



## *WE DELIVER TO YOUR DOOR...*

Town & Country has a Showroom/Factory in Adelaide and every day we send mattresses & beds all over Australia.

### **ELECTRIC ADJUSTABLE BEDS**

▼  
Call us anytime on  
1300 556 305  
Or  
0433 229 803

Legs & back support at the touch of a button.  
Get the best nights sleep with an Electric Adjustable Bed from Town & Country

**There are 3 main types of mattresses to use for Adjustable beds. Latex, Memory foam or Articulated inner spring. We promote Natural Latex although it is more expensive than the others. Please see our web site for more info on each of these mattress types.**

#### **Benefits of Sleeping on an Electric Adjustable Bed**

Below are the numerous health advantages of sleeping on an electric adjustable bed. They are a great preventative for younger healthy people to avoid different health issues later in life and an essential help for the elderly and people with disabilities.



## **For back, Neck & Shoulder Pain**

Back pain is one of the worst ailments out there and can cause severe pain as well as a vast range of problems ranging from limited mobility to accidents. However it is unfortunately something that many of us have to contend with and especially once we begin to reach older age and following the wear and tear that every day life subjects us to. Thus it is important to do everything in our power to make sure that we can keep our backs healthy and well maintained and prevent them from deteriorating.

There are many ways to do this and many changes that we can make to our every day routine from altering our posture to changing the way that we lift heavy objects. However one thing that many of us forget is the way that we sleep – and the amount of support you get at this point is going to make a big difference to your overall health. Meanwhile it is also possible by changing the position that you sleep in to combat many different health problems, pains and elements specifically.

With adjustable beds it is possible to alter the sleeping position precisely as you wish and normally this means you can incline or recline the head and legs. This in most cases means two main points of articulation – allowing you to bring your head upright and lower your legs or return to a completely flat position (though some adjustable beds will have more points of articulation and this of course has even greater benefits to your health potentially).

When you sleep on adjustable beds you will be able to do so in a position that more closely matches the contours of your body and this in turn will mean that you are able to keep your back flatter against the ground. This can help to prevent conditions such as sciatica – a condition where the sciatic nerve gets trapped near the base of the spine (this nerve controls the majority of signals heading between the brain and the limbs and is very painful when put under pressure). By supporting the base of the spine it is possible to keep the spine aligned and help to prevent trapped nerves and release those that are currently lodged. You may also find that while suffering from sciatica this can greatly help the associated pain.

At the same time by having some incline you can keep some of the pressure from your back that causes it to compress during the night. This is useful for preventing yourself from waking up and causing injury to yourself while the spine is more vulnerable. You'll also be able to support your head well using adjustable beds, and this will mean you don't need to pile up too many pillows which can cause neck ache and headache.

## **For Sleep Apnoea & Snoring**

If you snore then using an adjustable bed makes it possible to use the incline to help improve your health. This is because one of the major causes of snoring is that your windpipe closes over due to the weight of your neck and this then result in air making a snoring noise as it passes through. By propping yourself upright slightly with adjustable beds, it is possible to alter the direction of the gravity so that it does not obstruct your windpipe. From there you can then reduce the sound of snoring and improve the quality of your sleep.

This is particularly important for those who snore due to sleep apnoea. Sleep apnoea is a condition in which the individual wakes up intermittently throughout the night due to their stopping breathing. This not only can severely damage the quality of sleep, but can of course also be dangerous if they



To see a short video of our Electric Adjustable Beds please click here: <http://www.mattressesdirect.com.au/content/adjustablebeds.html>



Melbourne King Electric Adjustable bed with Natural Latex and Memory foam Mattress

stop breathing for too long. Altering your position won't help all forms of sleep apnoea, but can have a positive effect on some types of obstructive apnoea.

### **For Digestion & Heart Burn**

Being slightly upright is also highly beneficial for your digestion as it helps your body to process food during the night. It is not advisable to go to sleep on too full a stomach at any point, but if you have eaten within the last few hours then addressing your position can be helpful and by using adjustable beds you can position yourself at the recommended 6 inches and this will help to encourage healthy digestion.

### **For Swelling from injuries**

If ever you sprain or pull a limb, break it, or otherwise hurt yourself, then you will be told to elevate it in order to prevent the pain. Often you will use a pillow or cushion to attempt this, however you are likely to find in doing so that you move off during the night. On the other hand then, by using adjustable beds you can give yourself a better elevation and thereby help reduce swelling such as swollen legs and feet.

Those who have jobs working on their feet can particularly benefit from this if they often come home and find their lower legs and feet swollen. By elevating their legs slightly it's possible to not only feel much better, but also to help combat problems such as varicose veins which form when the blood pools in the lower limbs.

### **For Breathing & Asthma**

Lying on a bed completely flat can accentuate breathing difficulties. By raising your upper body you can greatly assist your breathing.

### **For Acid reflux**

Acid Reflux disease. This is caused when the flap between stomach and oesophagus is not closed properly. When, a person suffering from Acid Reflux sleeps on a flat bed, acid in stomach moves to oesophagus and throat, thus causing a burning sensation and a very unpleasant feeling. Oesophagus has less protection and is very sensitive towards such acids.

People suffering from Acid Reflux are advised not to sleep straight. Elevating the head at least to six inches and sleeping at a sloping position helps avoid the acids from stomach entering the oesophagus. This may eliminate the cause of burning sensation and unpleasantness.

Using several pillows to raise your head would be more uncomfortable than relaxation. Instead the desired position can be achieved by use of adjustable beds. You can set your adjustable bed to keep your head raised while sleeping and so acid should never leak into the oesophagus.

So you are now free from all those unpleasant feelings which have been troubling you for quite a long time. Moreover you can avoid your sleep being disrupted by Acid reflux.

Our electric adjustable beds provide you with as many comfort positions as you need for your particular ailments. So there's hardly any chance that you may not find the position right for you. You will no longer have to worry about sleeplessness due to your medical condition.

### **Improved living for people with disabilities - Hi Lo Electric Adjustable Beds**

A great addition to the standard electric adjustable bed is the Hi Lo (hospital style action) which allows you to raise and lower the bed. This is great for people with disabilities or anyone who has trouble getting in and out of bed; also good if a carer is involved as they do not have to bend down to look after their patients.



King Split Hi Lo Bed



Single Hi Lo Bed

### **Improved living for healthy people Preventative care**

Many young people buy electric adjustable beds for preventative care. Sleeping correctly from an early age is a great aid to living a long healthy life and also modern electric adjustable beds are great even if you just want to sit up to read a book or watch a movie etc. Also many people both young and old love the opportunity to have an inbuilt massager put into their bed.

#### **Inbuilt Massage Therapy**

Massage is generally considered part of complementary and alternative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations.

Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension.

- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Myofascial pain syndrome
- Soft tissue strains or injuries
- Sports injuries

- Temporomandibular joint pain

Beyond the benefits for specific conditions or diseases, some people enjoy massage because it often produces feelings of caring, comfort and connection.

Despite its benefits, massage isn't meant as a replacement for regular medical care. Let your doctor know you're trying massage and be sure to follow any standard treatment plans you have.

Please always check first with your medical professional for advice on how using an electric adjustable bed can help your particular health problems.

Paul Brackley

Director Town & Country Mattresses & Beds

[www.electricadjustablebeds.com.au](http://www.electricadjustablebeds.com.au)

68 Research Road, Pooraka, SA 5095

(08) 8349 6565