



WHY SHOULD YOU BUY AN ADJUSTABLE BED

Health Benefits

- ✓ Back Pain
- ✓ Snoring
- ✓ Sleep Apnea
- ✓ Acid Reflux

- ✓ Swelling
- ✓ Circulation
- ✓ Vertigo
- ✓ Stress



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WHY SHOULD YOU BUY AN ADJUSTABLE BED?

We spend about a third of our entire lives asleep and finding the perfect mattress that minimizes any aches, pains, and discomfort is important. Adjustable beds can be the best option for many people who suffer from various sleep-related problems.



Most adults need **7-9** hours of sleep per night



Adjustable beds let you change your sleeping position to suit your comfort. You can raise or lower your head and legs, and choose from various positions, including lying flat. This customization can improve your health and well-being. Even if you don't have a medical condition, some people find flat mattresses uncomfortable and wake up with aches and pains.

THE HEALTH BENEFITS OF AN ADJUSTABLE BED

Alleviate Back Pain

Sleeping on an adjustable bed means that you can adjust your position to match the contours of your body and keep your back in proper alignment. This improved sleeping position can alleviate back pain as well as prevent and reduce sciatica discomfort. When you sleep at a slight incline, it helps ease the pressure on your back that can cause it to compress overnight, which makes you more vulnerable to injury when you wake up and stretch. The incline possible in an adjustable bed also means that you don't need a mountain of pillows that can lead to headaches and neck aches when used for support.



An estimated **80%** of the population will experience a back problem at some point in their lives.



Treat Snoring and Sleep Apnea

Adjustable beds can help reduce snoring by keeping your neck from blocking your windpipe. This can also benefit those with sleep apnea by allowing them to sleep in recommended positions. However, it's important to consult a doctor, as not all sleep apnea cases are helped by changing sleeping positions.

Over **20%** of Americans may suffer from chronic sleep loss or untreated sleep disorders



Reduce Swelling & Increase Circulation

Adjustable beds can help reduce pain and swelling from injuries by keeping the injured area elevated. They're also beneficial for those who work on their feet all day, helping to relieve swollen legs and prevent varicose veins. Additionally, adjustable beds can improve circulation, contributing to overall health.

Extended periods of standing or sitting can cause circulation problems. Sitting too long can restrict blood flow, while standing can lead to blood pooling in the lower body, causing swelling. Elevating your feet above your heart is a natural way to improve circulation and reduce swelling by using gravity to help blood flow more easily through your body.

Millions of Americans suffer from poor circulation



Elevating your feet while awake can be impractical due to daily activities. Adjustable beds offer an ideal solution, allowing you to elevate your feet above your heart while you sleep. With multiple settings, you can find the perfect position to enhance blood flow and comfort. Aim for a 45-degree angle or less, raising your legs 8-12 inches above your heart, to optimize circulation and rest.

You are 4-6 times more likely to be involved in a car accident when you are driving drowsy

ADJUSTABLE BED BENEFITS FOR EXISTING HEALTH CONDITIONS

Vertigo

Vertigo is a condition that causes dizziness and balance issues, often triggered by changes in head position, such as rolling over in bed. This can disrupt sleep and worsen daytime symptoms. While exercises to adjust head position can help, vertigo often recurs. An adjustable bed can help vertigo sufferers by allowing them to find a comfortable sleeping position and simulating the head positioning exercises used for treatment and prevention.



People who sleep 5 hours or less per night are **35% more likely** to gain weight compared to those who get 7-9 hours of sleep.



Adjustable beds allow you to position your head at various angles, making them ideal for vertigo sufferers who need customized support. Unlike specialty pillows, these beds offer a range of positions to help reduce vertigo symptoms and simulate treatment exercises while you sleep. Although there's no cure for vertigo, sleeping at an incline, as often recommended by doctors, can help reduce and prevent episodes.

Acid Reflux

Acid reflux is a condition where stomach acid backs up into the esophagus, causing symptoms like a burning sensation in the throat, dry cough, sore throat, or difficulty swallowing. It can be triggered by fatty or spicy foods, weight gain, alcohol, and nicotine. Managing your diet, losing weight, and using an adjustable bed can help relieve acid reflux symptoms.

Adjustable beds offer therapeutic benefits for various health conditions, including acid reflux. Their customizable positions make it easier to find a comfortable resting position that helps relieve acid reflux symptoms.



Not sleeping 24 hours is the equivalent of having a blood alcohol level is .08; the legal limit in most states.



For acid reflux sufferers, doctors recommend sleeping with your head elevated at least six inches to prevent stomach acid from entering the esophagus. An adjustable bed makes it easier to achieve this position comfortably, unlike using multiple pillows, which can cause neck or back pain. Adjustable beds offer various positions, with some models including heat and massage features, providing quick and easy relief for acid reflux and promoting better sleep.

A BETTER NIGHT'S REST WITH AN ADJUSTABLE BED

Sleep difficulties can impact your quality of life, but adjustable beds can help by improving comfort, reducing pain, and alleviating snoring. They allow you to find the perfect sleep position, redistributing weight to relieve pressure points, and elevating your head to reduce snoring. Adjustable beds also accommodate different preferences, letting both partners customize their comfort levels for better rest.



Exercising regularly makes it easier to fall asleep and contributes to sounder sleep

When you exercise, your body undergoes stress, leading to micro-tears in muscle fibers. Quality sleep is when your body repairs and strengthens these muscles, releasing growth hormones that facilitate recovery and growth. Without adequate rest, your body may not recover fully, which can lead to decreased performance, increased risk of injury, and prolonged fatigue. Adjustable beds help ensure that you and your partner can customize your comfort levels, leading to better rest and more effective recovery after exercise, ultimately enhancing your overall health and fitness.

FIND THE PERFECT ADJUSTABLE BED

Follow this checklist to help you understand which bed might be the best fit for your optimal sleeping experience:

COMFORT

When choosing a new bed, consider whether you want a tranquil space to relax and rejuvenate or a comfortable spot to read or watch TV before sleeping. The firmness of the mattress and the bed's incline are key factors in meeting your specific needs.

NEEDS

When buying a new bed, communicate your specific needs, such as insomnia or poor circulation, to the sales representative. Sharing your requirements ensures you find the best options, whether for medical needs or ultimate comfort, and may reveal options you weren't aware of.

MATTRESSES

Adjustable beds offer a variety of mattress options, not just a one-size-fits-all choice. You can choose from innerspring mattresses, which offer traditional coil support, or hybrid mattresses that combine innerspring support with materials like memory foam, latex, or gel foam for added comfort. Hybrids offer the best of both worlds, providing both support and comfort, making them an ideal choice if you're unsure which mattress type to select.

Visit **Land of Sleep** today to find your perfect adjustable bed. Located in **Sarasota or Venice!**

