



AUTOMATED (*adjustable*) BEDS

If you're looking for the ultimate in sleep comfort, an adjustable bed with its variety of flexible positions might just be the key to peaceful slumber.

How the magic happens

Adjustable beds (or you may hear them called adjustable bases or foundations) offer more sleep positions than you can count. The head and the foot of the bed can be raised and lowered to many levels and combinations. Often the entire bed can be raised and lowered as well. The secret to this kind of bed is that an adjustable base (managed by a controller) is paired with mattresses that are specifically built for flexibility. The frame moves and the sleep set moves with it.

Two of a kind

Make sure you pair an adjustable frame with a quality adjustable mattress because the flexing motion causes extra wear. Mattresses and foundations not built for adjustable beds should not be used on an adjustable bed frame. Adjustable mattresses can be innerspring, foam or a combination of the two.

Adjustable beds are a growing trend in the mattress industry, with sales up 24% in the past year. They are more affordable than ever before, making them something everyone can consider.

Not your grandma's hospital bed

Today's adjustable beds are nothing like the hospital-grade beds you may have seen. Adjustable beds are designed to look good in your bedroom and are attractive, high-end pieces of furniture that can be fully upholstered. In fact, you wouldn't even know an adjustable bed was something special until you made it move.

Get comfy

Getting your adjustable bed into position is simple. All adjustable beds come with easy to use electric controllers that allow you to change your position with the push of a button. For even more flexibility, look for an adjustable bed that has positions you can pre-set or a bed that allows you to control it from an app on your phone.

To your health

Adjustable beds can make sleep more comfortable, but they offer even more benefits. For example, these beds could help manage a variety of health issues like acid reflux, swollen legs or feet, back pain or breathing problems. You can ease your aches and pains by finding just the right position and you can easily change it during the night. Some beds offer special lumbar support. Beds that adjust up and down make it easier to get in and out of bed as well. Adjustable beds may even offer a solution if you have a partner who snores.

Recliner envy

While your adjustable bed offers lots of benefits for sleep, many of today's models come with features that make your awake time in bed as relaxing as your favourite recliner with their lounger, lumbar and head tilt positions.