

# polyurethane is quality

the multiple characteristics of  
flexible polyurethane foam

**Postures During Sleep**





---

## Introduction

In each issue, “poliuretano is quality” presents one of the many characteristics of flexible polyurethane foam, a versatile material with many qualities that are enhanced in the various fields of application.

An in-depth knowledge of the intrinsic qualities of polyurethane is a fundamental factor for designers and manufacturers who can take full advantage of the many possibilities it offers in terms of performance and add new applications to the many already present in the industry. For those working in the world of distribution, deepening the knowledge of the material contributes to a more complete communication and sales strategy for products made of polyurethane. Thanks to interdisciplinary collaboration with leading Research Centres, leading Universities and experts in the field, each issue is an in-depth written study accompanied by drawings and images.

---

Poliuretano-é represents an innovative and unique project of its kind, born in Italy 15 years ago by the will of some of the most important Italian companies in the production' sector of flexible polyurethane foam. Over the years to companies producers have also supported the project with a number of companies protagonists at international level in the production of additives and related raw materials to the production of flexible polyurethane. Poliuretano-é has carved out in recent years its own authoritativeness and a precise identity in the world of communication, production and design. Initially developed as a project oriented to improve the knowledge of the flexible polyurethane foam at the distribution operators, Poliuretano-é has progressively widened its range of action, involving in a way more and more companies producing industrial products in polyurethane, from furniture to packaging. Poliuretano-é promotes a wide range of initiatives for the dissemination of culture on the polyurethane material, which include the organization of exhibitions and themed presentations, conferences dedicated to deepen the different themes related to polyurethane, training meetings with retailers and the publication of research and documentation on the subject.

[www.poliuretano-e.it](http://www.poliuretano-e.it)

---

---

Polyurethane é is promoted by the following leading companies in the polyurethane sector flexible foam:

### Promoters - Flexible polyurethane foam



[www.cires.it](http://www.cires.it)



[www.nir-spa.it](http://www.nir-spa.it)



[www.olmogiuseppespa.com](http://www.olmogiuseppespa.com)



[www.orsafoam.it](http://www.orsafoam.it)



[www.pelma.it](http://www.pelma.it)



[www.sip-srl.it](http://www.sip-srl.it)

### Supporters - Manufacturers of raw materials and additives



[www.covestro.com](http://www.covestro.com)



[www.evonik.com](http://www.evonik.com)



[www.borsodchem-group.com](http://www.borsodchem-group.com)



[www.dow.com](http://www.dow.com)



[www.huntsman.com](http://www.huntsman.com)



[www.repi.com](http://www.repi.com)



[www.shell.com](http://www.shell.com)

---

## Postures During Sleep

Prof. Pietro Scalise - Ergonomics and Industrial Design Area - Como

The position taken while we sleep provides important information on the type of person we are, as there is a precise connection between the position itself, our psychological state and our personality.

The Sleep Assessment and Advisory Service (SAAS), an institute specializing in research on problems related to rest, analyzed the six main positions of sleepers, determining that each is linked to a specific type of personality.

We all know that, when awake, our body has a certain non-verbal language which, in addition to heavily influencing our interpersonal relationships, is also an important reflection of our unconscious and subconscious. But, to investigate it more systematically, it is necessary to relate it to our posture while we sleep.

One aspect not to be overlooked is that, often, the psychological profile that reveals our position as sleepers is very different from what we might expect.

For this reason, in order to deepen the knowledge of our habits during sleep, it is necessary to formulate a profile of one's habits considering, in particular, the preferred positions during rest.

A- Fetal position.

Those who curl up in the fetal position are predominantly a person with a strong character but very sensitive inwardly and with a tender heart. He may be shy when he first meets someone, but, in short, he relaxes. This is the most common sleeping position, adopted by about 41% of the 1,000 subjects monitored in the SAAS research. The women who adopt it are more than twice as many as men.



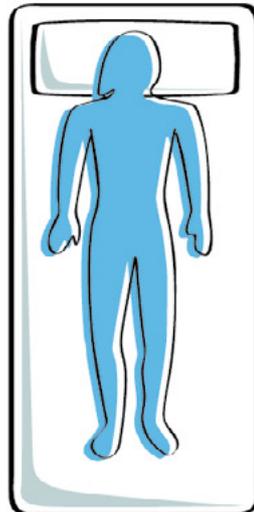
A-Posizione  
Fetale



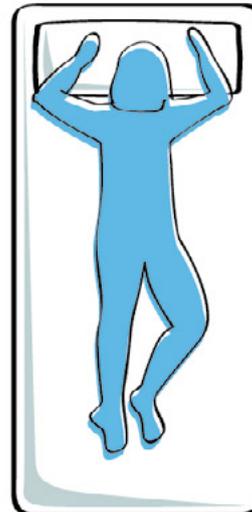
B-Posizione  
Allungata



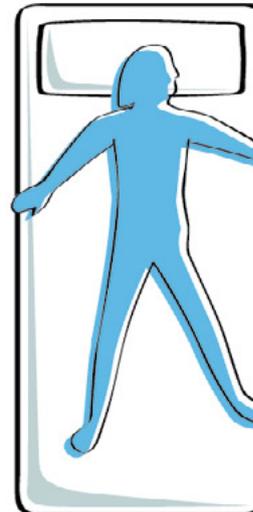
C-Posizione  
Aspirante



D-Posizione  
del Soldato



E-Posizione  
Caduta Libera



F-Posizione  
Stella di Mare

---

B- Elongated position.

One who sleeps on one side keeping both arms extended at his sides is generally a friendly, sociable person who loves to surround himself with other people and places trust in them. About 15% of people sleep in the second position.

C- Position of the aspirant.

To choose it is 13% of the subjects monitored. Side sleepers with both arms projected forward have an open nature but can also be cynical and suspicious. As a rule, he is slow to make decisions, but once he has made up his mind, it is almost impossible for him to change his mind.

D- Position of the soldier.

Sleeping on your back with your arms at your sides, typical of 8% of the population, reveals a quiet and reserved character. This is a person who does not appreciate confusion and seeks high quality standards for himself and others.

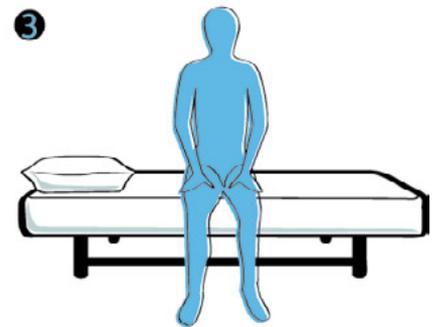
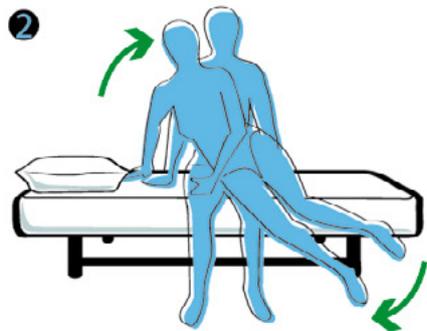
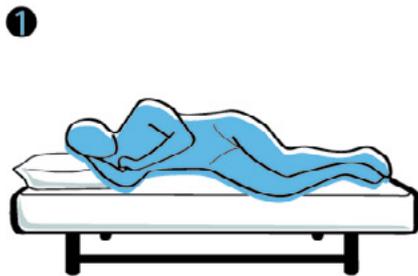
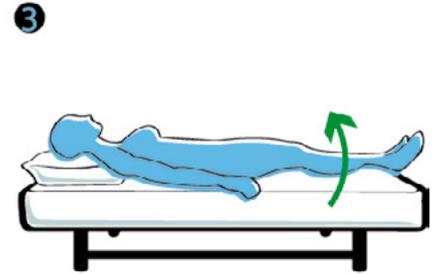
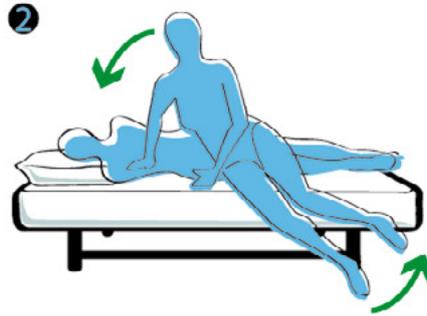
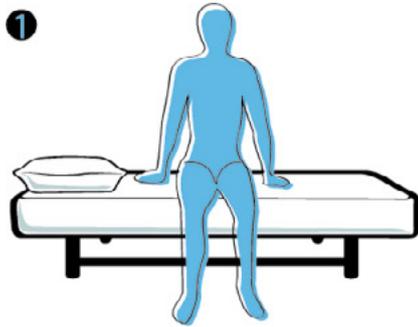
E- Position of free fall.

Whoever sleeps prone, on his stomach, with his arms around the pillow and his head turned to the side, is often a rather gregarious and cheeky person but can be with nerves on the edge of the skin, cannot stand criticism or extreme situations.

F. Starfish position.

Those who sleep on their back with both arms on the pillow belong to 5% of the selected sample; he is a good friend, always ready to listen to others and willing to help in case of need. Generally, he does not appreciate being the center of attention.

---



(1) (2) (3) The phases related to the correct rotational movement of the body during bedtime and after waking up







# poliuretano è

a project promoted by

## Promoters

**CIRES**

**NORDITALIA**  
resine



**ORSA foam**

**PELMA**

**SIP**  
Sud Italia  
Poliuretani

## Supporters



**EVONIK**  
POWER TO CREATE

**BorsodChem**  
Chemistry for generations  
**WANHUA** 万华

**DOW**

**HUNTSMAN**  
Enriching lives through innovation

**REPI**

