

The Ultimate Guide to Adjustable Beds

Vol. 01.



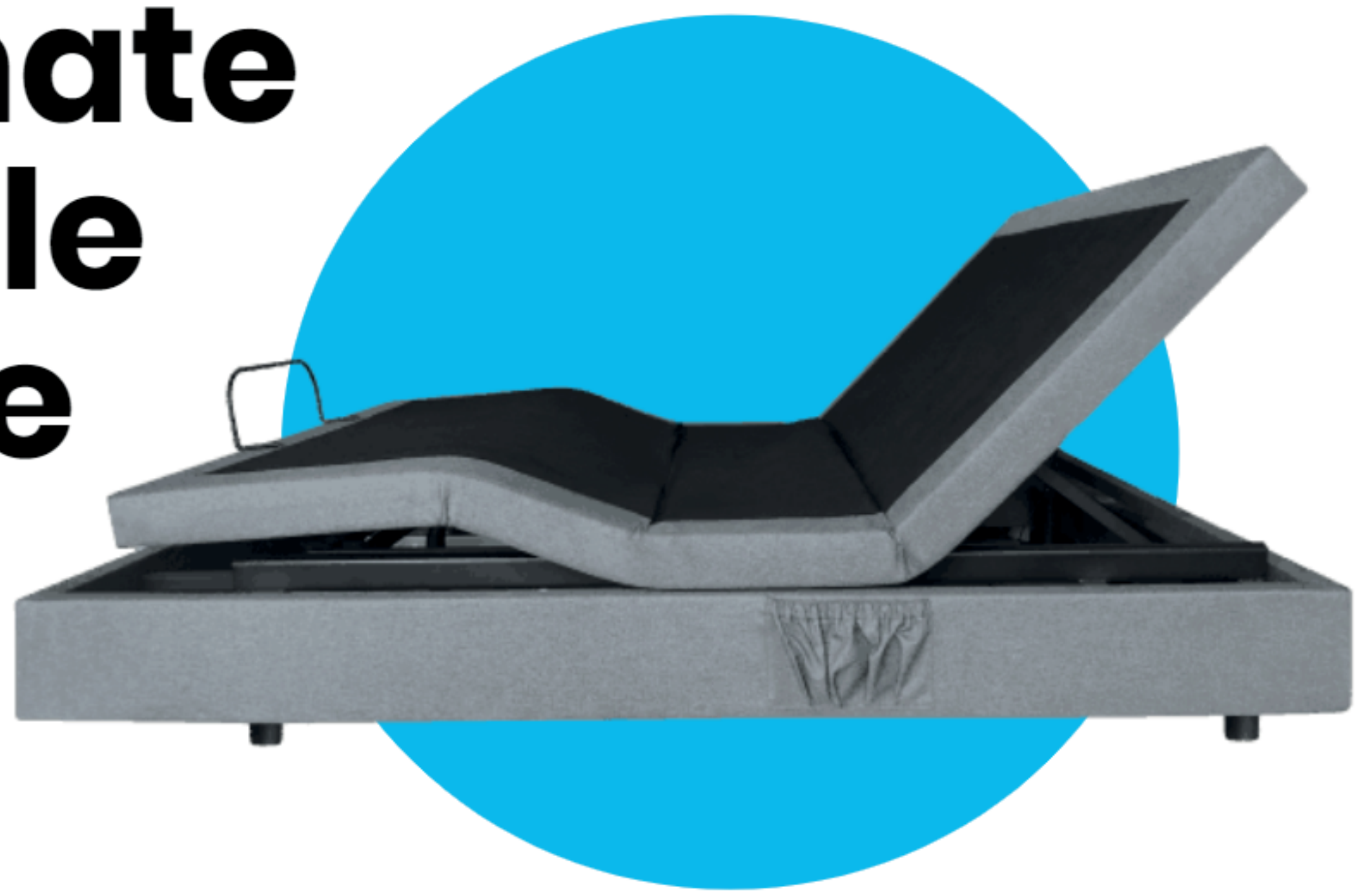
FACTORYDIRECT

solacesleep.com.au

E-book Content

- 001** Introduction
- 002** What is an Adjustable Bed?
- 003** How It Works?
- 006** Engineering Designs
- 007** Sleeping Positions
- 008** Why You Need an Adjustable Bed
- 011** Factors to Consider
- 014** Questions to Ask
- 016** Notes

The Ultimate Adjustable Bed Guide





The Ultimate Guide to Adjustable Beds

If you find yourself living in constant pain or lacking some valuable shuteye due to sleep problems, then adjustable beds are something you should definitely consider. Adjustable beds are practical solutions designed for comfort, mobility, and ease of use for individuals with certain sleep issues and medical conditions.

They were originally designed for hospital use, but manufacturers saw the benefits of adjustable beds for home use as well.

Whether you want to recline for rest, prop up your feet, and read a book, adjustable beds can customize the base's position with touch of a button. Like a hospital bed, when you raise you head up and feet up it will increase the oxygen flow into your body and reduce pressure on your lower and upper back. Solace Sleep adjustable beds are designed with 4 sections and can adjust your body into over 1000 positions to provide a customized sleep. One of the primary benefits of an adjustable bed solution is that the body sleeps in an ergonomically correct position going with the natural curve of the spine.

“Without sleep our bodies will not restore and our health will deteriorate.”

We have heaps of resources you can read on our blog page of our website to help you get better quality sleep. But right now, let's get to the what's what of adjustable beds.

solacesleep.com.au

What is an Adjustable Bed?



Adjustable beds are mattress bases that allow you to change the position of the base with a push of a button. For instance, you can raise your feet or head up or recline the bed to a desired position to help you find your perfect sleeping position.

Customise Your Bed to Your Needs

What's more, the beds have several features that improve sleep experience such as one-touch button presets, massages, wall-hugging technology, and night lights. While these may not seem like a big deal right now, they can really make a big difference to the quality of your sleep and ease of use of the bed.

Over 1000 different sleep positions allow you to have a better health and deeper sleep.

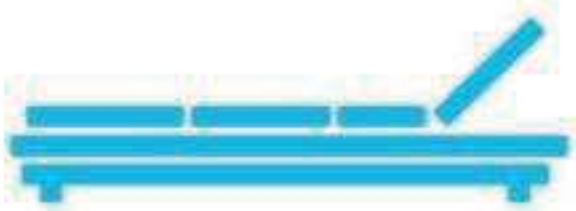
Applied health science found that using an adjustable bed resulted in:

- 93% report a sound night's sleep
- 87% report less back pain
- 92% report more comfort
- 94% recommend to others

How it Works

Features of Adjustable Beds

Adjustable beds promote relaxation and facilitate comfort due to their features of reducing pressure points. So, what's in an adjustable bed, you ask?



Head Lift

Head and foot customisation

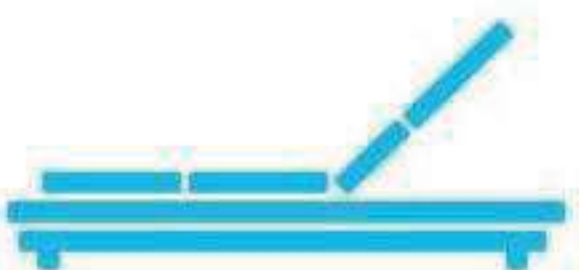
All adjustable beds have top half and foot area be propped up to provide support and comfort you need when sleeping. With a touch of a button, you can customise which part of the bed to be raised. Elevation of the upper body and legs provide major health benefits to an individual and ease sleep complications.



Zero-Gravity

Zero Gravity

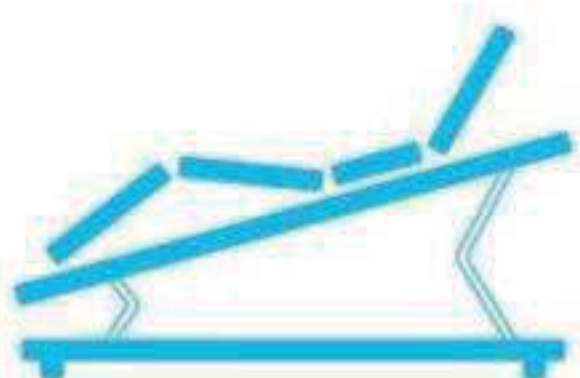
Zero gravity is weightlessness and mimics astronauts when in space. It's a position where both the upper and lower part of the bed is raised to relieve pressure from the spine and legs. As a result, it encourages circulation and weight distribution – relieving people suffering from pain.



Semi-Fowler

Semi-fowler

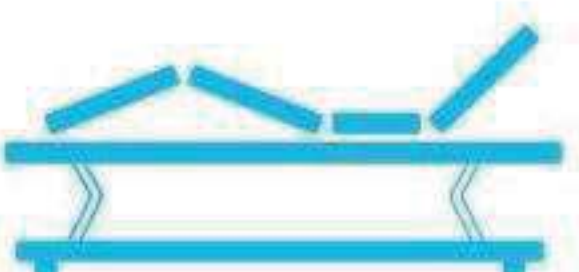
The Semi-Fowler position was originally discovered by US surgeon George Ryerson Fowler and was found to help people particularly in post-operation to increase oxygen flow and reduce pressure across the whole body. The Semi-Fowler position is particularly useful as it decreases feeling of nausea often associated with operations and people suffering from different cancers receiving chemotherapy treatment.



Trendelenburg

Trendelenburg

In the Trendelenburg position, the body is laid supine, or flat on the back on a 15–30 degree incline with the feet elevated above the head. The Trendelenburg position remains popular in the management of hypertensive (low blood pressure) patients.



Height Adjustable

Adjustable Height

Some Adjustable beds are able to be moved up and down. They are often referred to as Hi Lo or Lo Lo beds. The Height adjustment allows the user to safely transfer to the bed and is very helpful for the carer.

How it Works

Continued.....



Programmable positions

Other than the adjustable head and foot positions or zero gravity, adjustable beds offer programmable positions including saving your very own perfect position. These programmable positions are often built-in or can be saved manually by the user within the remote to be used next time.



Other Positions

These include profiling the bed into an Anti-Snore, Reading, TV and Relax position. All of these positions are set at just the right degree to provide the best therapeutic profile for your body pressure and oxygen flow.



Massage features

The massage feature soothes the sleeper's pain and helps lull them to sleep. It prompts the release of endorphins and produce feelings of relaxation and calmness. Adjustable beds have 3 to 5 massage levels including vibration modes and intensity.



Wireless Remote

Some beds come with a wired remote. These can be very dangerous as they can cause a tripping hazard. The last thing you want at night is to find your loved one has taken a fall.



Smart controls

Smart controls are one-touch buttons consisting of wireless remote control, mobile app remote control, or wifi – Bluetooth remote control. Smart controls allow you to operate bed functions and positions anywhere in the house.



USB Ports

USB ports in adjustable beds allow you to charge all your devices while in the comfort of your bed. Imagine sleeping, reading, or watching TV while your phone is charging next to you. For people incapacitated to bed rest, one can work and charge their devices at maximum comfort.



LED Light

Off to the bathroom at night? An adjustable bed offer LED light features for those nightly visits to the comfort room. Aptly designed for carers and patients alike, LED lights are vital in the night when an emergency arises.

How it Works

Continued.....



Bariatric Bed size

This is typically an adjustable bed that can manage a weight capacity greater than 250kg and is incredibly important as it allows the carer and the person in the bed to feel safe and secure. Remember that the overall weight lifting capacity is not the person in bed but the actual bed, mattress and the person combined – so 250kg is not that difficult to understand and most normal adjustable beds do not have a lifting capacity greater than 140kg.



Torch

Consider a wireless remote that has a torch function built into the remote. It is great when you can move around in your bedroom without turning on the main light and waking your partner. Excellent also as a safety feature as it helps to prevent falls and is bright enough to clearly direct you around the room at night.



Security Lock

Sometimes we might need to safeguard our beds from the inquisitive minds of little ones. Make sure your adjustable bed comes with a lock function that means anyone playing with your remote will not accidentally move the bed and cause themselves or some else harm.



Battery Back-Up

It is a really important for your safety that you can use your bed if your power goes out. Remember that if you do not have power you may be trapped in a position that you cannot get of the bed, which can be dangerous.



Backlit Remote

It is in the middle of the night and you need to adjust your position, this can be a challenge if your remote is not backlit and your can see the buttons with a soft light.



Legs that can adjust so they suit your body height

A sectional leg where a part can be removed or added is greatly important on an adjustable bed as it allows the person using the bed to customise the height of the bed to match the mattress depth and also the height of the person. When sitting on the side of the mattress your feet must be able to touch the floor, if not this can be considered a fall hazard and dangerous for the user.

Adjustable Bed Engineering Designs

What to consider

Adjustable beds can be manufactured using a number of techniques. There are some critical areas of the designs you should be aware.



Gauge of Steel & Welding

The gauge or thickness of the steel is relevant as it will often determine the overall load capacity of the bed. Always look to judge the bed on the overall weight capacity as this will give you a guide to how good the engineering design is. Another key component is the welding technique used for the bed. Many beds have 'tack' welds or human welding – purchase a bed with robotic welds as they will be consistently stronger.



Smart Wall-hugging Technology

This feature keeps the distance next to the wall – no matter what position you customized your bed into. For instance, as you tilt up the upper portion of the base, the whole frame adjusts and moves backward by the wall.



Hi Lo and Lo Lo Adjustable beds

Designs can include a range of new in-home care products. These designs help vertically lift and position the person in bed in a way to assist with a carer or for themselves to independently move in and out of bed.

Adjustable Bed Sleeping Positions

Knowing your bed routine or sleeping habits will help you determine what adjustable bed positions you need to have in suit of your sleeping preferences. Are you a side sleeper or a back sleeper?



Stomach Sleepers

Stomach sleeping is generally viewed unhealthy by sleep experts because it twists your body in an unusual position. One needs the bed to be in complete flat position coupled with a firm mattress to prevent the stomach from sinking in. Keep the head at mattress level with the rest of the body.

Verdict: Keep adjustable bed flat, avoid if possible

Back Sleepers



While back sleepers lie down in a firm mattress, it leaves a small gap between the head and shoulders, chest and hips, and lower back. If you suffer from back pain, you need little contouring as possible. The best position to make is the Semi-Fowler. The posture acts as an alternative to treat respiratory distress by expanding the lungs to promote breathing. This position is suited to instill relaxation of abdominal muscle tension, which paves the way for easier breathing.

Verdict: Low-Fowler indicates a moderate inclination of the head at 15 to 30 degrees with feet raised slightly higher.

Side Sleepers



Side sleeping is the healthiest position for people to provide better circulation and conformity within the body. When people side sleep, they create levels and gaps between the head and shoulders, thereby, needing to adjust the top and bottom section of the bed to align the spine and alleviate pressure points.

Verdict: Raising the bottom section is enough to carry weight and fill the gaps between the head and shoulders.

Why You Need An Adjustable Bed

Better Sleep & Better Health

An easier reason why you need adjustable beds is because of the comfort it brings compared with a traditional bed. Here are common benefits you get when sleeping in with one.



Relieves back pain

An adjustable bed allows you to raise and support your shoulders and arms and adjust your legs up so that your body is in a position where pressure is relieved across your back. Many people put pillows under their legs or behind their backs to try and mimic this position but often during the night they fall and you become uncomfortable again. An adjustable bed stabilizes your body in the exact most comfortable position for your body all night.



Improves your digestion

Being slightly upright is also beneficial for your digestion as it helps your body process food during the night by using the natural force of gravity. Acid reflux can be greatly reduced by elevating the upper body as the force cannot come back up the esophagus.



In pregnancy and feeding

Backache, snoring and swollen legs and feet are common complaints in pregnancy. Adjustable bases can alleviate these symptoms as well as providing a more comfortable resting position for women while their bodies are not quite their own.

After birth an adjustable bed and is an excellent solution for holding the baby while you are feeding them and removes the hassles of trying to get a pillow in the right position or somehow supporting your back.



Improved blood circulation and oxygen absorption

Do you suffer from having swollen legs, arthritis, or spasms? With an adjustable bed, it can help ease the pain by adjusting the base so your legs are slightly elevated. This will improve circulation and, thus, reduce swelling.

Why You Need An Adjustable Bed

Better Sleep & Better Health



Reduced risk of snoring and sleep apnea

Snoring can actually be an underlying symptom of sleep apnea, thus, ruining sleep. One way to reduce snoring is to elevate the head area. However, throughout the night, you toss and turn, and eventually, slip off from your position.

With an adjustable bed, the whole frame conforms to the elevated position. The individual gets to sleep comfortably with heads raised and less worries of moving around so much.



Reduced body pain

About 4 million Australians suffer from body pain due to medical conditions, exerted activities, or bad mattresses or bed frames. However, with adjustable beds, you decrease the stress on your body by distributing weight evenly on the mattress.

Try elevating your feet to reduce to lower back strain. This allows your spine to relax accordingly. What's more, if you use a foam mattress, it boosts natural body contouring to pressure points.



Reduced heartburn or acid reflux

Acid reflux is a condition that happens when the contents in your stomach rolled up back to your esophagus. It can be caused by diet weight, or an underlying condition that causes the ache in your chest.

One way to combat acid reflux is to elevate the head to ease the digestive tract. Reclining an adjustable bed supports the head and stomach of the person in a 33 to 45 degree position.



Better movement for people with mobility issues

People with mobility impairments will benefit from an adjustable bed. Since, the condition ranges in severity such as limb limitations to paralysis, such individuals can make use of the bed to customize its position to bring ease in movements.

Mobility conditions include but are not limited to cerebral pals, multiple sclerosis, muscular dystrophy, arthritis, and amputation among many others.

Why You Need An Adjustable Bed

Better Sleep & Better Health



Reduced leg swelling

Leg swelling is a common problem when an abnormal buildup of fluid flows right into the lower half of the body including thighs, ankles, feet, and legs. Also known as edema, the causes of the condition happens when the person is overweight, has blood clot, or has a leg infection.

Raise the lower portion of the bed and position your legs up above your heart level while lying down. Gravity helps flow back the fluids and lessen the pain in the swelling.

If you have ever sprained or broken a limb it is often recommended that you elevate it to relieve the pain and swelling. This allows the heart to circulate your blood more quickly which reduces water retention, heals bruising and speeds up the healing process. This is the same process for anyone suffering from swelling or pain for other medical reasons as well.



Ease in lifestyle

Adjustable beds improve lifestyle and lush activities including simple ones such as reading, watching television, surfing and working on a laptop, or resting after a long day of work.



Reduce pressure points

Adjustable beds allow you to position your body in the place that relieves the most pressure away from your body



Improves breathing

Adjustable beds use “Inclined Sleep Therapy” to ensure you get the best unrestricted air flow into your body. People suffering from any lung disorder must have their heads raised to ensure their oxygen is coming into their body the best way it can



Alleviate Sleep Apnea, Asthma, and Snoring

Snoring is the result of the windpipe being slightly closed from the weight of your neck while in the sleeping position. Elevating your head while in the sleeping position alters the direction of the gravity and reduces the obstruction of your windpipe and allows more oxygen to flow into your body. Lifting you head up by 10cm will improve your oxygen flow dramatically and take away the pressure on your chest. Simply by raising your head while you sleep can alleviate or reduce snoring significantly. By getting unrestricted air flow means you will have a more consistently deeper and longer sleep.

Factors to Consider When Buying an Adjustable Bed

Let's face it, there are a lot of adjustable beds in the market today and picking the right one for you will take some time. Get to know the size, features, controls, and motors best in your bedroom. If you are thinking about buying an adjustable bed, make an informed decision with our guidelines and factors stated here.



Your lifestyle or medical condition

Those with existing medical conditions will benefit greatly from an adjustable bed. You can modify its position for ease, comfort, and mobility especially when getting in and out of bed.



Having an Adjustable bed that does not look like a hospital bed

The most common complaint about a functional Hi Lo or healthcare bed is that they look like you are in hospital despite being in your own home. Solace Sleep adjustable beds are all rated for healthcare due to the motors and weight capacity and have the functions you need without the hospital look. Our beds are designed to match your own home environment and fit into a normal bedroom setting.



Sleeping preferences

Back sleeper or side sleeper? No need to prop up so many pillows. With an adjustable bed, you can clearly adjust the position conducive for your body.



Remote Control

By using a control, you can easily adjust the head and feet position ideal for your comfort. Whether you're reading a book or watching television, you can prop the perfect bed space with its features.



Motors

Of course one of the most important things in an adjustable bed is the quality and quantity of the motors. We only use quality German brand Okin motors in all our beds. All of our beds have 2 motors, one for each end. In our medical range our beds come with 3 and 4 motors to help position your body and help your carers to provide the best healthcare outcomes you need. This is why we are confident our beds are of the highest quality.



Welding

We use a robotic welding technique that means our welds are consistently stronger because they have no man-made air bubbles or slag. A strong weld is critical when you are applying 400kg of force on the engineering design.

solacesleep.com.au

Factors to Consider When Buying an Adjustable Bed

Anti-static coating



Anti-static coating helps to repel dust and the build up of grit that can get into the metal joint that causes squeaks and moans in other bed designs.

Steel



Our steel is consistently up to 30% thicker than other competitors and this is the reason why our beds can hold up to 385kg in weight. The use of thicker steel ensures our customers have a lifelong bed to use for many many years.

Weight limits



You want to feel confident that your adjustable bed is sturdy and will serve you night after night of great sleep. Not all beds are made equally and that can be seen by the wide range of weight limits different brands of adjustable beds can hold. Most offer weight limits of between of only 140kg – not ours! All our beds are designed for export quality into the USA market and are tested and rated at a 385kg weight capacity.

Quality and assembly



World's best German OKIN brand motors! Our adjustable base comes in a very practical and compact box. Assembly is very straight forward, and shouldn't take much longer than 5 – 10 minutes. Once assembled, the base feels very solid, sturdy, and offers a simple yet stylish design.

ISO Accreditation



ISO is an independent, non-governmental international organization with a membership of 164 national standards bodies. All our beds and mattresses carry ISO accreditation and is the reason we are a trusted brand in Australia and globally. We have 3 main accreditations that include ISO9001 (quality), ISO14001 (environmental), and ISO13485 (medical).

No Chemical or Harmful Substances



Our foams are tested by Certipur-US. This is an independent global non-for profit organisation that tests foam for any harmful substances. The forms Solace Sleep use are all tested and approved by Certipur-US and do not contain Formaldehyde, Mercury, Leads or heavy metals and do not contain chemical that are harmful or cause medical issues

solacesleep.com.au

Factors to Consider When Buying an Adjustable Bed



Listed on the Australian Therapeutic Goods Administration, NDIS and My Aged Care

The Therapeutic Goods Administration (TGA) is part of the Australian Government Department of Health, and is responsible for regulating therapeutic goods including prescription medicines, vaccines, sunscreens, vitamins and minerals, medical devices, blood and blood products.

Almost any product for which therapeutic claims are made must be entered in the Australian Register of Therapeutic Goods (ARTG) before it can be supplied in Australia. <https://www.tga.gov.au/tga-basics>
Solace Sleep are listed on the ARTGA medical device class 1 and are accredited suppliers to the NDIS (National Disability Insurance Scheme), My Aged Care and soon to be DVA (Department of Veterans Affairs)



Warranty

We have a real 25 year guarantee for our adjustable beds. Some much-needed peace mind and the backup you want. We have gone over our mattresses, power adjustable beds and ensemble bases from top to tail and are confident they perform as we expected them too. If you need some help or want to talk to our customer service team please email us at support@solacesleep.com.au

Solace Sleep offers quality adjustable beds, to meet a variety of needs. Whether you're looking for tastes, health benefits, or lifestyle choices, Solace Sleep adjustable beds are what you need at available prices.



Prices

You may find a big range and variation of prices when it comes to adjustable beds. This can come down to a number of reasons. Some adjustable beds are built for a medical reason and these are more expensive than standard adjustable beds. At Solace Sleep we sell factory direct, so that means we cut out the middle man. We then pass these savings straight on to you. We design and manufacture all our beds to the highest quality standards. We oversee the manufacture and materials of the beds and that is why we can proudly offer our real 25 year guarantee

Ready to Buy?

Questions to Ask When Buying an Adjustable Bed



Buy Now

Questions to Ask

- What is the weight limit of the bed (individual bed)?
- What is the guarantee of the bed and what does it really mean if there is an issue with the bed down the track?
- Does the bed come with a wireless remote?
- Does the bed have safety lights?
- How many motors does the bed have?
- What is the brand of motor?
- Do your beds have anti-static coating?
- What is the structural material of the bed?
- How are your beds welded?
- Does the remote have memory settings?
- Does the mattress contain formaldehyde or harmful substances?
- What sizes do the adjustable beds come in?



DISCOVER SLEEP
solace

Notes



solacesleep.com.au