

BERECHNUNG BODY-MASS-INDEX

Auf nachfolgender Tabelle finden Sie im Schnittpunkt von Körpergewicht und Körpergrösse Ihren persönlichen Body-Mass-Index (BMI). Zu den jeweiligen errechneten Werten (11 bis 56) erfolgt unsere Wahlempfehlung. Sie dient Ihnen als Erleichterung bei der Wahl Ihres perfekten Schlafsystems.

BMI-Berechnungsformel:

$$\frac{\text{Körpergewicht in kg}}{(\text{Körpergrösse in m})^2}$$

- Untergewicht: < 18,5
- Normalgewicht: 18,5–24,9
- Übergewicht: 25,0–29,9

Grösse	1,50	1,55	1,60	1,65	1,70	1,75	1,80	1,85	1,90	1,95	2,00	2,05
Gewicht 45	20	19	18	17	16	15	14	13	12	12	11	11
50	22	21	20	18	17	16	15	15	14	13	13	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

WAHLEMPFEHLUNG MITTELS BODY-MASS-INDEX

- H2**
- H3**
- H4**

Auf Basis des BMI (Grösse und Gewicht) schlagen wir Ihnen neben stehend folgende Matratzentypen vor.

- GH** Ausführung GrandeHygiène
- HA** Ausführung HypoAllergen

* Bei Belastung über 100 kg empfehlen wir Systemrahmen roviva dream-away mit speziell verstärkten Federn (9007).

Modell	GH	HA	Seite	BMI 11 bis 25										
				11	12	13	14	15	16	17	18	19	20	21
dream-away impérial	•	•	14/15	[Bar chart showing suitability for BMI 11-25]										
dream-away air latex	•	•	16/17	[Bar chart showing suitability for BMI 11-25]										
dream-away air space	•	•	18/19	[Bar chart showing suitability for BMI 11-25]										
papillon 261		•	20/21	[Bar chart showing suitability for BMI 11-25]										
papillon 260		•	22/23	[Bar chart showing suitability for BMI 11-25]										
atmos	•	•	24/25	[Bar chart showing suitability for BMI 11-25]										
climaxx	•	•	26/27	[Bar chart showing suitability for BMI 11-25]										
paradise	•	•	28/29	[Bar chart showing suitability for BMI 11-25]										
natura-anatomica		•	30/31	[Bar chart showing suitability for BMI 11-25]										
natura-vita		•	32/33	[Bar chart showing suitability for BMI 11-25]										
optima		•	34/35	[Bar chart showing suitability for BMI 11-25]										
passion		•	36/37	[Bar chart showing suitability for BMI 11-25]										
combi-trio		•	38	[Bar chart showing suitability for BMI 11-25]										
sete-lana		•	39	[Bar chart showing suitability for BMI 11-25]										
latex-jubilé		•	40	[Bar chart showing suitability for BMI 11-25]										
rovilana		•	41	[Bar chart showing suitability for BMI 11-25]										
rovihit		•	42	[Bar chart showing suitability for BMI 11-25]										
rovieconom			43	[Bar chart showing suitability for BMI 11-25]										
rovipur			43	[Bar chart showing suitability for BMI 11-25]										

Modell	GH	HA	Seite	BMI 26 bis 40										
				26	27	28	29	30	31	32	33	34	35	36
dream-away impérial	•	•	14/15	[Bar chart showing suitability for BMI 26-40]										
dream-away air latex	•	•	16/17	[Bar chart showing suitability for BMI 26-40]										
dream-away air space	•	•	18/19	[Bar chart showing suitability for BMI 26-40]										
papillon 261		•	20/21	[Bar chart showing suitability for BMI 26-40]										
papillon 260		•	22/23	[Bar chart showing suitability for BMI 26-40]										
atmos	•	•	24/25	[Bar chart showing suitability for BMI 26-40]										
climaxx	•	•	26/27	[Bar chart showing suitability for BMI 26-40]										
paradise	•	•	28/29	[Bar chart showing suitability for BMI 26-40]										
natura-anatomica		•	30/31	[Bar chart showing suitability for BMI 26-40]										
natura-vita		•	32/33	[Bar chart showing suitability for BMI 26-40]										
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sete-lana		•	39	[Bar chart showing suitability for BMI 26-40]										
rovilana		•	41	[Bar chart showing suitability for BMI 26-40]										
rovihit		•	42	[Bar chart showing suitability for BMI 26-40]										
rovieconom			43	[Bar chart showing suitability for BMI 26-40]										
rovipur			43	[Bar chart showing suitability for BMI 26-40]										

Modell	GH	HA	Seite	BMI 41 bis 55										
				41	42	43	44	45	46	47	48	49	50	51
dream-away air space	•	•	18/19	[Bar chart showing suitability for BMI 41-55]										
combi-trio		•	38	[Bar chart showing suitability for BMI 41-55]										



**TABLEAU DE CALCUL
DU BODY-MASS-INDEX**

Sur le tableau suivant vous trouverez au point d'intersection du poids du corps et de sa taille votre index personnel (BMI). Avec la valeur calculée atteinte (11 jusqu'à 56) vous trouvez notre conseil. Il facilite votre choix d'un système de literie parfait.

Formule de calcul BMI:
 $\frac{\text{poids du corps en kg}}{(\text{taille du corps en m})^2}$

Sous-poids: < 18,5
Poids normal: 18,5–24,9
Surpoids: 25,0–29,9

Taille	1,50	1,55	1,60	1,65	1,70	1,75	1,80	1,85	1,90	1,95	2,00	2,05
Poids en kg 45	20	19	18	17	16	15	14	13	12	12	11	11
50	22	21	20	18	17	16	15	15	14	13	13	12
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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

**CONSEIL POUR LE CHOIX AU MOYEN
DU BODY-MASS-INDEX**

D2
D3
D4

Sur la base du BMI (taille et poids) nous vous conseillons le type de matelas sur la droite.

GH Exécution GrandeHygiène
HA Exécution HypoAllergen

* Pour une charge de plus de 100 kg nous vous recommandons le sommier rovilla dream-away avec ressorts spéciaux renforcés (9007).

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