

## Why Every Person Should Have An Adjustable Bed

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Studies have revealed that we spend one-third of our lives sleeping in a bed. Many people spend their lives tossing and turning every night causing them to never get a good nights rest. Adjustable beds are considered very comfortable and offer many health benefits that you just can not get from a flat bed. Flat beds can create tension in your body and lead to a sore neck, back, or head. They can also be the cause of breathing problems or stress. Not only do adjustable beds not cause these problems, but they can alleviate these and many other health conditions such as lower back pain, neck and shoulder tension, breathing conditions and acid reflux. Once you learn the benefits of an adjustable bed, you will know why it is a wise investment for anyone that would like a good nights rest.

When you sleep on a flat bed, the curves of your body are not supported. An adjustable bed allows natural support for those important curves. When you use an air or foam sleeping surface on an adjustable bed base your body is accommodated even more by conforming to your whole body. By having the bed adjust to your preferred sleeping position, you can alleviate most lower back pain.

Neck and shoulder tension is a common result of daily stress. If you allow it to build up day after day, you may create serious pain that is difficult to get rid of. When you sleep on an adjustable bed, you can sleep in a natural position that will relieve much of that tension. An adjustable bed allows you to elevate your upper body and support your neck. If you have frequent headaches, they may be caused the tension that is building up from sleeping on a hard, flat surface. If you purchase a bed with massage features, you will receive relief in your neck and shoulders even sooner.

Sleeping on a flat surface can cause pressure points that decrease circulation and lead to numbness and sleeplessness. By elevating the lower half of the body with the adjustable bed, you increase blood circulation throughout the whole body. You could also alternately elevate your upper body allowing you to breath better and relieve asthma problems.

If you have ever experienced burning sensations or irritation while trying to sleep, you are familiar with acid reflux. Acid reflux is caused when lying on a flat bed. By elevating your head at least six inches you prevent the stomach acids from moving into the esophagus. Forget about stacking pillows when you have adjustable bed that can be elevated to prevent the flow of acids.

As you can see, there are many health benefits to sleeping in an adjustable bed. If you suffer from any of the above-mentioned problems, get rid of your hard, flat bed once and for all. Go out and find the best adjustable bed for yourself and relax. Not only will an adjustable bed relieve back pain, neck and shoulder tension, increase circulation and get rid of acid reflux, but it can reduce edema and insomnia. An adjustable will allow you to sleep more deeply than you ever have and prepare you for a new day.

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