

Choose rovia  
for blissful sleep.





**Materials:**

Exquisite raw materials for a natural and healthy night's sleep.



**Comfort:**

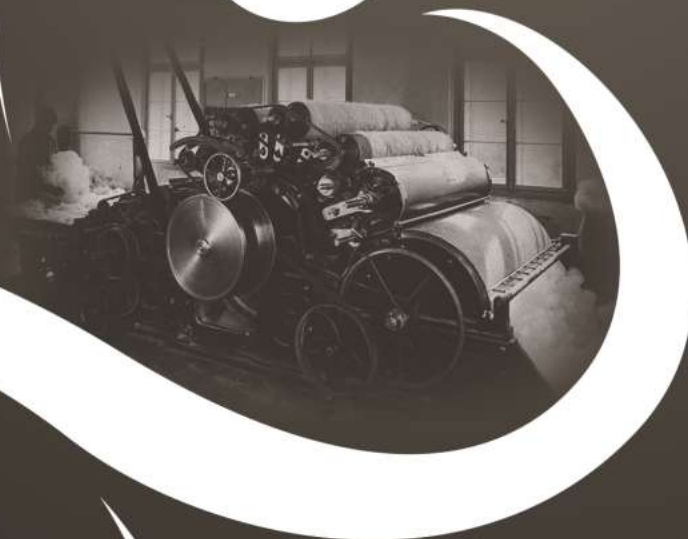
Sleep like you've never enjoyed it before.



**Innovation:**  
Sustainable  
developments for  
future generations.



**Tradition since 1748:**  
Guaranteeing great sleep  
for nine generations.





**Swiss made:**  
Premium quality  
from the heart of  
Switzerland.



**Ergonomics:**  
Coordinated sleeping  
systems for perfect,  
stress-free support.

**Climate:**  
Pure, hygienic freshness  
to help you sleep soundly.

“Swiss made is not just a label that we use – it's a quality promise that we live up to every single day.”



A restful and relaxing night's sleep is essential if you want to wake up feeling refreshed and full of energy for the day ahead. And a good night's sleep ultimately comes down to the bed. Or, to be more precise, the sleeping system – the combination of mattress, system frame and bed linen.

Feel how your mattress adapts to your body. Enjoy the best possible support for your anatomy and experience what it's like to be perfectly balanced. Take in the harmonious sleeping climate and hygienic freshness, and feel their effect on your well-being. Feel the power of nature recharging your batteries: roviva gives you everything you need for a great night's sleep.

With roviva, you are not just saying yes to sleeping well – you're also getting on board with more than 275 years of experience in the

art of bed manufacturing, built on a perfect blend of tradition and innovation that deftly combines premium materials with the very latest technologies. By choosing roviva, you are supporting Swiss handcraft and an independent company run by the same family for nine generations. Join us on our journey to deliver sustainability for people, resources and the environment.

We would like to thank you, our customers, for the trust you have placed in our company and our products. We hope you have a wonderful night's sleep with roviva.

Peter Patrik Roth  
CEO and 9th generation owner

6 **WHERE IT ALL BEGINS**  
The story starts in the heart of Switzerland.

10 **TRADITION**  
Passion for our craft for nine generations.

12 **HANDICRAFT**  
With the utmost care and the finest materials.

14 **SLEEP FROM A TO ZZZ**  
Sleep is essential for health and well-being.



16 **MATTRESS: ROVIMOOON**  
Sleep softly and soundly.

17 **MATTRESS: ROVINIGHT**  
Enjoy light and airy sleeping.



18 **MATTRESS: ROVISLEEP**  
Ergonomic support for your body.

19 **MATTRESS: ROVISKY**  
Heavenly comfort.

20 **MATTRESS: ROVISTAR**  
Even body positioning.

21 **COLLECTION TOPPER**  
That little extra for a great night's sleep.

22 **SYSTEM FRAME: ROFLEXA**  
Flexible right to the outer edge of the bed.

24 **SYSTEM FRAME: DESIGN FLAT**  
Ultra-flat, flexible frame.

25 **SYSTEM FRAME: STABILO**  
Slatted frame with extra-wide slats.

26 **DAY BED: ADAPTA DAY BED**  
A modern bed solution.

27 **DAY BED: STABILO DAY BED**  
A robust day bed.

28 **BED: SIAM**  
A highly practical and space-saving bed.

29 **BED: HERKULES**  
Sturdy and stable bunk bed.

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Philippe Suarez, Lucens





**SWISS MADE AT ITS BEST**

In the heart of good, old Europe lies the small country of Switzerland with approximately 8.5 million inhabitants. It is famous for its snowy mountains, clean air, delicious chocolate, aromatic cheese, accurate clocks, innovative high tech products, and, of course, the highly comfortable roviva mattresses.





Maja Strasser, Solothurn





#### FROM THE HEART OF SWITZERLAND

Right at the heart of Switzerland, you will find the place we call home: Wangen an der Aare, in the canton of Bern. A lot has happened over roviva's 275-year history. What started in 1748 as a spinning mill for horse hair is now a leading company for innovative sleep systems. But one thing that hasn't changed is our strong connection with the region.







#### **STRONG TRADITION BUILDS A BRIGHT FUTURE**

At rovia, we have made premium quality our tradition. As an independent, family-run company now in its ninth generation, we have always been dedicated to the art of sleep. In everything we do, we are guided by our philosophy of using our experience and our pioneering work to offer the very best sleep solutions to each and every customer.





#### MANUFACTURING WITH PASSION

Our attention to detail and love for our products shines through. Our 65 employees work with the utmost care and precision, using their wealth of expertise to produce our top-quality mattresses and sleep systems. They are true specialists and have a thorough understanding of their craft. This passion is reflected in more than just the products.

# Sleep from A to ZZZ



## PUTTING PEOPLE FIRST

The individual is key – after all, real people provide us with important information. We tailor our mattresses, system frames, duvets and pillows to individual wants and needs, for everything from ergonomics through to climate aspects. We can even offer individual solutions depending on how you tend to move around during the night. Developing the perfect bed for every one of our customers, whatever their individual wishes and requirements, is a challenge that truly excites us.

## ROVIVA MATTRESSES – A WEIGHT OFF YOUR MIND AND BODY

Our mattresses take every aspect of the human body into consideration, down to the very last detail. This means that we can offer smart solutions whatever your sleeping habits. The high resilience of our mattresses enables them to take the strain off your body and provide stability, so that you can enjoy complete freedom of movement while sleeping. What's more, a wealth of additional innovations mean even more benefits for you.





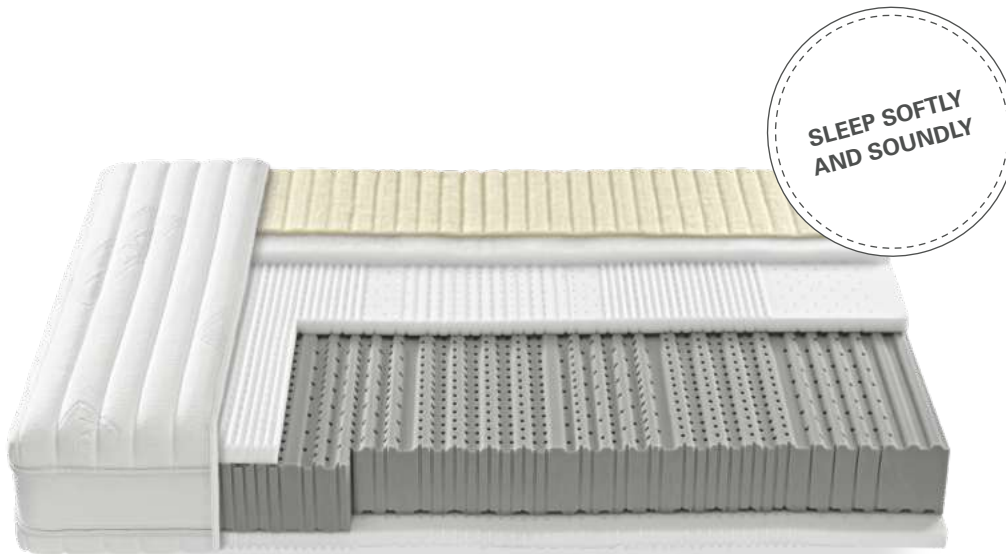
#### ROVIVA SYSTEM FRAMES – FEEL SUPPORTED

The roviva system frame is the foundation of our beds. The high degree of spring deflection and the elastic tension force of the slats guarantee that the body is optimally balanced. If your sleeping habits change, the frame can be easily adapted to this new situation – either manually or using a mechanically driven system.

#### ROVIVA DUVETS & PILLOWS – TOTAL RELAXATION

Our duvets and pillows have been designed with a number of important aspects in mind, such as climate, weight, hygiene and – in the case of pillows – level of support. The duvets and pillows are filled with fluffy goose down, which gives them plenty of volume and excellent support.

# rovimoon

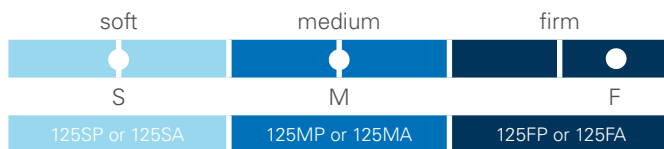


125MP

## CORE AND COMFORT



Mattress core made from breathable Porotex with an air-cell structure and anatomically contoured support and strain relief zones, as well as smooth distribution of force along the various parts of the body. Strain-relieving Pro-Senso lining made from extra-soft Porotex Embrace on both sides. Vertical air-vent perforation with more than 1,500 ventilation points per m<sup>2</sup> running through the entire mattress core. Elastic shoulder comfort zone and integrated seat and back support. Core height 20 cm, mattress height approx. 22 cm.



## VERSION GrandPlaisir 125SP/125MP/125FP



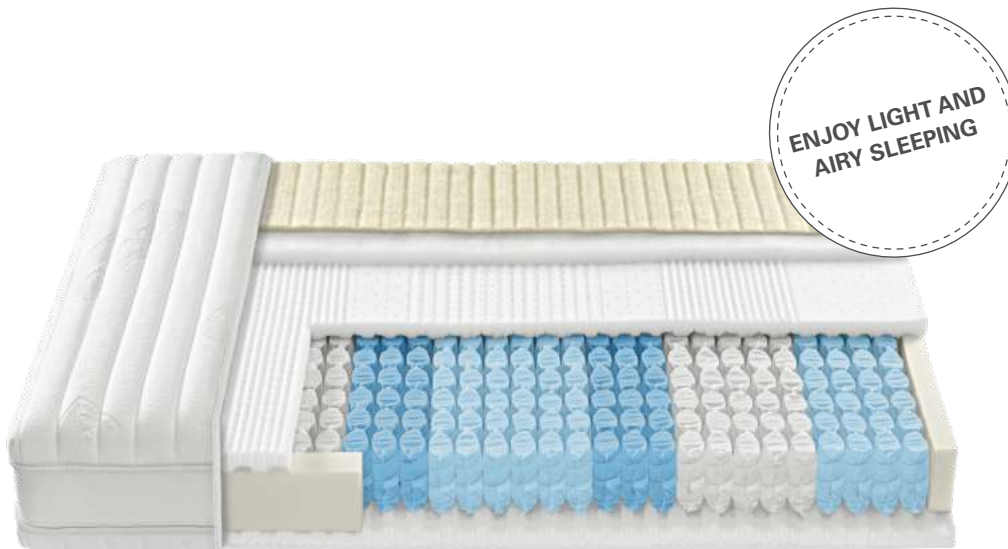
**Cover:** soft case design with climate-regulating membranes and two zip closures on all sides, detachable, washable at up to 30°C. Double-stretch botanic viscose (pattern 416). **Upholstery:** 500g/m<sup>2</sup> climate-regulating cushioning (pure Swiss wool, comfort cushioning).

## VERSION HypoAllergen 125SA/125MA/125FA



**Cover:** soft case design with climate-regulating membranes and two zip closures on all sides, detachable, washable at up to 60°C. Double-stretch botanic viscose (pattern 416). **Upholstery:** 300g/m<sup>2</sup> vegan temperature-regulating padding (eco fibrefill hollow fibre made from 100% recycled PES). Hypoallergenic.

# rovinight









124SP

## CORE AND COMFORT



POROTEX

Well-ventilated, ultra-flexible 7-zone pocket-sprung core made from refined coil springs, individually inserted into box-spring pockets to provide independent and progressive support. Strain-relieving lining made from extra-soft Porotex Embrace on both sides. Vertical air-vent perforation with more than 1,500 ventilation points per m<sup>2</sup> for perfect ventilation. Highly elastic shoulder comfort zone and integrated seat and back support. Longitudinal reinforcement of the edge regions. Core height 20 cm, mattress height approx. 22 cm.

soft		medium		firm	
					
S		M		F	
124SP or 124SA		124MP or 124MA		124FP or 124FA	

## VERSION GrandPlaisir 124SP/124MP/124FP



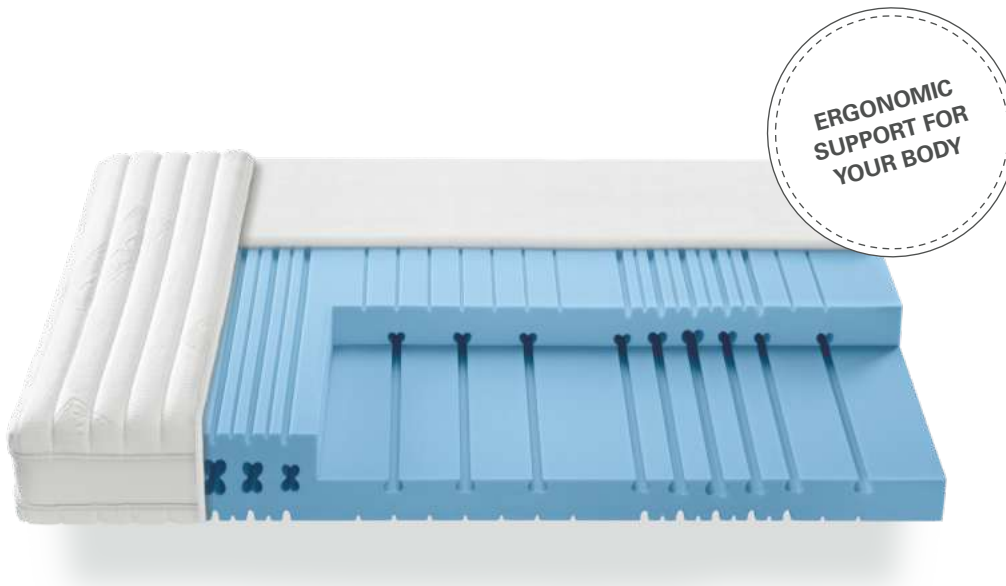
**Cover:** soft case design with climate-regulating membranes and two zip closures on all sides, detachable, washable at up to 30°C. Double-stretch botanic viscose (pattern 416). **Upholstery:** 500g/m<sup>2</sup> climate-regulating cushioning (pure Swiss wool, comfort cushioning).

## VERSION HypoAllergen 124SA/124MA/124FA



**Cover:** soft case design with climate-regulating membranes and two zip closures on all sides, detachable, washable at up to 60°C. Double-stretch botanic viscose (pattern 416). **Upholstery:** 300g/m<sup>2</sup> vegan temperature-regulating padding (eco fibrefill hollow fibre made from 100% recycled PES). Hypoallergenic.

# rovisleep



123SA

## CORE AND COMFORT



Highly flexible multi-zone core made from breathable Porotex with an air-cell structure. New shoulder support with highly effective profiling in a “butterfly” shape. Strain-relieving surface design and efficient cross-ventilation profile. Integrated seat and back support. Core height 16 cm, mattress height approx. 18 cm.

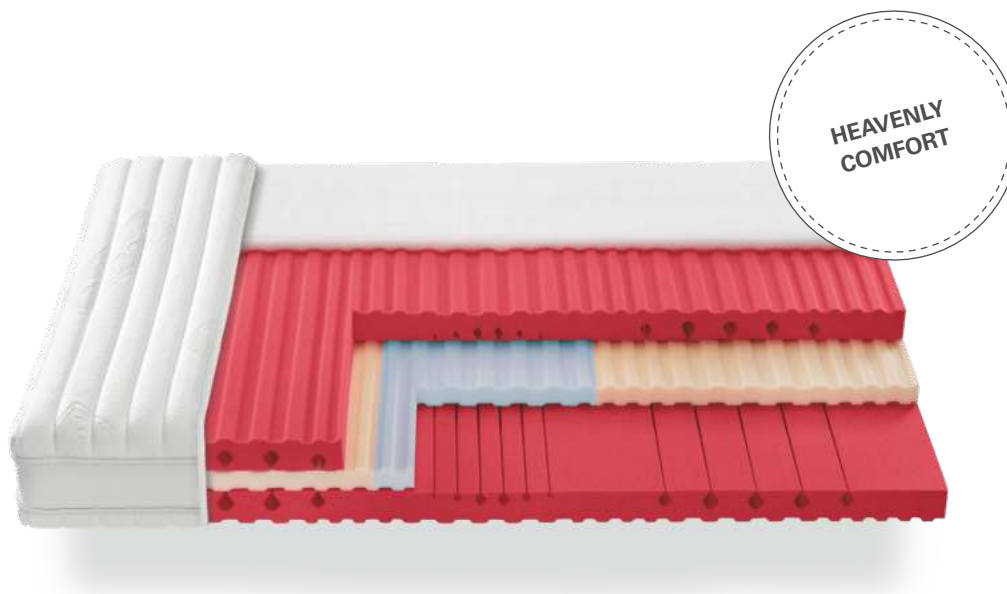
## VERSION HypoAllergen 123SA/123MA/123FA



**Cover:** soft case design with climate-regulating membranes and two zip closures on all sides, detachable, washable at up to 60°C. Double-stretch botanic viscose (pattern 416). **Upholstery:** 300g/m<sup>2</sup> vegan temperature-regulating padding (eco fibrefill hollow fibre made from 100% recycled PES). Hypoallergenic.

soft	medium	firm
●	●	●
S	M	F
123SA	123MA	123FA





122MA

CORE AND COMFORT

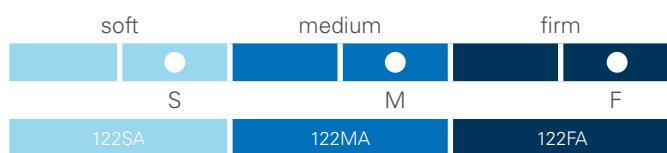


Multi-layer mattress core made from breathable Porotex, with ergonomically profiled relief and support zones and pressure-relieving surface cut. Supportive tri-core middle layer made from firm polyether comfort foam with coordinated zonal design. New shoulder relief support with extra-effective shoulder support profiling. Efficient transverse ventilation profile. Core height 16 cm, mattress height approx. 18 cm.

VERSION HypoAllergen 122SA/122MA/122FA



**Cover:** soft case design with climate-regulating membranes and two zip closures on all sides, detachable, washable at up to 60°C. Double-stretch botanic viscose (pattern 416). **Upholstery:** 300g/m<sup>2</sup> vegan temperature-regulating padding (eco fibrefill hollow fibre made from 100% recycled PES). Hypoallergenic.



# rovistar



121MA

## CORE AND COMFORT



Multi-layer mattress core made from breathable Porotex with 7-zone contour cut, flowing force progression along the individual parts of the body and a pressure-relieving surface cut. Supportive middle layer made from firm polyether comfort foam. Efficient transverse ventilation profile. Core height 16cm, mattress height approx. 18cm.

## VERSION HypoAllergen 121SA/121MA/121FA



**Cover:** soft case design with climate-regulating membranes and two zip closures on all sides, detachable, washable at up to 60°C. Double-stretch botanic viscose (pattern 416). **Upholstery:** 300g/m<sup>2</sup> vegan temperature-regulating padding (eco fibrefill hollow fibre made from 100% recycled PES). Hypoallergenic.

soft		medium		firm	
S		M		F	
121SA		121MA		121FA	

# collection topper



6138P



6139P

## LATEX TOPPER

### CORE



Mattress topper made from strain-relieving, original 100% natural Talalay latex. Vertical air-vent perforation with more than 6,000 ventilation points per m<sup>2</sup>. For increased sleeping comfort. Core height 5 cm, topper height approx. 7 cm.

### VERSION GrandPlaisir 6138P



**Cover:** casing design with zip closure on all sides, detachable, washable at up to 30 °C. Double-stretch botanic viscose (pattern 416) and anti-slip underside. **Upholstery:** Top side: 500g/m<sup>2</sup> climate-regulating cushioning (pure Swiss wool, comfort cushioning). Underside: no lining.

## VISCO TOPPER

### CORE



Mattress topper made from strain-relieving Feelingpur with memory effect. Vertical air-vent perforation with more than 1,500 ventilation points per m<sup>2</sup>. For increased sleeping comfort. Core height 5 cm, topper height approx. 7 cm.

### VERSION GrandPlaisir 6139P



**Cover:** casing design with zip closure on all sides, detachable, washable at up to 30 °C. Double-stretch botanic viscose (pattern 416) and anti-slip underside. **Upholstery:** Top side: 500g/m<sup>2</sup> climate-regulating cushioning (pure Swiss wool, comfort cushioning). Underside: no lining.

# roflexa



2251

## DESIGN

Free-floating base frame with flexible TPE-E spring elements and elastic double slats. Full frame coverage for a completely flexible sleeping surface right to the outer edges of the bed. Elastic shoulder comfort zone. Individually adjustable centre zone reinforcement. Frame made from sturdy plywood, coated, aluminium/silver decorative finish. Slats made from steamed beech plywood, grey decorative finish. Available in closed-ring design and with feet for assembly. Frame height 10,5cm.

## NEW: EXTRA-WIDE

For greater comfort: width up to 160 cm, sleeping surface with one sector and no centre bar (in models 2250 and 2251).

## SYSTEM FRAME WITHOUT ADJUSTMENT OPTIONS 2250



## SYSTEM FRAME WITH RAISED HEAD SUPPORT 2251







2255F

**DESIGNER DAY BED**

**Package:** Closed-ring design (9019) with 4 wooden feet in aluminium/silver finish (9001) and 4 side mattress holders (9008), for dimensions 90 x 200 cm.

**OPTION: WIRED REMOTE CONTROL 2255K**

Instead of wireless remote control.

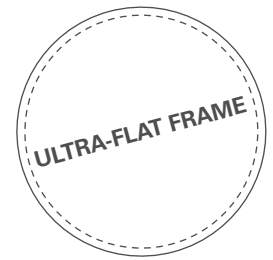
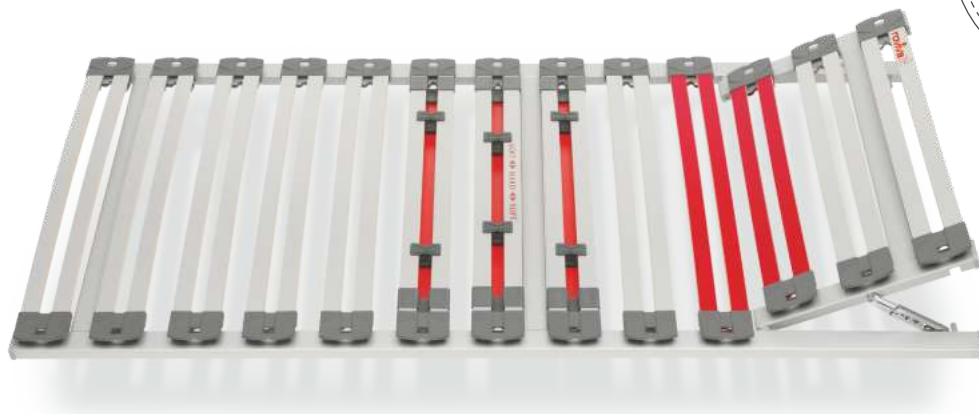
**SYSTEM FRAME WITH RAISED HEAD AND FOOT SUPPORT**

2252

**SYSTEM FRAME MATIC A2 2255F**

System frame with raised head and foot support and seat section, 2 drives. Wireless remote control, LED guide light, manual emergency lowering function including mattress stopper, complete ground clearance thanks to extra-flat motor.

# design flat



2331

## DESIGN

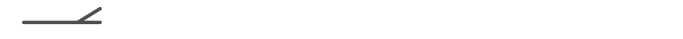
Ultra-flat frame with a height of 4.5 cm for design beds with a low overall height. Free-floating spring elements made from TPE-E, full frame coverage for a completely flexible sleeping surface right to the outer edges of the bed. Highly elastic shoulder comfort zone. Individually adjustable centre zone reinforcement. Frame made from sturdy plywood, coated, aluminium/silver decorative finish. Slats made from steamed plywood, grey decorative finish. Frame height 4.5 cm.

Make sure that there is sufficient installation space – there are also two metal bearing elbows for installing the frame.

## SYSTEM FRAME WITHOUT ADJUSTMENT OPTIONS 2330



## SYSTEM FRAME WITH RAISED HEAD SUPPORT 2331



# stabilo

ROBUST  
BASIC FRAME



2301

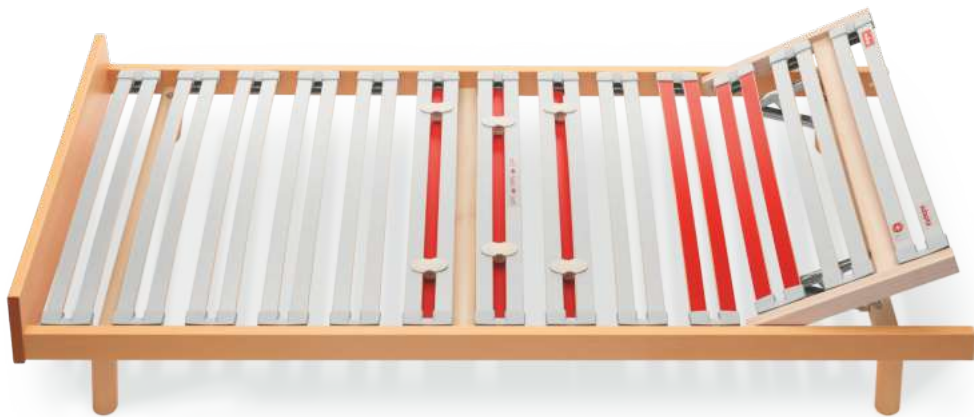
## DESIGN

Solid basic slatted frame with extra-wide slats mounted in a fixed position. Elastic shoulder comfort zone. Frame made from sturdy plywood, coated, decorative beech finish. Slats made from steamed plywood, decorative beech finish. Frame height 6 cm.

## SYSTEM FRAME WITH RAISED HEAD SUPPORT 2301



# adapta day bed



3851

## DESIGN

Day bed with flexible adapta-flex elements and elastic double slats. Elastic shoulder comfort zone. Individually adjustable centre zone reinforcement. Comes with 4 wooden feet as standard, height 20cm (metal runners optional) and 1 footrest, height 16cm. Height of top frame edge: 27.5cm **Option:** headrest, height 16 or 29 cm, metal runners.

## DAY BED WITH RAISED HEAD SUPPORT 3851



## DAY BED WITH RAISED HEAD AND FOOT SUPPORT 3852



## COLOUR VARIANTS



Natural beech (801)



Natural pine (803)



White (820)

# stabilo day bed



3801


## DESIGN

Solid basic day bed with extra-wide slats mounted in a fixed position. Elastic shoulder comfort zone. Comes with 4 wooden feet as standard, height 20cm (metal runners optional) and 1 footrest, height 16cm. Height of top frame edge: 27.5cm **Option:** headrest, height 16 or 29 cm, metal runners.

## DAY BED WITH RAISED HEAD SUPPORT 3801



## COLOUR VARIANTS

 Natural beech (801)

 Natural pine (803)

 White (820)

Wood declaration: slats: beech, origin: Switzerland, Austria. Longitudinal spars: laminated birch/alder, origin: Poland. Crossbars: beech, origin: Bosnia-Herzegovina, Serbia.



# siam



3832

## DESIGN

Practical space-saving bed, with a second bed that can be effortlessly pushed on rollers underneath the main bed. When fully extended, it can be used as two complete single beds or a double bed with both parts at the same height. Partially solid beechwood. Available with frame already installed plus raised head support (stabilo or adapta model). Completely stable and impact-resistant. Mattress height of lower bed max. 20cm. Height of top edge at the sides: 43cm, height of top edge at the head/foot part: 54cm. Outer width +1 cm, outer length +7 cm.

## COLOUR VARIANTS

	Natural beech (801)
	Natural pine (803)
	White (820)

## SPACE-SAVING BED 3831/3832/3833

With integrated frame and raised head support.

# herkules



3953

## DESIGN

Sturdy and stable bunk bed. Available with frame already installed plus raised head support (stabilo or adapta model). Partially solid beechwood. Wide ladder for fixed assembly. The herkules bunk bed can be dismantled to form two single beds. Constructed according to bfu safety standards. Total height 160.5 cm. Outer width +5.5 cm, outer length +8 cm.

## COLOUR VARIANTS

	Natural beech (801)
	Natural pine (803)
	White (820)

## BUNK BED 3952/3953

With integrated frame and raised head support.

# Accessories for system frames/day beds



**WOODEN FOOT 9001**  
cylindrical, natural beech,  
natural pine, white, aluminium/silver  
height 20 cm, ø 5.5 cm  
height 25 cm, ø 5.5 cm



**CHROME FOOT 9003**  
cylindrical, chrome-plated, glossy  
height 20 cm, ø 6 cm  
height 25 cm, ø 6 cm

**SURCHARGE FOR CHROME FOOT 92011**  
cylindrical, instead of wooden foot 20 cm  
height 20 cm  
height 25 cm



**WOODEN TELESCOPIC FOOT 9112**  
cylindrical, warm grey beech, ø 5.5 cm  
height-adjustable from 15 to 23 cm  
for additional, central support of  
single frame on legs or in bed frame  
for system frame roflexa or  
day beds adapta, stabilo

**ADAPTER FOR TELESCOPIC FOOT 9113**  
foot elevation 5 cm, warm grey beech, ø 5.5 cm  
for wooden telescopic foot (9112)



**PAIR OF RUNNERS 9005.901/9006.901**  
metal, coated steel profile, brown-grey

**PAIR OF CHROME RUNNERS 9005.851**  
glossy, chrome-plated steel profile



9114

**CONNECTION TELESCOPIC FOOT 9114**

Set, cylindrical, warm grey beech, ø 5.5 cm height-adjustable from 17.5 to 25.5 cm for connecting and supporting two frames on legs or in bed frame, set back independent of the bed crossbar for system frames roflexa, stabilo or system frame design flat (version 9111)



9019

**CLOSED-RING DESIGN 9019**

Head and foot frame (7.5 cm) with angled brackets for a fully enclosed bed for setting on feet, aluminium/silver for the roflexa system frame



9008.851



9013

**MATTRESS HOLDER 9008.851**

lateral, chrome-plated metal, glossy, for system frames roflexa, design flat and day bed adapta (not available for stabilo) up to frame width 140 cm

**BED CLAMPS 9013**

for day beds, system frames, coated metal (not available for design flat)



9009

**MATTRESS STOPPER 9009**

bottom, chrome-plated metal, glossy (not available for stabilo and stabilo day bed)

**HEAD/FOOTREST 9021/9022**

for adapta day bed and stabilo day bed, clad with decorative natural beech, natural pine, white

# Important information

## MATTRESSES

**Intermediate sizes:** next-largest size plus a 10% surcharge.

**Outsize dimensions:** widths of more than 180cm are converted from the base price to the effective size plus a 15% surcharge.

### Example for a width of 200 cm:

$$\frac{\text{Price for 180 cm}}{180} \times 200 \times 1.15$$

**Rounded corners:** manufactured using a template; only available for mattresses with the GrandeHygiène finish and HypoAllergen (dream-away impérial, dream-away climaxx, dream-away air space, dream-away byblos).

## SYSTEM FRAME/SPRING SYSTEM

**Intermediate sizes:** next-largest size plus a 30% surcharge.

**Outsize widths:** not available.

**Rounded corners:** not available.

## OTHER

Please note that minor variations in the stated dimensions of up to 2% are possible owing to the mattress materials. Do not use a fitted bedsheet that is too small, as this will compress the mattress. Store mattresses horizontally.

Natural variations in textile materials may cause slight colour differences. Wood is a natural product. Every tree is unique: variations in the wood colour or grain, intergrown knots and small cracks in the wood give the bed its unique, natural character.

In the warranty information, you will find tips on how to care for your mattress. Washable mattress covers should be washed at no hotter than 30°C on a gentle cycle with a laundry detergent designed for wool.

To clean your system frame or bed, we recommend simply wiping with a dry or slightly damp cloth. Do not use cleaning agents or wood polish.

All information provided is non-binding. rovia reserves the right to make technical changes, or any other type of changes, at any time.

## QUALITY GUARANTEE

Products from rovia are made from top-quality raw and base materials. In combination with careful processing, regular quality controls and recognised internal and external safety tests, this results in quality products and services that do exactly as they promise.

## FULL WARRANTY

Under normal usage conditions, we grant a warranty of 10 years which guarantees that the mattress and the system frame and/or spring system will remain usable throughout this period. The warranty covers material defects and manufacturing faults. The full warranty lasts for 2 years. If repairs or replacements are required from the start of the third year onwards, the warranty claim reduces by 10% per year from the date of manufacture (pro-rata warranty to 10 years). For system frames with electrically adjustable components, including drives, remote controls and beds, we grant a 2-year full warranty.

Please read the detailed warranty conditions included with your product.





#### MADE IN SWITZERLAND

For rovida, "Swiss made" is a quality promise that we commit to every single day – with our years of experience, our wealth of expertise and plenty of passion. At our workshop in Wangen an der Aare, Swiss quality products of the very highest value are produced to meet the most exacting demands.

# papillon comfort pillow



The ergonomically designed rovia papillon comfort pillow softly cradles your head like a cloud. Its butterfly shape helps you achieve an ideal sleeping position, whether you prefer to sleep on your side, back or front.

#### ERGONOMIC SUPPORT

The comfort pillow has two shoulder sides of different lengths, with recessed areas of varying sizes. On one side, the section between the shoulder and pillow is narrower, providing stability for the neck. On the other side, this section is broader, providing plenty of space for sleepers with broader shoulders and necks. The lowered section in the middle of the comfort pillow guarantees that your head will stay in an ideal central position. The curved sides of the pillow, which slope away slightly to the edges, mean that you can breathe freely when lying on your side. The range of different core types available in the rovia papillon offer gentle strain relief and perfect support for your head and neck.



### ALL NATURAL

The exceptional point elasticity of 100% natural Hevea latex offers the very softest sleeping sensations. Its dynamic supportive action always creates the perfect position for your head and neck. The natural latex surface, with an air-vent design that features multiple ventilation points, keeps the pillow cool and refreshing.

#### papillon nature COMFORT PILLOW

**Core:** 100% natural Hevea latex with air-vent surface. **Cover:** case design with silky-soft, double-stretch botanic viscose (pattern 434). Casing with zip closure, removable, washable at up to 60°C. **Comfort:** for side, back and front sleepers.

Article no	Size	55 x 35 cm (l x w)
5964	S	Height 9 cm
5963	L	Height 11 cm



### PILLOWY PERFECTION

With the ro viva papillon visco comfort pillow made from viscoelastic Feelingpur Embrace material, you can embrace the softness and let your stress melt away. The core material has a memory effect and offers a soft place for your head to sink in while providing perfect support for your neck.

#### papillon visco COMFORT PILLOW

**Core:** viscoelastic Feelingpur Embrace with memory effect. **Cover:** case design with silky-soft, double-stretch botanic viscose (pattern 434). Casing with zip closure, removable, washable at up to 60°C. **Comfort:** for side, back and front sleepers.

Article no	Size	55 x 35 cm (l x w)
5969	S	Height 9 cm
5968	L	Height 11 cm



### LIGHT AND BREEZY

The cosy comfort pillow with its ergonomically contoured design is filled with soft down and feathers. This provides an airy surface for your head, with cosy and comfortable support for your head and neck.

#### papillon air COMFORT PILLOW

**Core:** 30% new, pure goose down, white, from Europe; 70% goose feathers, white, filled weight 550 g. **Case:** fustian, 100% cotton, washable at up to 60°C. **Comfort:** for side, back and front sleepers.

Article no	55 x 35 cm (l x w)
5965	Height 13 cm

#### REPLACEMENT COVER FOR papillon comfort pillow 5992 (pattern 434)

#### PILLOWCASE 5993

Matching jersey pillowcase for the papillon comfort pillow with zip closure, washable at up to 60°C, available in the colours white, red, sand, grey and blue.

#### COLOUR VARIANTS

	White (020)		Red (021)
	Sand (022)		Grey (023)
			Blue (024)



### THE NATURAL

The exceptional point elasticity of 100% natural Hevea latex provides for an indescribably soft feeling when you're lying down. Dynamic support ensures a perfect position for your head and neck at all times. The natural latex air-vent surface with multiple ventilation points keeps the pillow cool.

#### papillon nature grand COMFORT PILLOW

**Core:** Extra-large comfort pillow made of 100% natural Hevea latex and featuring an air-vent surface. **Cover:** Silky smooth cover with botanical viscose double-stretch (Dessin 434). Cover with zipper; removable, washable at up to 60 °C. **Comfort:** For side, back and, in particular, front sleepers.

Article no	Size	55 x 45 cm (l x w)
5970	L	Height 10 cm



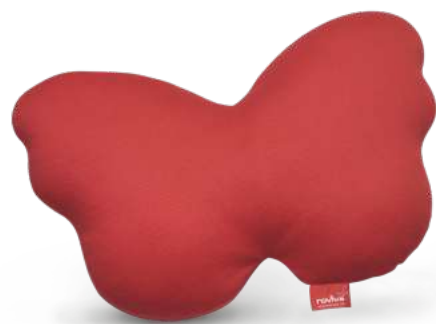
#### REPLACEMENT COVER FOR COMFORT PILLOW papillon grand 5982 (Dessin 434)

#### PILLOW CASE FOR COMFORT PILLOW papillon grand 5983

Matching jersey pillow case for the papillon grand comfort pillow; zipper, washable at up to 60 °C, available in the colours white, red, sand, grey and blue.

#### COLOUR OPTIONS

	White (020)		Red (021)
	Sand (022)		Grey (023)
			Blue (024)



#### BUTTERFLY PILLOW 5540

Filling Decorative pillow with PES climate-ball filling. **Cover:** Double-stretch cotton, red (Dessin 415), washable up to 30 °C.

**Size:** 55 x 35 cm





#### WIDE AWAKE FOR OUR CUSTOMERS

For more than 270 years, we have been in pursuit of the perfect night's sleep. Our experience forms the basis for our innovations, which focus on the central elements of a good sleeping system. These include: a natural experience, the hygiene concept, climate regulation, comfort, and expertise in ergonomics.

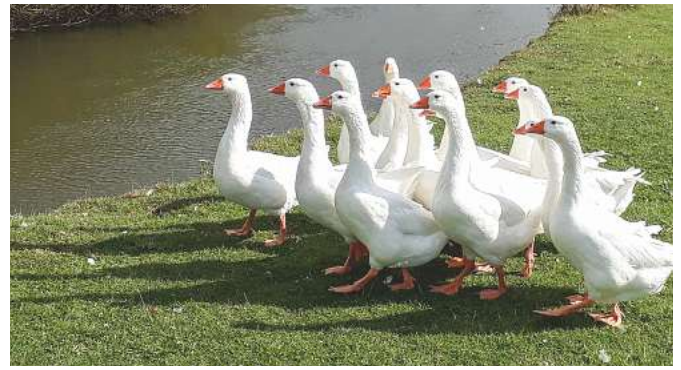


# dream-away – fabulous duvets and pillows



**The crowning glory of the dream-away sleep system.** The new duvet and pillow from the dream-away series is the crowning glory of your sleep system and goes together perfectly with your mattress and contour bed frame. The light-as-a-feather duvet caresses your body and ensures a pleasant and wonderfully balanced bed experience. The pillow gently supports your head. Indeed, roviva dream-away guarantees a beautiful night's sleep.





#### DOWN FROM MASURIAN FREE-RANGE GEESE

We treat all animals with respect, and our species-appropriate animal husbandry approach also has a positive effect on the quality of our down. Our big-fluffy down fillings come from free-range geese in the Masurian Lake District in Poland. The geese are raised on small farms where there is no force-feeding or live plucking. We guarantee that this is the case with our Downpass Certificate and the Swiss Guaranty VSB seal of quality.



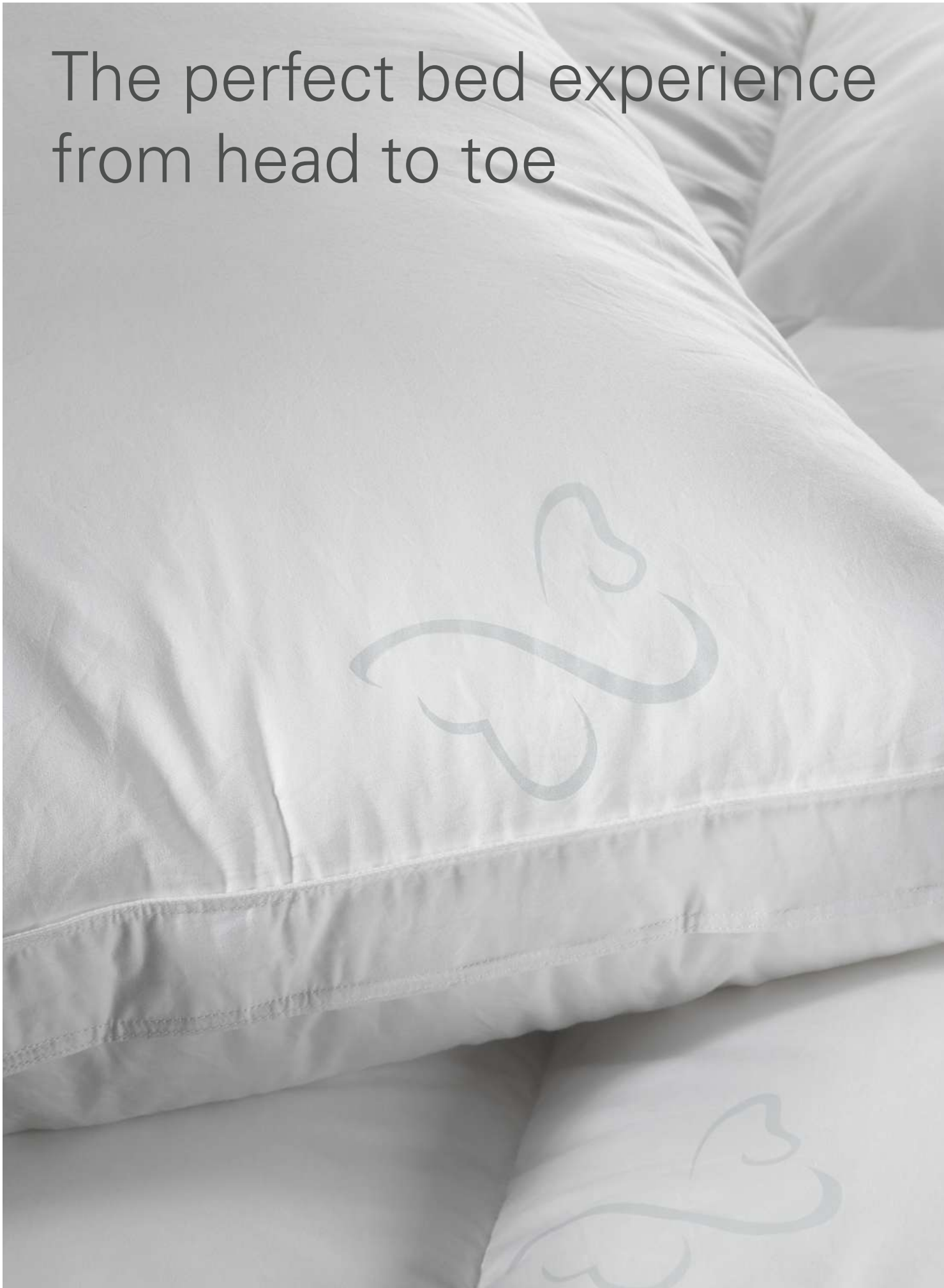
#### NATURAL CLIMATE CONTROL

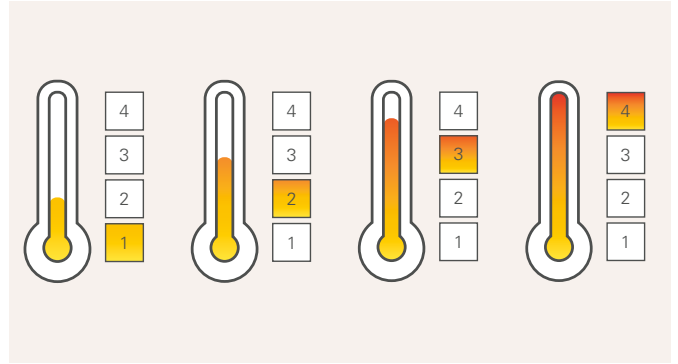
Natural down and small feathers are among the best filling materials for bedding. With their millions of air chambers, the fine branches in the down and small feathers ensure a permanent balance between warm and cool and dry and damp. It's the ideal climate for under the covers!

#### AIRY AND LIGHT AS A SNOWFLAKE

We use big-fluffy down from free-range geese for our high-quality dream-away duvets and pillows. This down material is quite big, has millions of fine branches and is so airy that it practically weighs nothing at all. The filling performance of this wonderfully light down material guarantees a fluffy feeling of well being.

The perfect bed experience  
from head to toe





**THE RIGHT THERMAL GRADE**

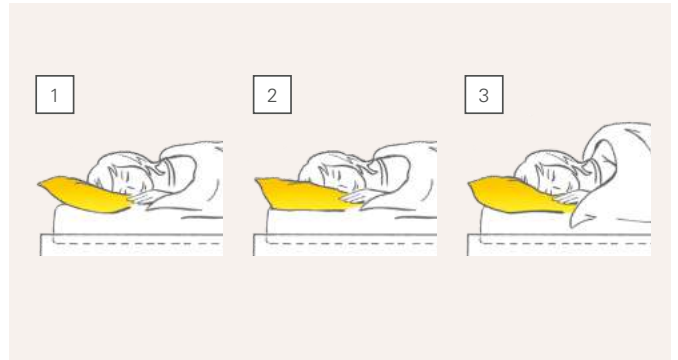
Do you like things a little cool when you're in bed, or do you prefer to snuggle up warm? You can pick the right duvet for your preferred "heat index":

1/cool: For sleepers who aren't much sensitive to cold at all and/or those who sleep with the heat on. Also suitable for use with waterbeds, or in summer.

2/medium: For sleepers who are somewhat sensitive to cold and/or those who sleep with the heat on. Also suitable for use with waterbeds.

3/warm: For sleepers with average cold sensitivity and/or those who sleep with just a little heat in bedrooms with normal insulation.

4/extra-warm: For sleepers who are highly sensitive to cold and/or those who sleep in cool bedrooms.



**THE RIGHT SUPPORT STRENGTH**

Your pillow should support your head and thus ease the strain on your cervical spine. You can pick the right pillow for your needs:

1/soft: Light pillow filling – suitable for front and back sleepers.

2/medium: Average pillow filling – suitable for front, back and side sleepers.

3/firm: Heavy pillow filling – especially suitable for side sleepers, as well as sleepers with broad shoulders who use firm mattresses.

**HYGIENICALLY FRESH IN BED**

Like the mattresses in the dream-away line, the dream-away duvets and pillows also offer the hygiene benefits of rovida Silver-skin<sup>Ag</sup>. Here, tiny silver ions woven into the soft cotton-fine satin material naturally repel micro-organisms such as dust mites, bacteria and micro-fungi. This hygiene-enhancing function is completely harmless from a toxicological point of view, complies with the requirements for Öko-Tex Standard 100 Class 1 certification and has excellent washing properties.



# dream-away pillow



5441

## DESIGN

Luxurious and supportive 3-compartment down pillow with an extra-soft surface and an elegant side insert for optimised filling. Available in 3 different support strengths for front, side and back sleepers.

## SUPPORT STRENGTH

soft	medium	firm
●	●	●
1	2	3
5440	5441	5442



## FILLING



**Outer compartments:** New big-fluffy down exclusively from geese (white), 90% down, 10% small feathers. **Inner compartment:** New pure down exclusively from geese feathers (white), 100% small feathers. Exclusive quality from Masurian free-range geese. Certified in accordance with Downpass and Swiss Garantie VSB.

## CASE



Soft breathable fine satin, 100% cotton with hygiene benefits in the form of Silverskin<sup>Ag</sup>, which protects against mites, bacteria and their allergens; washable up to 40 °C. Öko-Tex Standard 100.

# dream-away duvet



5439

## DESIGN

High-quality, climate-balancing down and cassette stitched duvet for airy fine down distribution. Available in 3 thermal grades for all sleepers – i.e. from those who are somewhat sensitive to cold to sleepers who are highly sensitive to cold.

## THERMAL VALUE

cool	medium	warm	extra-warm
●	●	●	●
1	2	3	4
5437	5438	5439	

## FILLING



New big-fluffy down exclusively from geese (white), 90% down, 10% small feathers. Exclusive quality from Masurian free-range geese. Certified in accordance with Downpass and Swiss Garantie VSB.

## CASE



Soft breathable fine satin, 100% cotton with hygiene benefits in the form of Silverskin<sup>AG</sup>, which protects against mites, bacteria and their allergens; washable up to 40 °C. Öko-Tex Standard 100.

# dream-away clima-pillow



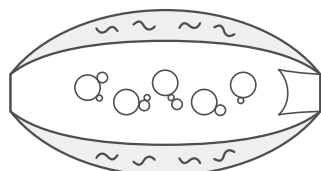
5445

## DESIGN

Supportive 3-compartment climate-fibre pillow with a cooling effect, extra-soft surface and an elegant side insert for optimised filling. Filling can be added to the pillow, which is also height adjustable and therefore perfect for front, side and back sleepers. Also suitable for people with allergies

## SUPPORT STRENGTH

soft	medium	firm
●	●	●
1	2	3
5445	5445	5445



## FILLING



**Outer compartments:** Extra-fluffy and light micro-gel climate-fibres. **Inner compartment:** Airy and supportive climate-ball filling. 100% polyester. Hypo-allergenic and vegan.

## CASE



Soft breathable fine satin, 100% cotton with hygiene benefits in the form of Silverskin<sup>Ag</sup>, which protects against mites, bacteria and their allergens. Refilling insert with zipper for individual adjustment of height and support strength. Washable up to 40 °C. Öko-Tex Standard 100.

# dream-away clima-duvet



5435

## DESIGN

High-quality, climate-balancing, climate-fibre, cassette-stitched duvet for airy fine distribution of micro-gel climate-fibres. Ideal for sleepers with average cold sensitivity. Also suitable for people with allergies.

## FILLING

**S**  
MICRO

Extra-fluffy and light micro-gel climate-fibres. 100% polyester. Hypo-allergenic and vegan.

## THERMAL VALUE

cool	medium	warm	extra-warm
1	2	3	4
	5435		

## CASE

SILVER  40° 

Soft breathable fine satin, 100% cotton with hygiene benefits in the form of Silverskin<sup>AG</sup>, which protects against mites, bacteria and their allergens; washable up to 40 °C. Öko-Tex Standard 100.

# Bedding for children



5434/5443

## PICCOLO DUVET 5434

**Filling:** New big-fluffy down exclusively from geese (white), 90% down, 10% small feathers. Exclusive quality from Masurian free-range geese. Certified in accordance with Downpass and Swiss Guaranty VSB. **Case:** Soft breathable fine satin, 100% cotton with hygiene benefits in the form of Silverskin<sup>Ag</sup>, washable up to 40 °C. Öko-Tex Standard 100. Cassette-stitched.

## PICCOLO PILLOW 5443

**Filling: Outer compartments:** New big-fluffy down exclusively from geese (white), 90% down, 10% small feathers. **Inner compartment:** New pure geese feathers (white), 100% small feathers. Exclusive quality from Masurian free-range geese. Certified in accordance with Downpass and Swiss Guaranty VSB. **Case:** Soft breathable fine satin, 100% cotton with hygiene benefits in the form of Silverskin<sup>Ag</sup>, washable up to 40 °C. Öko-Tex Standard 100. 3-compartment pillow.



1215

## PICCOLO LATEX

**Core:** highly elastic, original 100% natural Talalay latex, height 10 cm.

## MODEL GrandEspace 1215

**Cover:** casing design, removable with zip closure, washable at up to 30°C. Double-stretch viscose (pattern 416). **Upholstery:** 500g/m<sup>2</sup> climate-regulating cushioning (pure Swiss wool, comfort cushioning).

## MODEL WITHOUT UPHOLSTERY 1216

**Cover:** casing design without cushioning, removable with zip closure, washable at up to 60°C. Double-stretch viscose (pattern 416).



1423

## PICCOLO PURE

**Core:** shape-retaining PU foam, height 10 cm.

## MODEL GrandEspace 1420

**Cover:** casing design, removable with zip closure, washable at up to 30°C. Double-stretch viscose (pattern 416). **Upholstery:** 500g/m<sup>2</sup> climate-regulating cushioning (pure Swiss wool, comfort cushioning).

## MODEL WITHOUT UPHOLSTERY 1423

**Cover:** casing design without cushioning, removable with zip closure, washable at up to 60°C. Double-stretch viscose (pattern 416).





#### KNOWLEDGE TO HELP YOU SLEEP SOUNDLY

At rovida, sustainability begins as soon as we set about procuring the raw material. It is woven into our resource-conserving production processes, and finally is an integral part of our premium-quality products, which live out their long lives in bedrooms, where they guarantee a relaxing and natural night's sleep.



6417P

MATTRESS COVER GrandPlaisir 6417P

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**Cover:** soft case design with climate-regulating membranes and two zip closures on all sides, detachable, washable at up to 30°C. Double-stretch botanic viscose (pattern 416). **Upholstery:** 500g/m<sup>2</sup> climate-regulating cushioning (pure Swiss wool, comfort cushioning). For the collection models rovymoon, rovinight.

MATTRESS COVER GrandeNature 6415

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**Cover:** luxurious piping with climate-regulating membranes and two zip closures on all sides. Top sheets can be detached and removed separately, washable at up to 30°C. 500g/m<sup>2</sup> heavy, elastic double-stretch viscose cotton (pattern 435). **Upholstery:** 500g/m<sup>2</sup> luxury cushioning (pure Swiss wool, climate-regulating cushioning). For the activa model.

MATTRESS COVER HypoAllergen 6416A/6417A

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**Cover:** soft case design with climate-regulating membranes and two zip closures on all sides, detachable, washable at up to 60°C. Double-stretch botanic viscose (pattern 416). **Upholstery:** 300g/m<sup>2</sup> vegan temperature-regulating padding (eco fibrefill hollow fibre made from 100% recycled PES). Hypoallergenic. 6416A for the collection models rovisleep, rovisky, rovisstar. 6417A for the collection models rovymoon, rovinight.

MATTRESS COVER basic 6153

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**Cover:** hard-wearing cotton mix mattress quilting, flame-retardant, Trevira CS, blue (pattern 204), with zip closure on 3 sides, washable at up to 60°C.



#### BRIDGE OF LOVE 5980

**Design:** T-shaped cut-out in PU foam for placement between the two mattresses in a double bed. Bridges the gap in the middle.

**Size:** 15 × 12 × 200 cm



#### FLANNELETTE LINING protect 5200

**Design:** soft flannelette lining, 100% cotton, pre-shrunk, with all-round cotton strip and four sewn-in rubber corner strips for easy fastening over the mattress. Perfect mattress protection, breathable, washable at up to 95°C.



#### FLANNELETTE LINING WITH MOISTURE PROTECTION protect 5220

**Design:** soft flannelette lining, 100% cotton with polyurethane moisture barrier, all-round edging and four sewn-in rubber corner strips for easy fastening over the mattress. Perfect mattress protection, waterproof and urine-resistant, washable at up to 95°C.



#### FLANNELETTE ELASTICATED COVER protect 5240

**Design:** soft stretch flannelette with elasticated edging, 100% cotton with sides made from jersey fabric, double elastic, with all-round rubber strip, for easy fitting and removal. Perfect mattress protection, breathable, washable at up to 95°C.



#### MATTRESS PROTECTOR protect 5100

**Design:** dimensionally stable mattress protector, 100% polyester, with fine point coating and all-round velour textile strip. Perfect mattress protection, fixes the mattress in place, anti-slip, breathable, washable at up to 30°C.









#### QUALITY WITHOUT COMPROMISE

We spend a third of our lives asleep. Sleep is much too important for us to spend our nights lying awake in bed. Choosing the right materials is an essential part of creating the perfect sleeping environment. Our experienced specialists are committed to using only the highest-grade raw materials in our quality products.



# The diverse ingredients of a perfect night's sleep



PURE SWISS WOOL



100% NATURAL TALALAY LATEX



SWISS ALPACA WOOL



## 100% NATURAL TALALAY LATEX

Highly elastic natural latex with an incredibly airy and irregular cell structure, produced according to the intricate Talalay method and made entirely from natural rubber from the Hevea brasiliensis tree. This offers excellent sleeping comfort thanks to its point elasticity. It also relieves strain and is extremely soft and cosy. It helps to regulate circulation, and is breathable, antistatic, hypoallergenic and antibacterial. Over 6,000 vertical ventilation points per m<sup>2</sup> guarantee perfect airflow through the mattress and prevent heat from building up. FSC and Rainforest Alliance certification, as well as Cradle to Cradle gold level certification. In addition, all rubber trees neutralise more than 90 million tonnes of CO<sub>2</sub> per year around the globe. Origin: Netherlands.



## 100% NATURAL HEVEA AIRPLUS LATEX

Open-pored natural latex with point elasticity, made from pure natural rubber from the Hevea brasiliensis tree. The new, refined latex formulation and novel energy-saving SonoCore production method guarantee a light and airy cell structure with optimum dissipation of heat, cold and moisture. Hevea AirPlus natural latex offers perfect strain relief and dynamic support. Origin: Belgium.



## POROTEX PRO

The latest generation of refined premium foam materials features a very open and breathable cell structure. Porotex Pro sets new standards for point elasticity, snugness and climate control. It offers consistent stability and support strength the whole night through, even if heat and humidity increase in the room. Top-notch climate resistance ensures permanent ergonomic support. Porotex Pro is hypoallergenic, antibacterial and CFC-free. Origin: Austria.



## FEELINGPUR

This viscoelastic foam is excellent at relieving strain. As a result, it is often found in hospitals, where it provides support to patients who have to remain in tricky positions. Feelingpur is incredibly soft and subtle, and is known for its delayed return to its original shape (memory effect). In the innovative air-vent perforation design, Feelingpur is given more than 1,500 vertical ventilation points per m<sup>2</sup>. This prevents heat from building up. Origin: Switzerland, Germany.



## POLYETHER FOAM

Polyether foam is a standard material that has been used for many years in budget-friendly mattresses. The honeycomb-like form and fine cell structure are the reasons behind its light weight. Its varying densities deliver support and comfort. Origin: Austria, Germany.



POCKET SPRINGS



TUSSAH SILK



POROTEX PRO

#### POCKET SPRINGS

Our interactive pocket spring core consists of thermally refined coil springs, with smooth load-bearing thanks to specially configured spring tension along the longitudinal axis of the mattress. Here, the large air volume inside the pocket springs acts like a bellows. Origin: Germany.

#### TUSSAH SILK

This fine and soft wild silk is obtained from the cocoons of butterflies native to China and India. Tussah silk is extremely gentle on the skin. It has a powerful temperature-balancing and insulating effect, ensuring comfort and well-being on both hot and cold nights. Its fibres can even take up as much as 30% of their own weight in moisture, meaning they can absorb skin moisture effectively. Origin: India, China.

#### ALPACA WOOL

Fluffy alpaca wool comes from alpaca camels, whose wool is highly regarded mainly for its very refined and curly structure. Alpaca wool has unique thermal properties. It has a strong temperature-balancing and insulating effect, for example. The fibres store heat in winter and emit heat in summer. The hollow fibres also absorb and dissipate humidity. Alpaca wool is anti-static, which means it does not become charged. It also has an antibacterial effect and neutralises odours. Origin: Switzerland.

#### VIRGIN SHEEP'S WOOL

Merino sheep are part of the group of fine-wool sheep. No other material displays as many exceptional properties as extremely fluffy virgin wool from Swiss sheep. Virgin wool keeps you warm in winter and cool in summer because 85% of the curly wool fibres consist of air that has an insulating effect and makes the wool highly breathable. On hot days, virgin wool supports humidity regulation, as it can absorb up to 35% of its own weight in moisture without feeling moist itself. Virgin wool neutralises odours and pollutants and has a soothing and anti-static effect. Origin: Switzerland.

#### ECO FIBREFILL

Eco fibrefill is vegan climate fibre made out of 100% recycled PES. This hollow fibre, which is slightly curled, transports humidity and has a climate-control effect. It is washable at up to 60°C and is therefore perfectly suitable for people with asthma and allergies. Origin: Germany.

# Your sleep solution

**We spend a third of our lives asleep.** This means that it's essential to find the perfect combination of mattress, system frame, duvet and pillow for your sleeping style. Our checklist and our product recommendations based on the Body Mass Index (BMI) will help you to choose your ideal bed.

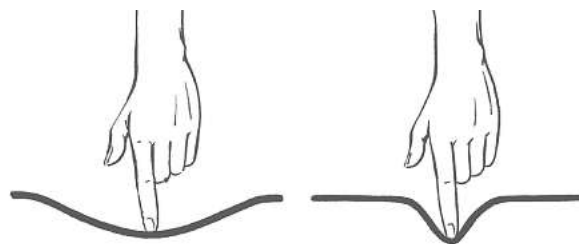
## PUT IT TO THE TEST

1. Allow plenty of time for purchasing your mattress, and seek advice from the experts.
2. Test the mattress by starting off in your normal sleeping position. Move around a bit, and try lying on your side, back and stomach.
3. When it comes to choosing a mattress and system frame, the particular features of your body shape are especially important factors. Make sure that the mattress supports your spine in its natural form. If you sleep on your side, the ideal position is a completely straight spine. If you're a back sleeper, you will want to make sure that the natural, slight S-shape of the spine is preserved.



**Correct.** The spine forms a straight line when you are lying on your side. The mattress and system frame adapt to your body.

4. Optimum strain relief is especially crucial. Pressure, for instance on your head, shoulders, pelvis or heels, is especially great when you are lying down. A good mattress yields at these pressure points, while continuing to provide even support for all other parts of the body. When you lie down, your body weight is distributed across the full extent of your height and width. Optimum pressure distribution is achieved when mattress materials with high point elasticity and a strong supportive effect are used to improve sleeping comfort.



**Incorrect.** Left: mattresses with low point elasticity form depressions and provide inadequate support for the body.

**Correct.** Right: mattresses with high point elasticity only yield at the points where pressure is exerted while you are lying down, softly moulding themselves to the body.

5. Do you sleep on your back? Place your hand beneath your back. If this is too easy to do, the mattress is too hard and is causing your spine to stretch unnaturally. The mattress is not moulding itself to you enough and is not distributing your weight over the entire surface of your body. Pressure points develop and the blood circulation in your skin and the underlying tissue is impaired, as are metabolic processes and cell renewal. If your hand won't fit underneath at all, the mattress is too soft. It does not provide sufficient support and your spine is being compressed.



**Correct.** When you are lying on your back, your spine is supported in its natural, slight S-shape. The mattress and the system frame ensure there are no pressure points on the body.

6. If you sleep on your side, your shoulders have to be able to sink into the mattress so that it can properly accommodate your pelvis. Your spine forms a straight line when you are lying on your side. If your spine sags down, you are not getting enough support and the mattress is too soft. If your shoulders cannot sink in, the mattress is too hard and pressure points will develop.

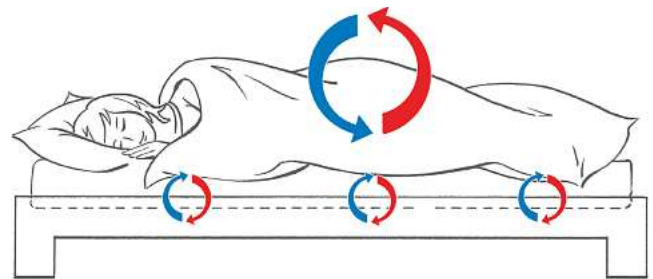


**Incorrect.** If the mattress and system frame are too hard, the spine is bent in an unnatural shape and pressure points develop.



**Incorrect.** If the mattress and system frame are too soft, the spine sags down and does not receive adequate support.

7. Do you run hot or cold at night? A crucial element of a comfortable sleeping environment is the climate-regulating properties of the mattress materials and cushioning, as well as the duvet. Even while you sleep, your body tries to keep its temperature at around 37°C. In addition, even if you don't sweat much, your body loses around ¼ to ¾ of a litre of moisture via the skin and the breath. Heat and moisture have to be drawn away through the duvet and the mattress so that you are not disturbed during the night by an excessively hot and damp environment. Make sure to choose open-pored, air-permeable mattress materials and natural cushioning elements that regulate the temperature and moisture levels.



**Correct.** Open-pored and breathable mattress materials, natural cushioning and a climate-regulating duvet ensure optimum air circulation and a dry and healthy sleeping environment.

8. Allergy sufferers should opt for removable mattress covers that can be washed or chemically cleaned. Our GrandeHygiène mattresses offer considerable benefits: rovia Silverskin<sup>Ag</sup> prevents the proliferation of dust mites and the allergens they produce. Its natural protection against mites and bacteria prevents fungi and unpleasant odours. This mattress version is washable at up to 30°C. The HypoAllergen model, with synthetic hollow-fibre cushioning, is also washable at up to 60°C and is recommended for allergy sufferers. For hygienic and ergonomic reasons, we recommend that allergy sufferers replace their mattress every 7 to 10 years.

**PLEASE MAKE A NOTE OF YOUR PERSONAL CHARACTERISTICS BEFORE CHOOSING A MATTRESS:**

- Your body weight, height and stature
- Your preferred sleeping position (on your side, front or stomach?)
- Your temperature level (do you get cold or hot while you are asleep?)
- Your health concerns, e.g. allergies and other conditions (are you an allergy sufferer? Do you have tension in your back?)



# We're here to help



**Specialist retailers:**

Your nearest roviva office would be happy to provide you with expert advice.



**Showroom:**

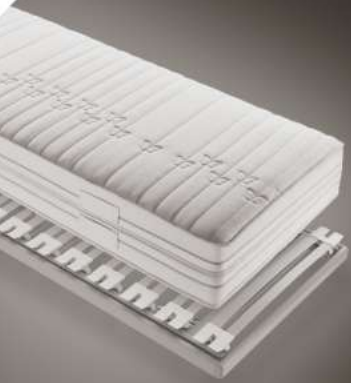
Visit our showroom in Wangen an der Aare.

Monday to Thursday:  
8 a.m. to 12 noon,  
1.30 p.m. to 4.30 p.m.

Friday:  
8 a.m. to 12 noon,  
1.30 p.m. to 4 p.m.

Saturday and Sunday:  
closed

Please contact us in advance.



**The best of the best:**

You can find our premium sleep systems dream-away and activa in a separate catalogue.



**aura/aurelia artisan bed  
and cosy nights upholstered bed:**

Please request the separate catalogue for these items.



**Social media:**

Find us on Facebook, Twitter and YouTube and at [roviva.ch](http://roviva.ch).

# Use the Body Mass Index (BMI) to help you choose

Based on your BMI (height and weight), we recommend the following mattress types for you:

**soft** **medium** **firm**

Model	Page	BMI 11 to 25													
		11	12	13	14	15	16	17	18	19	20	21	22	23	24
rovimoon	16	[Blue bar]													
rovinight	17	[Blue bar]													
rovisleep	18	[Blue bar]													
rovisky	19	[White bar]					[Blue bar]								
rovistar	20	[White bar]					[Blue bar]								

Model	Page	BMI 26 to 40														
		26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
rovimoon	16	[Blue bar]					*	*	*	*	*	*	*	*	*	*
rovinight	17	[Blue bar]					*	*	*	*	*	*	*	*	*	*
rovisleep	18	[Blue bar]					*	*	*	*	*	*	*	*	*	*
rovisky	19	[Blue bar]					*	*	*	*	*	*	*	*	*	*
rovistar	20	[Blue bar]					*	*	*	*	*	*	*	*	*	*

Model	Page	BMI 41 to 55													
		41	42	43	44	45	46	47	48	49	50	51	52	53	54
rovimoon	16	*	*	*	*	*	*	*	*	*					
rovinight	17	*	*	*	*	*	*	*	*	*					
rovisleep	18	*	*	*											
rovisky	19	*	*	*	*	*	*								
rovistar	20	*	*	*	*	*	*								

\* For weights of more than 100 kg, we recommend the roviva dream-away contour system frame with specially reinforced springs (9007).

# Calculating your Body Mass Index

Look up your weight and height in the table below. The point where they intersect is your Body Mass Index (BMI). For each of the values (11 to 56), we have recommended particular products. This will help you to choose your perfect sleep system.

Height		1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.85	1.90	1.95	2.00	2.05
Weight	45	20	19	18	17	16	15	14	13	12	12	11	11
	50	21	20	18	17	16	15	15	14	13	13	12	12
	55	24	23	21	20	19	18	17	16	15	14	14	13
	60	27	25	23	22	21	20	19	18	17	16	15	14
	65	29	27	25	24	22	21	20	19	18	17	16	15
	70	31	29	27	26	24	23	22	20	19	18	18	17
	75	33	31	29	28	26	24	23	22	21	20	19	18
	80	36	33	31	29	28	26	25	23	22	21	20	19
	85	38	35	33	31	29	28	26	25	24	22	21	20
	90	40	37	35	33	31	29	28	26	25	24	23	21
	95	42	40	37	35	33	31	29	28	26	25	24	23
	100	44	42	39	37	35	33	31	29	28	26	25	24
	105	47	44	41	39	36	34	32	31	29	28	26	25
	110	49	46	43	40	38	36	34	32	30	29	28	26
	115	51	48	45	42	40	38	35	34	32	30	29	27
	120	53	50	47	44	42	39	37	35	33	32	30	29
	125	56	52	49	46	43	41	39	37	35	33	31	30

BMI calculation formula:  $\frac{\text{Body weight in kg}}{(\text{Height in m})^2}$

Underweight: <18.5

Normal weight: 18.5-24.9

Overweight: 25.0-29.9



Only available for sale from the specialist retailer:



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Mattress and bed manufacturers  
Schulhausstrasse 6  
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