

RESTED

SLEEP ENGINEERING

Sleep Systems,
Ergonomic Adjustability &
Zero Gravity

There is a lot to say about our sleep systems.

The principles of ergonomic adjustability: How it works, why it works, why it benefits your sleep, and why it has the ability to completely transform your bedroom lifestyle.

So much to say that we could write an entire book on the subject.

Don't worry, we haven't.

We strongly believe that most of the talk, the words, the technicality, and explaining the options that are available to you, can be eliminated by simply trying one of our systems in person. If you are interested in finding out more, we would love to see you at the Rested Experience @ The Sleep Loft.

There you can try out the technologies and experience the philosophy of Sleep Engineering for yourself. We will let the beds do the talking, not us.

We have created this very short guide, to provide a basic flavour of the key principles and benefits of ergonomic adaptability. To help you understand how it can transform your sleep and wellbeing for the better.

First and foremost, beds with adjustable angles are not just about watching TV or reading in bed.

Without doubt they can and will make both of those activities much more comfortable, but that is only the half of it.

Zero Gravity

The Zero Gravity position is different for everybody but broadly equates to elevating your back angle to between 15 and 30 Degrees, and elevating your legs to a similar level. Directly aligning your heart and the heels of your feet at the same level. It is a reclined position similar to which you might adopt on to relax on a sun lounger, only with your legs elevated as well.

For your legs, they relax, much like putting your feet up at the end of the day. Take a load off....

Your muscles relax and blood flow which has been gathering all day by virtue of gravity, is eased. Ever noticed swollen feet at the end of day? This is the antidote.

At the same time, the elevation of your back and therefore your heart, optimises blood flow, reduces intra-cranial pressure, and maximises easy circulation.

Zero gravity is also about pressure reduction. Using the adjustment of the bed you can find the specific point where the bed exactly contours to the natural shape and pressure map of your body, and spreads it evenly. Our spines are naturally curved, and our body has a natural position that it wants to find as part of muscular (and skeletal) relaxation. Hence if you experience weightlessness under water, (or in space), you clearly don't end up floating straight as a board. The Zero Gravity position is the position you find that optimises muscular relaxation, circulatory blood flow, and total pressure relief.

When you find your Zero Gravity position, the effect is total relaxation and a simulation of floating weightlessness. The stresses and strains of the day start to physically fade away.

Imagine your most comfortable chair, how it makes you feel when you get into it, and then magnify that feeling. Then add proper support and posture to the equation so that you are looking after your back as well as optimising blood flow and circulation. Why shouldn't you have that level of comfort every night, when you get into bed?

Zero Gravity is the prelude to sleep. Your body starts to unwind and your mind follows. If you augment the experience with sound, smell, dimmed lighting and mental relaxation, then we challenge anyway to stay awake for long. This is why Zero Gravity is a powerful tool, as it can be the impetus you need to fully relax and head towards sleep. The joy of turning your bed into a powerful relaxation aid, is not to be underestimated. It is the feature that most commonly delights our clients, and becomes a daily part of their nighttime routine.



Sleeping Adjusted:

Sleeping with your back marginally elevated and the same with your legs, can be enormously beneficial from a health perspective. There is no set formula, but the ergonomic adaptability of the bed allows you to find the perfect position for sleep. Typically, slight elevation of the feet and back reduces pressure on your hips and shoulders, conforms to the natural shape of your spine, optimises blood flow, and your ability to breathe. Being able to adapt the angles of your bed can hold the key to sleeping on your back, which is widely acknowledged as the best way to sleep for those reasons, and for long term back care. A mattress is designed to contour to your body, because to sleep on a completely rigid surface would be enormously uncomfortable. The way to really achieve comfort is to let your bed base provide the support and rigidity required, but adapted to suit your actual body contour as necessary.

Using the adaptability of the bed to find your absolutely perfect position, necessarily removes the comfort of your bed from being a factor that might keep you up. Small amounts of pressure in the wrong place, quickly build up and this is the reason why many people can't sleep on their back, or find themselves tossing and turning at night. If you have the ability to achieve total comfort, then all of that can be taken away. To do so from the platform of the bed base is the key, as this is what is providing your underlying support throughout the night.

Some specific models can take the concept even further.

For those that do sleep on their front, being able to adjust the elevation lower than the horizontal can be enormously effective for pressure reduction. Front sleeping puts pressure on the spine and neck by forcing your head upwards, away from its natural position. Once you can drop the head end of a bed, you can achieve total spinal alignment and thereby total comfort.

For side sleepers, many people find the pressure on their hips is uncomfortable, or that they need to sleep with a pillow between their legs in order to be comfortable. These are indications that your bed is not doing what it should for you, and that you don't have total comfort. Both can be alleviated by ergonomic adjustability.

The entire concept is about having an adaptable bed that can ALWAYS deliver total comfort, no matter what your sleep position is, and no matter what personal comfort 'niggles' you have. Whether it be swollen legs, poor airflow (and snoring), tossing and turning in the night due to poor pressure distribution, or niggling complaints in your back, once you have the ability to adapt your bed, you have a powerful potential solution to any or all of these issues.

Our goal is that you should fall asleep swiftly and easily, and wake up just once. In the morning, feeling fully refreshed. The most critical physical element to allow you to achieve that is the bed base, because it is the key to total adaptive comfort.

Bedroom Lifestyle

Not so long ago, the humble bed was considered for two things only. Sleep, and sex. That remains the case, yet most of us have added all manner of other common activities to suit our modern lifestyle.

Telephones, tablets, televisions, reading, talking, working, eating, to name but a few.

We lead busier lives than ever before and we don't necessarily go to bed at the same time as our partners. Nor do we blow out the candle downstairs, retire to bed and fall instantly asleep. One or other of us may be sleeping whilst the other wants to read or work or watch, or relax.

Thus the concept of an ergonomic adaptable bed fits directly into widening and optimising the use of our beds to allow for the full range of modern use. To provide the flexibility to make your bed right for you as an individual, for a range of bedroom activities, and be appropriate for sharing with a partner.

Whatever we may tell you about watching televisions or using electrical devices in bed, the fact is that most of us do it, and it is simply part of modern life. If you are going to watch a movie on your tablet, why not do it in comfort, rather than sandbagged with constantly shifting pillows. Or with your back and neck curved up against a hard straight headboard. Reading in a comfortable upright position in an ergonomic bed, you will be surprised at how quickly you start to nod off.

The bedroom and your bed should be your sanctuary, and the most comfortable place in the house. You should gravitate towards it as your private retreat and having a bed that is truly 'usable' for any and all activities is a significant step towards that.

Let's paint some other pictures.

Sunday mornings with the kids in bed suddenly got a whole lot more comfortable and fun. Talking, reading, watching as a family, snuggled up in true comfort, is a wonderful experience.

Those occasions when you have the flu and are 'bedridden'. It happens to all of us, so consider how much more comfortable convalescing just became. Sitting up in bed if you are filled with the aches and stiffness of an illness, is made a lot easier and a lot more manageable.

We spoke about using Zero Gravity to go to sleep, but ergonomic adaptability makes for a great wake-up. Gently easing yourself upright, and taking a moment to 'come to' in comfort, before you face the day ahead is a wonderful way to start things off.

If you are physically active, or training, the adaptability of the bed is an exceptional way to ensure maximum comfort for your aching muscles, improve blood flow and circulation, and aid recovery. Sleep is so important to physical recovery, that having a bed system to aid that process is very important.

Snoring. A problem for many many people (and partners). It is generally accepted that sleeping with greater elevation opens airways, and makes it easier to breathe at night, thereby reducing snoring. You can hand the controls to your partner, and they can adjust you without even waking you!

And the elephant in the room? Sex.

We can leave that to your imagination. It is sufficient to say that like every other aspect, ergonomic adaptability is a bonus that is designed to optimise your usage of the bed.

In creating a sleep system that is right for you, we will guide you through the many available options across our different manufacturers.

What defines different systems and therefore will be part of your choice are:

- Angles of adjustment: legs, feet, back, hips, neck.
- Height of adjustment
- Speed of movement
- Sound/Silence of movement
- Control options - wired, wireless, smartphone, IR, Radio Wave
- Position Memory options
- Size and configuration: Not only the actual size of the bed to fit your room, but your choice as to whether to maximise the usage with split twin mechanisms, or go for a single mechanism.
- Compatibility with your chosen mattress
- Specific Factors: Aesthetic design, fabric range, headboard range, ventilation & breathability.
- Additional Features: Massage, lighting control, Mobile bed system, slide back system.
- Length of Warranty
- Quality, craftsmanship, sustainability & ethos.
- Lead Time, installation and delivery requirements.

We hope that this guide is enough to give you a glimpse of some of the reasons why ergonomic adaptability is the key to better sleep, and better bedroom lifestyle.

If sleep and your bedroom are important to you, then you won't be disappointed. You are no doubt aware of the cliché about spending a third of your life asleep? It is a fact that was certainly relevant to us at Rested, and underpins our process of finding those products that optimise sleep and the ways in which we can do that for our customers.

It's worth pointing out that adjustable beds have been around for a long time in one form or another. They are most definitely not a 'fad', or passing concept. In America and across large parts of Europe, it has been widely embraced for many years. It is very much 'the norm' and in some regions sleeping on a flat bed is considered abnormal. Doing so would be met with a simple question 'Well how do you get comfortable then?'

In the UK, we are playing catch up. We are just starting to recognise the real importance of sleep to our health and wellbeing. With that comes recognition of the importance of true comfort, and that our bed is the key factor within that equation. As we do so, the relevance of ergonomic adaptability to our modern lifestyle becomes more and more pertinent.

Adjustable beds in many peoples consciousness are simply for 'old' people, mobility issues, or for those that are genuinely bedridden. Design has to date reflected this position in the UK.

There is however a distinct and fundamental difference in the approach from our suppliers. They have never regarded the adjustability of the bed as being exclusively for this purpose. Quite oppositely and rightly so, ergonomic adaptability is about performance luxury. Delivering total comfort and better sleep for everyone. Every detail, including the aesthetics and physical design of the sleep systems that they create is approached from a completely different standpoint. These are luxury lifestyle beds with improved sleep quality for everybody at their very core.

In our experience, and certainly that of our suppliers, the proof is most definitely in the customer experience. We have deliberately chosen manufacturers of provenance, with millions of happy customers worldwide, so that we have total confidence in their products, the theory, and the quality. Due to the very concept of an ergonomically adjustable bed being about adaptable comfort, it is hard for any user not to find comfort, joy, and satisfaction from use. This means that we always feel confident that we will end up with happy customers, sleeping on beds that will perform for them in whatever way may suit them.

We believe that having the best sleep you can have is worth investing in. And if you are to invest, to get the most out of your investment means benefitting from the widest range of possible uses, the best quality, and proven performance.