the body, neutralising free radicals and promoting a calmer nervous system.

Conductive products such as grounding sheets provide an easy way to practice earthing indoors by connecting fabric woven with conductive threads to a grounded outlet. Emerging research suggests that grounding may improve sleep quality, reduce pain and lower inflammation.

This e-book explores the science behind sleep and cellular regeneration, the theory and evidence surrounding grounding, and presents **RegenAsleep**, a grounding sheet made from natural materials and conductive silver thread. The information is provided for educational purposes only and is not a substitute for medical advice. Consult your healthcare professional before making changes to your sleep routine or using grounding products.

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## 1. Understanding Grounding

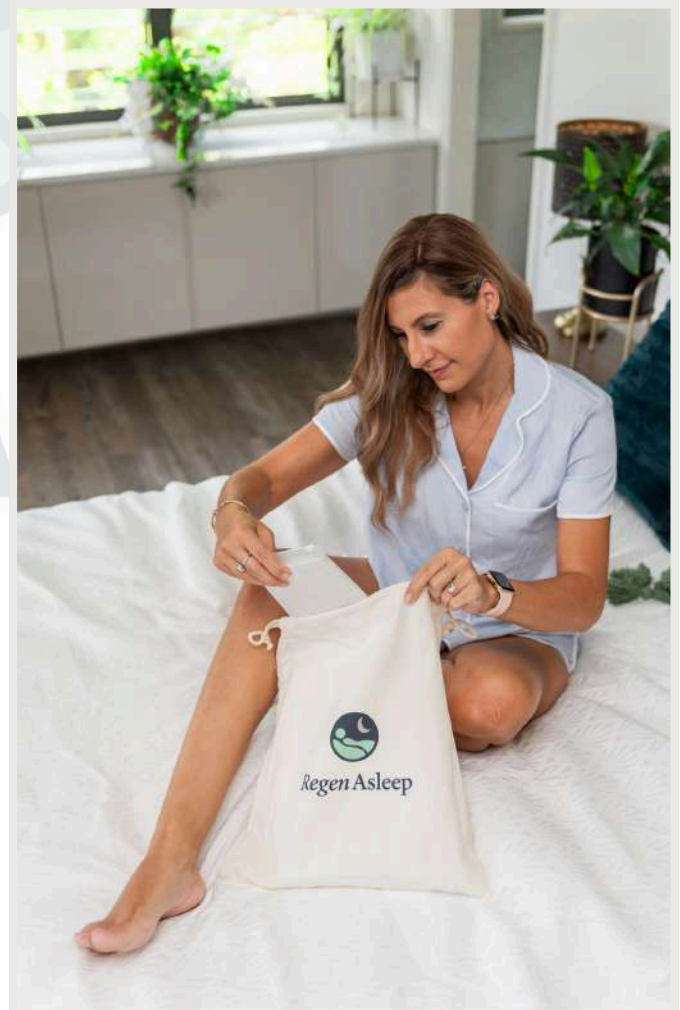
### 1.1 - What is Grounding?

Grounding (also called earthing) involves making electrical contact with the Earth. Walking barefoot on soil, swimming in the ocean or using products that plug into a grounded outlet all connect your body to the planet's surface. This contact is thought to transfer electrons into the body, balancing the electrical charge built up from insulation and exposure to electromagnetic fields. Studies have reported improvements in sleep, reductions in inflammation and stress, better blood flow, enhanced energy levels, improved immunity and reduced pain.

### 1.2 - How Does it Work?

The Earth's surface is electrically conductive and maintains a supply of free electrons. When we touch the ground, electrons can flow into the body, which is also conductive. These electrons may act as natural antioxidants, neutralising reactive oxygen species that contribute to inflammation. By equalising our electrical potential with the Earth's, grounding also reduces the alternating current (AC) electric fields induced on the body, a phenomenon known as the umbrella effect.

Historically humans walked barefoot and slept on animal skins, maintaining continuous contact with the Earth. Modern rubber-soled shoes, elevated beds and synthetic materials have disrupted this connection. Earthing advocates suggest that reconnecting through grounding mats or sheets can restore a stable bioelectrical environment and calm the autonomic nervous system.





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## 1.3 - Types of Grounding Product

Grounding products use conductive materials connected to a grounded outlet or rod to provide an indoor earthing experience. **Grounding sheets** contain carbon or silver filaments woven through natural fabrics. During use, a cord clips onto the sheet and plugs into the ground port of a properly wired outlet. These sheets are designed to be slept on directly or placed under a fitted sheet with minimal layers in between to maximise conductivity.

## 1.4 - Potential Benefits and Evidence

**Improved sleep:** Grounded participants in pilot studies tended to fall asleep more quickly and woke less often than those in control.

**Reduced inflammation:** A study found that concentrations of inflammatory markers decreased more in grounded individuals than in ungrounded controls.

**Improved circulation:** Grounding mats reduced blood viscosity [webmed.com](http://webmed.com) and separate studies observed reductions in blood pressure.

**Enhanced immune function:** Better quality sleep and lower stress support immune responses. Sleep allows the body to release infection-fighting cytokines and T-cells.

**Improved mood and energy:** Normalising cortisol rhythms and reducing stress may lead to a more balanced mood and higher daytime energy.

**Reduced chronic pain:** Grounded sleepers reported significant reductions in muscle stiffness and chronic pain compared with those using sham grounding pads.



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**Stress and anxiety relief:** Grounding shifts autonomic balance toward parasympathetic dominance, reducing tension and anxiety [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov/).

**Cardiovascular support:** Improvements in heart rate variability, decreased blood viscosity and lower blood pressure point to potential cardiovascular [benefitswebmd.com](https://benefitswebmd.com/).

**Faster healing and recovery:** Enhanced circulation and reduced inflammation may accelerate tissue repair and post-exercise recovery [webmd.com](https://webmd.com/)

**Protection from electromagnetic fields:** Grounding equalises the body's electric potential with the Earth's and reduces 60 Hz AC voltage induced on the body [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov/).

**Skin health and complexion:** Better blood flow and lower oxidative stress can improve skin appearance and support natural repair



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## **2. Sleep and Cellular Regeneration**

### **2.1 - Sleep Stages and Repair**

Sleep has two major phases—non-rapid eye movement (non-REM) sleep and rapid eye movement (REM) sleep—and each plays a distinct role in healing. During deep non-REM sleep, growth hormone peaks, tissues repair, immune defences strengthen and muscles. REM sleep boosts brain health by forming neural connections, pruning unnecessary pathways and clearing metabolic. A balanced cycle of non-REM and REM stages ensures both body and brain receive the care they need.

### **2.2 - Sleep stages and their regenerative roles.**

<b>Sleep Stage</b>	<b>Key restorative functions</b>
Light non-REM	Starts cellular restoration
Deep non-REM	Tissue repair, immune support, energy replenishment.
REM	Neural maintenance, memory consolidation, waste clearance

### **2.3 - Cellular Processes During Sleep**

During sleep, cells repair DNA damage from environmental stress, synthesize proteins to rebuild tissues and muscles, and neutralise free radicals. Non-REM stages support physical recovery, while REM sleep restores cognitive functions. Adequate sleep synchronises circadian rhythms, optimises hormone release and supports energy production within mitochondria.

### **2.4 - Consequences of Sleep Deprivation**

When we shortchange sleep, the body's repair mechanisms falter. Sleep loss disrupts DNA repair processes and leads to an accumulation of damage, accelerates ageing and increases inflammatory markers. Chronic deprivation raises cortisol levels and stress responses, which can contribute to oral inflammation and gum disease. Short sleep has also been associated with shorter telomeres—structures that protect chromosome ends—indicating accelerated cellular ageing.

### **2.5 - Sleep and Immune Function**

Quality sleep bolsters immune defences. During the night the body releases infection-fighting cytokines and T-cells that battle bacteria and viruses. Poor sleep suppresses these responses and has been linked to higher risks of infection. Conversely, prioritising restorative rest can enhance overall health and resilience.



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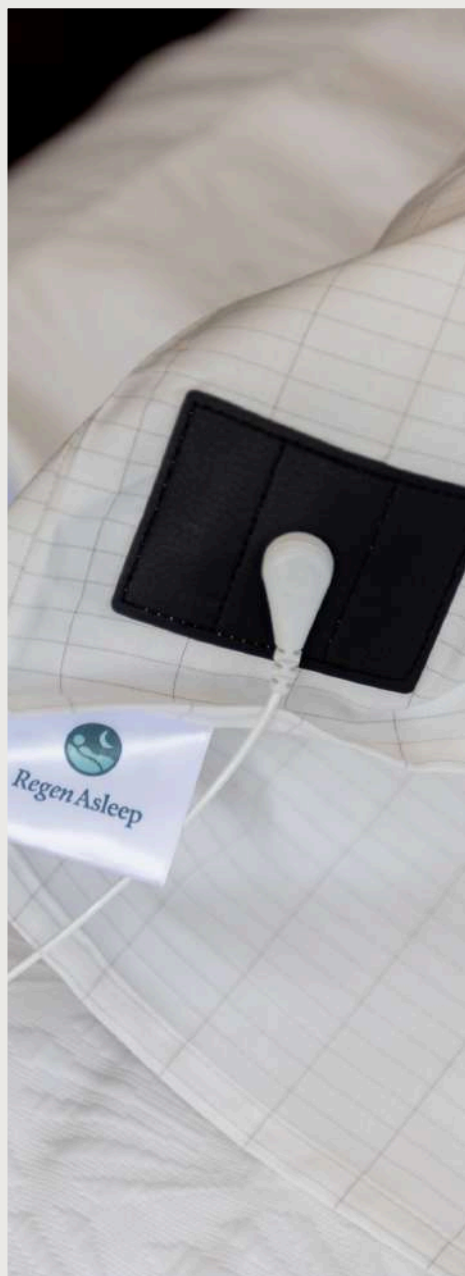
## 3. Synergising Grounding and Sleep

Combining earthing with sleep aims to harness two regenerative forces simultaneously. The pilot studies summarised earlier suggest that sleeping grounded may improve sleep onset, reduce nighttime awakenings and normalise cortisol patterns. In the 60-person study, grounded sleepers reported greater reductions in muscle pain and waking fatigue than controls. Researchers propose that grounding's electron transfer and calming effect on the nervous system may work synergistically with the body's nocturnal repair processes

## 4. Introducing RegenAsleep Grounding and Cooling Sheet.

**RegenAsleep's material blend is engineered for thermal comfort.** Lyocell (TENCEL™) fibres are hydrophilic; they draw moisture away from the skin and their structure helps dissipate heat. A review of lyocell's properties notes that despite being strong and resilient, the fibre feels soft and light and offers excellent temperature-regulation and moisture-absorption. Lyocell can absorb significantly more moisture than cotton, keeping sleepers drier and fresher, and its high absorption helps maintain a lower body temperature during sleep. That makes it ideal for "hot sleepers" who struggle with overheating or night sweats, including women experiencing hot flashes during menopause and the pre-menopausal transition.

Organic cotton is also valued for breathability and comfort. While cotton does not wick moisture as effectively as synthetics, certain weaves are naturally cooler. Testing by the Good Housekeeping Institute found that Tencel/lyocell fabrics have a luxuriously cool feel with excellent moisture management, and that cotton percale weaves are more breathable and airy than sateen, making them a good choice for hot sleepers. Combining lyocell's moisture-wicking performance with organic cotton's soft, airy feel creates a fabric that can help regulate temperature without sacrificing comfort. When paired with conductive silver, the result is a grounding sheet that not only connects you to Earth's electrons but also promotes a cooler sleeping microclimate, offering relief for individuals who tend to overheat or experience menopausal night sweats.



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## 4.1 - Composition and Materials

**RegenAsleep** is a combined grounding sheet designed to bring the benefits of earthing and cooling into your bedroom. Its fabric blend is carefully chosen to maximise comfort, cooling and conductivity:

Material (% by weight)	Function
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10 % Silver Thread	Woven conductive filaments allow electrons to flow from the Earth into your body when the sheet is connected to a grounded outlet. Silver is naturally antimicrobial and highly conductive, making it ideal for earthing applications.
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45 % Lyocell (TENCEL) Fiber	Lyocell is produced from sustainably sourced wood pulp using a closed-loop process. It has excellent moisture-wicking and cooling properties, helping to regulate body temperature throughout the night.
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45 % Organic Cotton	Soft, breathable organic cotton provides a familiar feel against the skin and lends durability to the fabric. Choosing organic cotton supports environmentally friendly agriculture.
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This combination yields a sheet that is soft yet resilient, cool and comfortable, and reliably conductive.

## 4.2 - Design Features

**Conductive grid:** Silver filaments are woven into a grid pattern to ensure even distribution of conductivity across the sheet's surface.

**Grounding cord:** A snap connector attaches to the sheet and connects via a detachable cord to the ground port of a properly wired outlet

**Easy care:** Machine wash on a gentle cycle using mild detergent. Avoid bleach, fabric softeners and dryer sheets, as these can coat the silver fibres and reduce conductivity. Hang dry or tumble dry on low heat.



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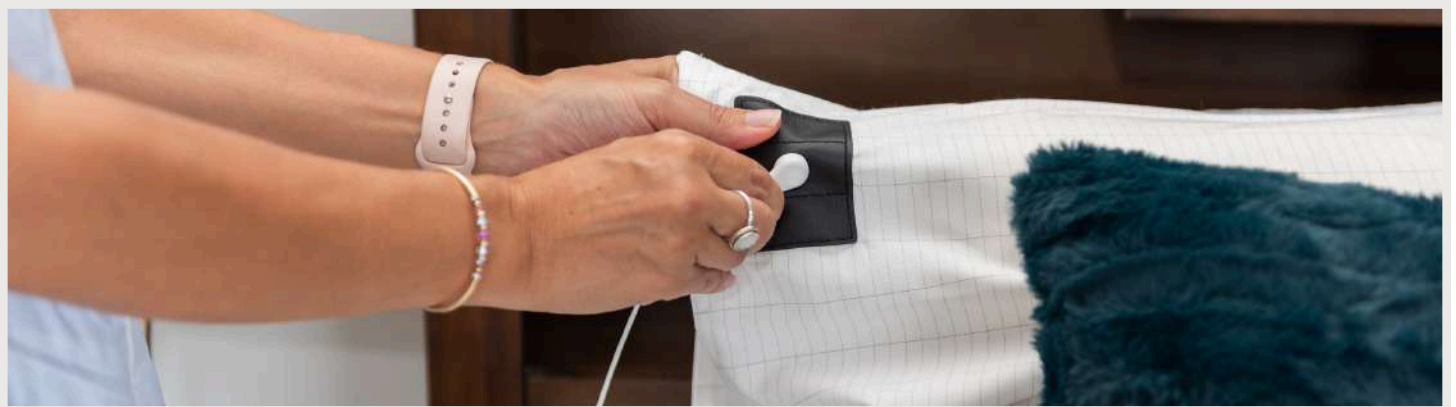
## 4.3 - How to Use

**Connect the cord:** Snap the cord onto the sheet's connector. Plug the other end into the grounded outlet or attach it to a grounding rod placed in moist soil outside.

**Place the sheet:** For maximum conductivity, sleep directly on the sheet or place a thin natural fibre sheet (cotton, linen) over it. Avoid synthetic fabrics between your skin and the grounding layer.

**Establish contact:** Ensure that bare skin (legs, arms or torso) makes contact with the sheet during sleep. Even minimal contact allows electrons to flow.

**Maintain the sheet:** Wash periodically according to care instructions. Over time, silver may tarnish, so gentle cleaning extends the sheet's lifespan.



## 4.4 - Benefits and Considerations

Integrating RegenAsleep into your sleep routine may offer several potential benefits:

- **Enhanced sleep quality:** Connecting to the Earth while asleep will help you fall asleep faster and wake less often
- **Reduced stress and inflammation:** Grounding has been associated with lower cortisol levels and reduced markers of inflammation
- **Temperature regulation:** Lyocell's moisture-wicking properties help dissipate heat, while organic cotton adds breathability.
- **Sustainable materials:** Using organic cotton and closed-loop lyocell supports eco-friendly manufacturing.



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## Conclusion

High-quality sleep is fundamental to cellular repair, immune function and overall vitality. Grounding offers a simple way to reconnect with the Earth's electrons and will enhance sleep quality, reduce stress and support inflammation control.

**RegenAsleep** combines natural fabrics—organic cotton for softness, lyocell for cooling and silver thread for conductivity—to bring earthing into the comfort of your bed.

**“Regenerate While you’re Asleep”**





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