

# How to go about buying a great bed

by Dr John and Dr Lawson, Chiropractors

Instructions to follow during spinal correction

1. The first thing you MUST do is to determine the comfort level you and your partner prefer. This will alleviate the need from lying on all beds on the retailer's floor and these days there can be up to 50 on show. This step will eliminate the need to lie on 60% of them and make the task easier
  2. The optimum position to determine correct spinal alignment is taken when you are lying on your side or your back with a curved pillow. The spine should be perfectly level right through from head to toe. The pillow is also very important to provide correct alignment, so make sure you don't keep a saggy old pillow with your new bed as your head will more than likely drop downwards and that can cause referred back pain from the neck to the central spine area.
  3. You wouldn't 'side lie' on beach sand without scooping a hollow out for the hip. If you didn't you would quickly experience spinal pain as gravity would pull the spine down to where it is supported. A mattress must conform to the curvy parts of the body to alleviate this problem and also reduce pressure points on the body extremities such as the hips and elbows. Pressure can cause a shortage of blood circulation and this will mean a restless, disturbed and uncomfortable sleep.
  4. Don't be fooled by the need for a HARD bed. Think of this, your current bed is probably sagging and you may be sleeping in a dip or rolling together. The optimum choice is the surface that conforms to the body shape while ensuring that the underlying spring system delivers that straight spinal alignment we mentioned before. Beware of inferior slat bases or old or cheap bases with poor support as they can void the warranty by causing the mattress and the sleepers to dip downward.
  5. Always lie on the beds in the store for at least 5 minutes, lying on both on side and on your back. Take your partner with you. Wear comfortable clothes. Don't be embarrassed, the retailer expects you to try them.
- You wouldn't buy a car without a test drive or a pair of bathers without trying them on and remember that you are not able to return bathers once they have been used. The same applies with bedding for similar health and hygiene reasons.
6. Always try the best beds as well to gain a perception of value for money and comfort. Beds in the SLEEPMAKER Chiropractic range are the ONLY beds designed in conjunction with and are tested and approved by the ACA. Revenue from these sales is accrued at both state and national levels and is used to fund Chiropractic research and to help further educate the public.
  7. Be like Goldilocks – not too hard, not too soft, just right. Try them.
  8. Don't be fooled that beds are expensive. A \$2000 bed only works out at 55 cents per night over 10 years usage. That's about half the cost of your daily paper and it's for 7-8 hours per night. The most used and least expensive product per hour of use!!
  9. Don't compromise when it comes to the health and wellbeing a great night's sleep can deliver.

## SUMMARY

- ✓ Comfort, comfort, comfort with support thrown in.
- ✓ Check that the spine is in a straight line when 'side-lying'.
- ✓ Make sure that the base fully supports the mattress. Many cheap slat bases sag and have no centre supports.
- ✓ Buy a reputable known brand name. SLEEPMAKER Chiropractic.
- ✓ ALWAYS: YOUR NEW BED needs SINGLE-HUMP LHCC PILLOWS to provide correct spinal alignment.
- ✓ Only you know if the bed is comfortable so you must select carefully. Lie down in the store for at least 5 minutes on the bed you selected.