

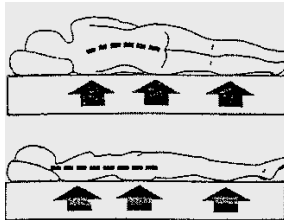
## **BEDS AND BACKS**

You spend on average a third of your life in bed, so it is vital to spend time choosing the right bed.

### **LOOK AT YOUR POSTURE WHEN LYING DOWN**

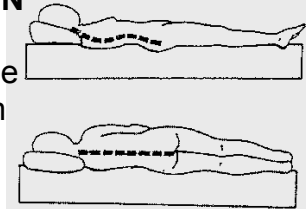
#### **IDEAL POSITION**

The optimum comfortable position is where the spine is an S-shape when viewed from the side and in a straight line when viewed from the back, on a firm mattress.



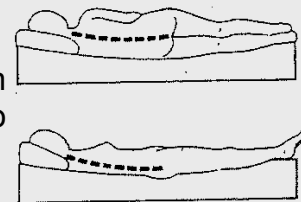
#### **THE BILLIARD TABLE EFFECT**

If the mattress is too hard a "billiard table" effect causes discomfort of the hip shoulders and distortion of the back. This can be relieved by placing a layer of foam or sheepskin, or a spare duvet, on top of the mattress underneath the sheet



#### **THE HAMMOCK EFFECT**

On a mattress which is worn out, soft and sagging with broken springs, a "hammock effect" occurs which gives the spine no support. A bed board under the mattress will help.

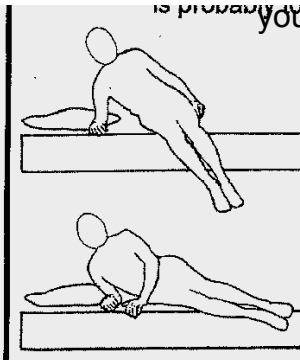


#### **THE MATTRESS**

A new mattress will last about 10 years. It should gently support you.

To find the correct mattress for you:

- Lie flat on the bed and slide a hand into the small of your back. If there is a gap, the mattress is probably too hard. If you cannot push your hand in easily, the bed is too soft.



#### **GETTING IN AND OUT OF BED**

When getting in sit on the side of your bed. Lower your body on to your elbow and shoulder. Bend your knees until your feet can slide onto the bed and then roll over onto your back.

Reverse the action for getting out of bed

#### **POSITIONING PILLOWS**

- Pillows are useful for positioning and support
- Be sure a pillow is not under your shoulder
- Too many pillows can put a strain on the spine resulting in morning stiffness, arm pain and headaches.
- A pillow between your knees supports the upper leg so that it is a neutral position when lying on your side
- Choose a pillow which gives comfort and support

