

Title:

Adjustable Beds - Not Just For the Elderly!

Word Count:

1201

Summary:

Understanding the many sleep and health benefits from a quality Adjustable Bed and tips on what

Keywords:

Sleep, health, beds, mattresses, air mattress

Article Body:

In an ever increasing market for the ultimate Sleep System, most people still believe that the

Now any sincere knowledgeable mattress salesman won't push the watching TV or reading in bed,

There are many "side affects" from poor sleep and sleep habits that might also be a clue for you

Tossing and turning at night on their mattress is the most common reason that people don't sleep

Adjustable sleep systems offer you several great benefits. Obviously, the adjustable base is one

Only an adjustable bed can mimic this extremely comfortable and healthy position. Keeping your

What to Look For

An adjustable sleep system consists of two parts, the base and the mattress.

The Base: There are really two types of adjustable beds, the commercial model used in Hospital

- Concentrate on the frame construction; you want the heavy duty construction with the look of
- Look for quality motors at the "head and foot." Make sure they are UL Listed and CSA approved
- A Polarized "Modular" electrical system is the way to go as it ensures you won't have any shorts
- Look for at least a 50 degree incline at "both head and foot", 60 degrees is optimal.
- Make sure the legs have threaded glides allowing you to adjust the height of the bed to your
- Now depending on your preference, make sure there's the availability of a massager. I don't
- Same goes for the remote, it's nice to have the choice between wired or wireless.

The Mattress: Your mattress is the single most important component of any bed, adjustable or not

- Many companies only offer coil and spring mattresses with their adjustable bases. This is not
- There are other very luxurious choices "at a fraction of the price" that you would benefit from
- Try looking at a Memory Foam or Latex mattress, these mattresses are made from highly specialized
- The final tip is to stay away from the deal that promises, "Mattress Included" rarely does that

So depending on your lifestyle or if your health dictates (I hope this isn't the case) check out

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