



## head to toe healthcare

suite 5, 324 south rd  
hampton east

suite 2, 51 victoria ave  
albert park

suite 5, 1533 point nepean rd  
rosebud west

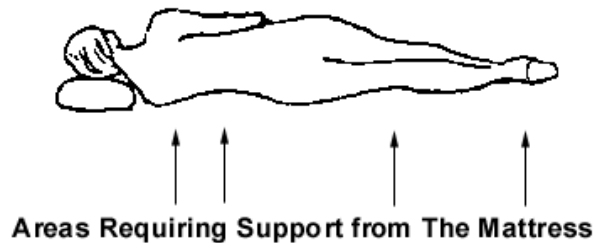
[www.headtotoehealthcare.com.au](http://www.headtotoehealthcare.com.au)

p. 1300 10 10 20

## A Guide to Choosing a Bed

A good bed will generally last about eight to ten years. Is it time to change yours? If you're unsure check the comparative feel of other beds (in a showroom or when you are next on holiday etc). What may seem firm to you may be closer to a sponge when compared to a new mattress. Bear the following in mind when a back pain sufferer is choosing a bed:

1. The mattress should be easy to turn (or require no turning).
2. The mattress should be firm enough to allow for the shifts of posture during the night which are necessary to lessen fatigue and relieve the prolonged stress on soft tissues. It should also be firm enough to support the weight of the body without sagging. If you are used to a soft bed, don't suddenly change to a very hard bed. The difference may prove very difficult to adapt to.
3. The mattress needs to be comfortable to lie on and soft enough to support and cushion the body's bony curves (a pocket or box sprung mattresses & one with a pillow-top offer a distinct advantage in this area). Don't be embarrassed to lie on the bed for twenty minutes or so in the shop. It's nowhere near as long as you'll spend on it each night. Make sure the mattress is comfortable before you get it home.



4. The bedding materials may need to be non-allergenic.
5. The mattress should be made of breathable materials so that it allows for easy evaporation of perspiration.
6. A good heavy mattress will need a strong base; a top quality mattress for example with two heavy occupants will need a lot of support from the bed base.
7. The bed itself should, of course, be soundly constructed and represent good value for money. It seems strange that we spend one third of our lives in bed but spend more money on a music system. Cost considerations are understandable but the lowest priced beds really are generally inferior.
8. The base may need to be dismantled if you are likely to move house often - some are much more easily dismantled than others.
9. Remember, there is no absolute best choice of bed, and certainly not one that will be suitable for everyone. There are many different factors which will make one better for someone and another better for someone else. Keep in mind that words relating to beds are often meaningless (osteopaedic, chiropaedic, orthopaedic etc etc). Although these words may be applied to a good quality bed, it does not guarantee any facts about it, so do your homework. Choose what's right for you, and your partner! If in doubt, ask your health care practitioner for some advice.

**At head to toe healthcare we don't recommend any bed specifically, however, if you find one in the Sealy range please notify us as we may be able to provide you with a significant discount on the purchase of any Sealy mattress and/or base.**