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**7 Reasons to Ditch Your Worn Old Mattress for an Adjustable Bed**

**By Ethan K. Roberts**

Do you wake up each morning feeling like you have not slept a wink? Do you wake up throughout the night tossing and turning? How about do you suffer pain throughout the day in your back or neck? If the answer to any of these questions is yes, you should consider getting a new bed. You should consider replacing your sagging mattress with an adjustable bed.

We have compiled this article to give you the top seven reasons we think you should consider an adjustable bed. Of course, just because we think this, does not mean everyone will. An adjustable bed should be a purely personal decision, but we are here to help you make that decision.

ONE: First, people often suffer from many different side effects that result from poor sleep and habits. It is proven that some health issues can arise from poor sleeping positions and habits. Issues such as back problems, neck and shoulder pain, gastric reflux, arthritis, snoring, circulatory problems, and breathing problems can all result from sleeping poorly on an old and worn mattress. Investing in an adjustable bed could help with these health issues.

TWO: The number two reason, the most common reason people do not sleep well during the night is simple from tossing and turning. Why do we toss and turn at night? Well the main answer to that is pressure points. Our trusty coil and spring mattress tends to put pressure on various areas in our body, which then causes restricted circulation to the areas of pressure. This causes us, without even really being aware of it, to turn to a new position when we become uncomfortable.

THREE: We concluded the number three reason yet is again, tossing and turning. This time we focus on improper spinal alignment. Most of the traditional mattresses are flat; however, our bodies are not. Our bodies curve and these traditional mattress that we are used to, fail to offer enough support, thus allowing your lower back and hips to sink below the rest of your body. This again results in pressure and discomfort, causing your body to turn to a new position.

FOUR: So here we are to number four, are you convinced yet? If not, good thing we still have more to tell you. Adjustable beds offer you various wonderful benefits. Obviously, the adjustable base is just that, an adjustable base. To maximize the benefits of having an adjustable bed you need the proper mattress to team up with it. The team together creates a pressure free zone while you snooze. Studies

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show that if you keep your heads slightly elevated this will allow for easier breathing. Additionally, the proper team keeps your knees naturally bent and elevated slightly above your heart, taking pressure off the spine and increasing blood flow to the heart. If you were not aware of this, this could be the single most important reason to consider an adjustable bed.

FIVE: We are getting closer; reason number five is, in its own right, an excellent invention. In comes the invention of the mattress genie. The mattress genie allows you to turn any bed into an adjustable bed. This is for a fraction of the cost of a traditional adjustable bed. It features an air bladder that sits flat under your mattress until you are ready to use it; an air pump that pumps up the air bladder elevating the head of the mattress, and a handheld remote that simple allows you to access all of this with the touch of a button. It is small and excellent for travelers.

SIX: Reason number six, is geared towards the busy lifestyle. More and more people today use their bed as a relaxing point for watching television or reading. An adjustable bed gives you the opportunity to do so in a comfortable and healthier manner. Have you ever lay in bed reading a good book, having to turn frequently to remain comfortable? Imagine this, with an adjustable bed you are elevated properly, reducing stress on the back, neck, and arms and reading without interruption, an excellent idea considering all the benefits.

SEVEN: Finally, here we are at reason number seven, we have shown you that only an adjustable bed can mimic the extremely comfortable and healthy positions. Keeping your body in the natural sleep position will reduce the pressure on your skeletal frame more than 85% enabling you to get the deepest, most restful sleep you have only dreamed about.

Ethan K. Roberts writes on a variety of topics not limited to

adjustable beds

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articles about

electric adjustable beds

and

adjustable air beds

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### **Comforts Of Adjustable Beds**

**By Barney Garcia**

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Adjustable beds, as the name suggests, can be adjusted in any position as per requirements. Also known as sunflower beds, these adjustable beds are used to provide comfort during sleeping. Another benefit of the adjustable bed is its inclined position. It not only makes reading and watching television a more pleasurable recreation, but also provides comfort for patients with back problems.

Convenient for All The adjustable beds are, specially recommended by doctors. Patients, who are temporarily or permanently bedridden, find these beds convenient. Such people benefit from the bed's adjustable features. It is ideal for people suffering from sleep disorders, body strains, stress, backaches and other ailments. Apart from being comfortable and convenient, these beds are strongly built and can hold more than 600 pounds of weight.

The adjustable beds are of two types, heavy duty and the standard type. One can choose a bed according to one's needs. The standard bed is appropriate for most patients. The adjustable beds are made up of two main components, the base of the bed and the mattress. The size of the mattress differs according to your needs. You may get yourself a twin, king sized or queen sized mattress. These mattresses are specially designed by leading companies and are appropriately made to suit the human body.

Health Benefits of Adjustable Beds Several health benefits result from the adjustable beds. They not only relieve soreness of the body, but also relax the neck and shoulder muscles. The adjustable beds ease back pain and swelling of the legs. People suffering from asthma, osteoarthritis, varicose veins, spondylolisthesis, and many more such problems derive a lot of comfort and satisfaction from the use of the adjustable beds.

It is possible to change the position of the bed by the mere touch of a button in adjustable beds. These beds have made it possible to wake up relaxed and full of enthusiasm every morning. Grateful patients bless the day when these beds were invented. The adjustable beds have made life easy for many people. These beds are available all over the world. Enjoy all these comforts and get yourself an adjustable bed today.

Barney Garcia writes about many different topics. He is a proud contributing author and invites you to his websites.

<http://www.adjustable-beds-online.info>

and

<http://www.all-adjustable-beds.info>



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