



Experience  
**another level**  
of comfort

# Comfort you control

Nestled within the green blanket of North Wales rests our sleep factory where nearly three generations of master craftsmen have dedicated themselves to the perfect sleep systems. They use only the best tools in the world; their hands.

At Adjustamatic there are no assembly lines. Every product we make is simply tailored to you.

We are the specialists that put comfort in your hands because only you know when you're truly comfortable.

Comfort you control.



Ottoman  
Twin p19

Book a 60 second  
Rest Right at-home or  
in-store demonstration:  
**0800 689 689 1** or  
[adjustamatic.co.uk](http://adjustamatic.co.uk)



Royale  
Double p11

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# Experience the **zero gravity** sleeping position

At Adjustamatic we create beds that can be adjusted to hundreds of unique positions, including the scientifically recommended Zero Gravity sleeping position.

When your head and feet are elevated, pressure points are eliminated, tension is reduced and all that's left is a blissful feeling of weightlessness.

By taking one of our 60 second Rest Right at home or in store demonstrations one of our fully trained comfort specialists can demonstrate total comfort tailored to you.



## The cyclo-therapy difference

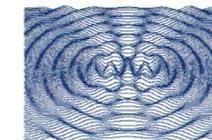


Massage itself is as old as any form of human therapy. Generally safe, non-invasive and instantly soothing.

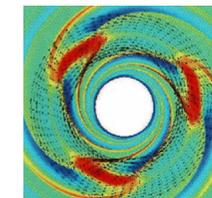
It's not surprising there have been, over the centuries, numerous attempts to devise patented mechanical or automatic approaches to provide the benefits without the special skills, time and sheer physical work massage tends to demand.

NHC Cyclo-Therapy® which is incorporated into our products, works on a radically different principle to other massage systems. Instead of involving some form of pounding or hammering action, it uses a unique elliptical movement operating like a gyroscope and creates a soothing (instead of jarring) cycloidal vibration. This is achieved by the fact the multi-directional energy waves are moving left/right/up/down whilst rotating on a constant basis.

The result? A deep, gentle and relaxing massage treatment without any of the conventional side effects.



This illustration shows the three dimensional circular wave transverse movement. (A transverse wave is a moving wave that consists of oscillations occurring perpendicular, or at right angles to the direction of energy transfer).



This illustration shows the three dimensional circular movement created by cycloidal vibration.

## Recommended by Healthcare Professionals

All of our cycloidal vibration products are CE marked and certified as Class IIa Medical Devices as regulated by the UK Medicines and Healthcare Regulatory Authority (MHRA). This means that we have had to meet strict European Standards and demonstrate on an on-going basis the evidence, quality, safety and effectiveness of our products to deliver numerous benefits to the user.

"At the West Yorkshire Physiotherapy centre we work with a wide variety of musculoskeletal conditions, from post-operative orthopaedic problems right through to professional athletes with sports injuries. We are actively using the NHC Cyclo-Therapy® in the treatment of connective tissues incorporating it with our specific connective tissue massage (CTM) techniques. The two together are promoting increased blood flow, rapid reduction in swelling, decreased pain perception and more importantly, as a result of all the above, increased joint mobility and function. The combined treatment of the NHC Cyclo-Therapy® and CTM is proving a lot less painful than our previous form of CTM so more patients can tolerate the treatment and are benefitting immediately."



**Janine Midgley**  
MCSP, HCPC, Grad Dip Phys, Dip App Sports

### Feel the difference

When applied non-invasively to the skin, directly or surrounding an area of pain, cycloidal vibration generated from NHC Cyclo-Therapy® is a non-pharmacological aid to promote pain relief.

Cycloidal vibration can stimulate alternative nerve fibres that don't carry pain signals, stimulating enough of these alternative nerve fibres that then block pain transmitted signals from the source of the pain. Cycloidal vibration along with the positional adjustments available in our products can help relieve the symptoms of a range of medical conditions.

### Arthritis and back pain

One of the causes of arthritic-like conditions is the build up of metabolic waste material in the synovial fluid, resulting in irritation and increased inflammation in and around the joint. Following the application of cycloidal vibration, joint pain and swelling is reduced, resulting in improved mobility. Cycloidal vibration therapy will not cure the underlying cause of the arthritis but can help relieve the symptoms such as pain, reduced joint movement and mobility

### Circulatory problems, oedema and swelling

Oedema is an abnormal accumulation of fluid beneath the skin or in one or more cavities of the body that produces swelling. The vibration you receive whilst relaxing in an Adjustamatic bed penetrates the vascular cells and activates a number of chemical reactions, including the release of nitric oxide, a muscle relaxer. This relaxes the muscle walls of the blood

and lymph vessels, increases the diameter of the veins and arteries which results in dilatation and greater blood flow.

### Respiration – COPD, bronchiectasis, asthma

The positional benefits of our products may help alleviate the secondary symptoms of some respiratory conditions by aiding muscle relaxation and help mobilise chest congestion to improve the process of chest clearance.

### Wounds

Cycloidal vibration improves circulation which increases the delivery of healthy oxygenated blood and the removal of waste products and toxins. This can improve the healing of soft tissue injury and wounds like leg ulcers. Increased circulation stimulates the production process involved in healing and regeneration of cells and soft tissue.

### Nervous system

Tension, anxiety and insomnia often occur with muscle tightness or tension. This can be a severe and constant problem for sufferers of cerebral palsy, post-stroke victims and following spinal injuries. Reducing muscle tightness or spasticity by using NHC Cyclo-Therapy® will improve joint mobility and movement as well as lead to general relaxation.

NHC Cyclo-Therapy® equipment being used by healthcare professionals at the Golden Jubilee Regional Spinal Cord Injuries Centre, James Cook University Hospital, Middlesbrough.



# 50 years of British craftsmanship

Adjustamatic adjustable beds have been designed and manufactured in our own factory in North Wales for over 50 years. We are proud of our manufacturing pedigree, superior craftsmanship and dedication to exceeding quality expectations.



We are proud to be approved members of the British Furniture Manufacturers, BFM, which is a trade association that has represented the interests of the British furniture industry since 1947. This status confirms that we comply to an additional code of conduct which covers manufacturing and legal requirements as well as providing assurance that our products are British made.



We are also members of the National Bed Federation and the Sleep Council. Originally founded in 1912 the NBF is the recognised trade association representing UK manufacturers of beds and their suppliers. NBF members work to a code of practice to ensure consumers get the highest standards of product meeting UK regulations.

ISO (International Organisation for Standardisation) Standards have been in place since 1947 and are put in place to represent requirement for a comprehensive management system for design and manufacture of medical devices. The standards provide guidance and tools for companies and organisations who want to ensure products and services consistently meet customer requirements and that quality is consistently improved.

We undergo an annual audit to ensure we continue to meet the required standards and have done since 1999. Current ISO standards we adhere to are ISO 9001:2015 and ISO 13485:2016.

ISO Standards are not, however, compulsory and so when looking to invest in any form of adjustable furniture always remember to check manufacturing quality standards to ensure your peace of mind.

At Adjustamatic we are proud to adhere to respected industry standards ensuring that we deliver only the very best in quality to our customers.



## Fabrics

- Soft Lilac
- Soft Grey
- Soft Caramel
- Soft Black



ROYALE DOUBLE BED

# Royale

The Royale offers a combination of the ultimate in adjustable bed technology yet with soft, elegant curvilinear lines alongside modern fabric and styling options to suit any bedroom.

At the touch of a button the Royale will help you find the point of comprehensive zero gravity support, aligning to the shape of your spine and delivering a feeling of near weightlessness. Using some of the finest motors in the world, premium grade, low carbon steel frame and a handcrafted solid base, the Royale has a contemporary look supported by a choice of soft touch, velvet fabrics.

The Royale also comes with easy to use, backlit wireless controls with in-built memory functions, twin bed synchronisation function and optional motion sense floor lighting to provide you with the ultimate in sleep technology.

## Floor Standing Headboards

49.5" high x 2.5" deep x width of the bed (up to 5ft wide)

- Buckingham Buttoned
- Sandringham Line

## Sizes



**Single** 2'6" width x 6'6" length

**Single** 3'0" width x 6'6" length

**Single** 3'6" width x 6'6" length



**Double** 4'0" width x 6'6" length

**Double** 4'6" width x 6'6" length

**Double** 5'0" width x 6'6" length



**Dual** 4'6" Queen Bed x 6'6" length

**Dual** 5'0" Queen Bed (2 x 2'6") x 6'6" length

**Dual** 6'0" King Bed (2 x 3'0") x 6'6" length

**Dual** 7'0" King Bed (2 x 3'6") x 6'6" length

**Dual** 9'0" King Bed (2 x 4'6") x 6'6" length

(Other lengths available)



ROYALE SINGLE BED

- Unique EASY REACH® technology
- Built-in NHC Cyclo-Therapy® massage system
- Choice of soft touch, velvet fabrics and floor standing headboards
- Three positional memory functions
- Twin bed synchronisation function
- Battery control backup
- Optional built-in under bed motion sense floor lighting
- 28 stone lifting weight

# Heritage

The Heritage bed offers classic elegance with state of the art comfort.

The Heritage bed is one of the finest adjustable beds you can buy. Not only does it look superb, but its hidden features represent the ultimate in adjustable bed technology and pain-relieving comfort.

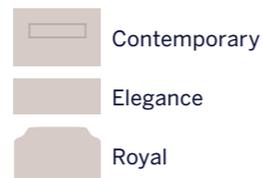
At the touch of a button the Heritage bed can adjust to an infinite number of positions, without ever drifting from the comfortable reaching distance of your bedside table with our EASY REACH® technology.

Using some of the finest motors in the world, a premium grade, low carbon steel frame and a handcrafted base, the Heritage bed has a traditional look using the finest quality, locally sourced materials.

- Unique EASY REACH® technology
- Built-in NHC Cyclo-Therapy® massage system
- Market leading 15 year guarantee\*
- Optional built-in under bed motion sense floor lighting
- Easy glide heavy duty castors
- Manufactured from premium grade low carbon steel
- 28 stone lifting weight

## Traditional Headboards

24" high x 2" deep x width of the bed (up to 5ft wide)

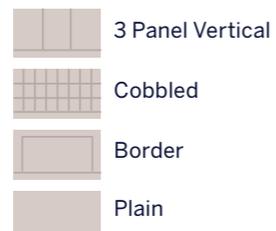


## Fabrics



## Floor Standing Headboards

49.5" high x 2.5" deep x width of the bed (up to 5ft wide)



## Sizes

Single 2'6" width x 6'6" length

Single 3'0" width x 6'6" length

Single 3'6" width x 6'6" length

Double 4'0" width x 6'6" length

Double 4'6" width x 6'6" length

Double 5'0" width x 6'6" length

Dual 4'6" Queen Bed x 6'6" length

Dual 5'0" Queen Bed (2 x 2'6") x 6'6" length

Dual 6'0" King Bed (2 x 3'0") x 6'6" length

Dual 7'0" King Bed (2 x 3'6") x 6'6" length

Dual 9'0" King Bed (2 x 4'6") x 6'6" length

(Other lengths available)

HERITAGE BED SHOWN IN SILVER FABRIC

For a no-obligation home demonstration, call free on 0800 689 6891 or visit [adjustamatic.co.uk](http://adjustamatic.co.uk)

Heritage

# Elite

If you are seeking a superior night's sleep, look no further than the Elite bed.

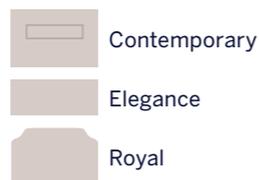
The Elite's simple, smooth lines, clean, elegant shape, luxuriously padded headboard and fine, soft touch fabrics make it the ultimate choice for those looking for a bed to suit their contemporary lifestyle.

The Elite is packed full of sophisticated technology to ensure an extremely comfortable and practical night's rest. At the touch of a button, the Elite can adjust to an infinite number of positions within a comfortable reaching distance of your bedside table using our EASY REACH® technology.

- Unique EASY REACH® technology
- Built-in NHC Cyclo-Therapy® massage system
- Market-leading 15 year guarantee\*
- Deep, softly padded base
- Wide range of headboard and fabric options
- 28 stone lifting weight

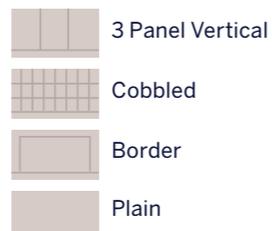
## Traditional Headboards

24" high x 2" deep x width of the bed (up to 5ft wide)



## Floor Standing Headboards

49.5" high x 2.5" deep x width of the bed (up to 5ft wide)



## Fabrics



ELITE DOUBLE BED

## Sizes

Single 2'6" width x 6'6" length  
 Single 3'0" width x 6'6" length  
 Single 3'6" width x 6'6" length

Double 4'0" width x 6'6" length  
 Double 4'6" width x 6'6" length  
 Double 5'0" width x 6'6" length

Dual 4'6" Queen Bed x 6'6" length  
 Dual 5'0" Queen Bed (2 x 2'6") x 6'6" length  
 Dual 6'0" King Bed (2 x 3'0") x 6'6" length  
 Dual 7'0" King Bed (2 x 3'6") x 6'6" length  
 Dual 9'0" King Bed (2 x 4'6") x 6'6" length  
 (Other lengths available)

For a no-obligation home demonstration, call free on 0800 689 6891 or visit [adjustamatic.co.uk](http://adjustamatic.co.uk)

Elite

Sizes



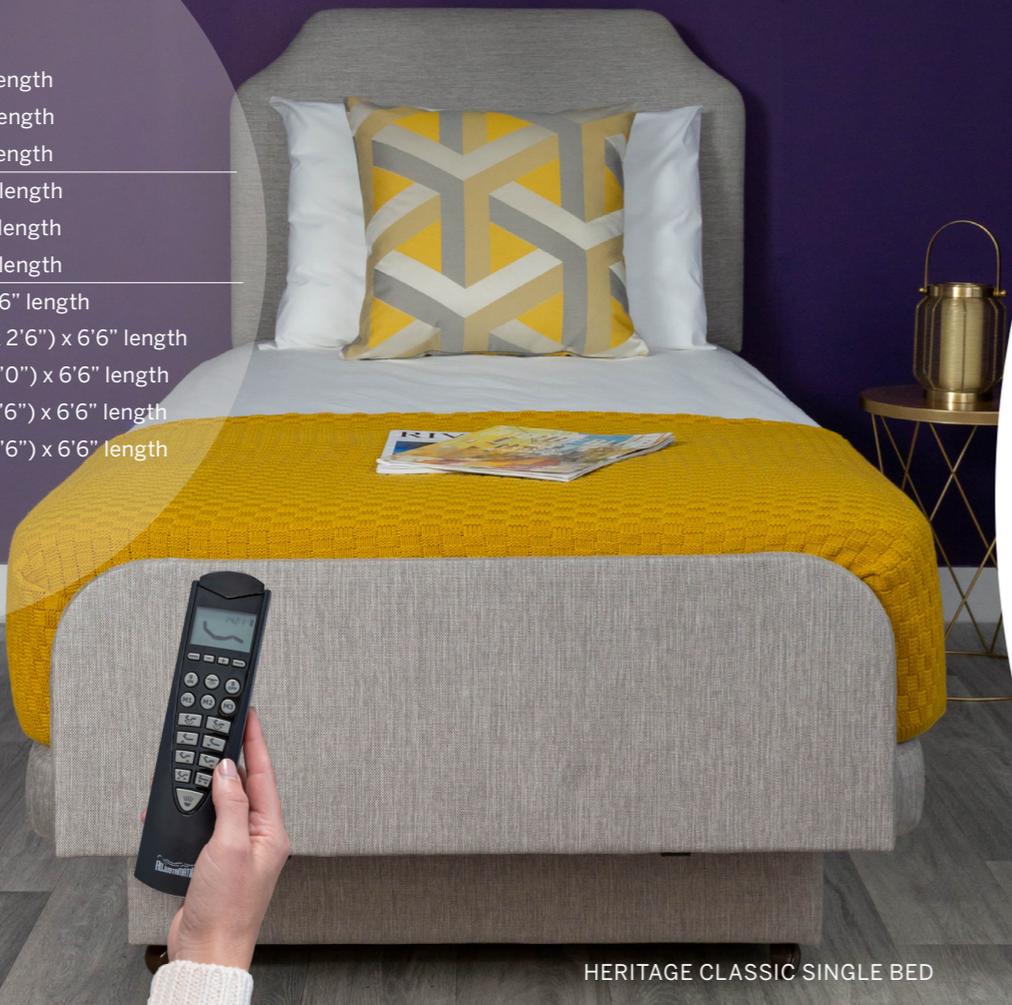
- Single 2'6" width x 6'6" length
- Single 3'0" width x 6'6" length
- Single 3'6" width x 6'6" length



- Double 4'0" width x 6'6" length
- Double 4'6" width x 6'6" length
- Double 5'0" width x 6'6" length



- Dual 4'6" Queen Bed x 6'6" length
  - Dual 5'0" Queen Bed (2 x 2'6") x 6'6" length
  - Dual 6'0" King Bed (2 x 3'0") x 6'6" length
  - Dual 7'0" King Bed (2 x 3'6") x 6'6" length
  - Dual 9'0" King Bed (2 x 4'6") x 6'6" length
- (Other lengths available)



HERITAGE CLASSIC SINGLE BED

# Heritage Classic

The Heritage Classic is the perfect collaboration of master craftsmanship alongside the newest developments in sleep technology.

Continually developed over the course of a generation, the Heritage Classic adjustable bed will help you find the point of comprehensive zero gravity support, aligning to the shape of your spine and delivering a feeling of near weightlessness.

Using some of the finest motors in the world, premium grade, low carbon steel frame, and a handcrafted base, the Heritage Classic has a traditional look using the finest quality, locally sourced materials.

- Market-leading 15 year guarantee\*
- Built-in under bed motion sense floor lighting
- Easy glide heavy duty castors
- Manufactured from premium grade low carbon steel
- 28 stone lifting weight
- Wireless LCD backlit controls, with built-in torch and clock

## Traditional Headboards

24" high x 2" deep x width of the bed (up to 5ft wide)

- Contemporary
- Elegance
- Royal

## Fabrics

- Oatmeal
- Stone
- Grey
- Silver
- Oyster Ecru

## Floor Standing Headboards

49.5" high x 2.5" deep x width of the bed (up to 5ft wide)

- 3 Panel Vertical
- Cobbled
- Border
- Plain



## Fabrics

-  Oatmeal
-  Stone
-  Grey
-  Silver
-  Oyster Ecru



OTTOMAN DOUBLE BED

# Ottoman

The Ottoman offers all the benefits of an adjustable bed yet with added storage.

With space in the home becoming a rare commodity, it is important to utilise whatever space we can. For standard beds, under bed storage is common, but adjustable beds have mechanics underneath making any storage impossible.

Therefore, we have developed our new range of adjustable beds with added storage to better suit you and your lifestyle. The adjustable Ottoman is the only product of its kind in the UK.

- Generous under bed storage
- Electric lift ottoman storage compartment
- Infinite range of adjustments
- Lightweight frame design
- 20 stone lifting capacity
- Storage depth 12"
- 2 year guarantee



## Sizes

-  **Single** 2'6" width x 6'6" length
-  **Single** 3'0" width x 6'6" length

-  **Double** 4'0" width x 6'6" length

-  **Dual** 5'0" Queen Bed (2 x 2'6") x 6'6" length
-  **Dual** 6'0" King Bed (2 x 3'0") x 6'6" length



## Floor Standing Headboards

49.5" high x 2.5" deep x width of the bed (up to 5ft wide)

-  3 Panel Vertical
-  Cobbled
-  Border
-  Plain

# Majestic

The Majestic bed boasts sharp, contemporary lines providing a modern look, fit for any interior styling requirements.

With the Majestic adjustable bed, you can go from a lying position to a sitting up position at the touch of a button. A raised position helps to reduce pressure on the upper back, shoulders and upper arms, and makes getting in and out of bed much easier.

By raising the foot end of the bed, you can help improve circulation, reduce excess fluid and prevent leg cramps. Raising both the head and foot ends into a shallow contour, cradles the body into the ultimate comfort position and promotes a deep and restful night's sleep.

The Majestic bed comes with covered side panels fitted around a slatted base. The robust frame is hand built in the UK using only the finest materials that are designed to last.

- Lightweight beech sprung plywood slatted base
- Simple to use handheld controls
- Wide range of headboard options
- Wide choice of fabrics
- Option of up to four drawers with double or twin beds

## Sizes



**Single** 2'6" width x 6'6" length

**Single** 3'0" width x 6'6" length

**Single** 3'6" width x 6'6" length



**Double** 4'0" width x 6'6" length

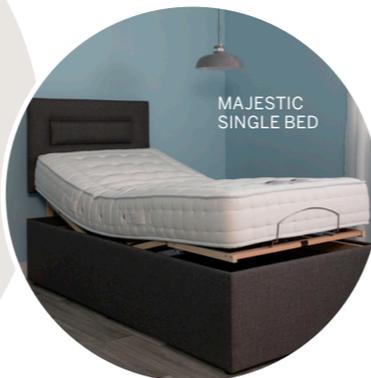
**Double** 4'6" width x 6'6" length

**Double** 5'0" width x 6'6" length



**Dual** 5'0" Queen Bed (2 x 2'6") x 6'6" length

(Other lengths available)



Free coolmax memory foam mattress included.

\*Upgrades available

## Traditional Headboards

24" high x 2" deep x width of the bed (up to 5ft wide)



Contemporary



Elegance



Royal

## Floor Standing Headboards

49.5" high x 2.5" deep x width of the bed (up to 5ft wide)



3 Panel Vertical



Cobbled



Border



Plain

## Fabrics



Oatmeal



Stone



Grey



Silver



Oyster Ecru

MAJESTIC 6 FOOT TWIN BED

For a no-obligation home demonstration, call free on 0800 689 6891 or visit [adjustamatic.co.uk](http://adjustamatic.co.uk)

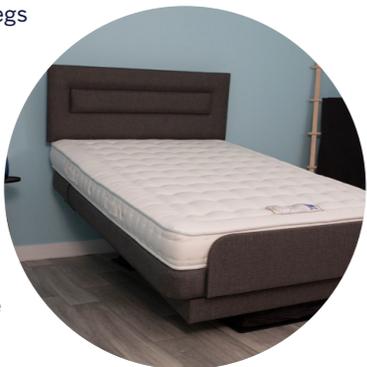
Majestic

# Autovvariable

The Adjustamatic Autovvariable bed offers modern elegance with state of the art comfort and convenience.

With more position options than any other adjustable bed on the market, the Autovvariable provides a new level in sleep positioning comfort for improved health and to meet all lifestyle requirements. Operated together or independently, the fully adjustable head and foot ends can be moved easily into the perfect position for either sleeping, sitting up or raising legs for maximum comfort. Position options include the Trendelenberg position, allowing the feet to go higher than the head or vice versa. Combined with our optional NHC Cyclo-Therapy®, this will give you an optimum comfort option to increase blood flow to your lower legs and feet.

The Autovvariable bed has all the advantages of a hospital AV bed but with a consumer look and feel. It gives you the freedom to find the most appropriate height to help you stand or move into a wheelchair or seat.



- AV lift function makes it easy to access and exit your bed
- Optional NHC Cyclo-Therapy® massage to help improve circulation and reduce pain
- Emergency battery backup included, in case of household power failure
- The AV lift function means the bed height can be as low as 19" at the top of the mattress at its lowest point, going to 31" in its fully raised position
- Lifting weight capacity of 41 stone
- Multi-zone reflexion mattress for optimum pressure relief
- Available with a range of options including cot sides, grab handle and lifting poles
- Wireless controls
- 2 year guarantee

## Traditional Headboards

24" high x 2" deep x width of the bed (up to 5ft wide)

-  Contemporary
-  Elegance
-  Royal

## Fabrics

-  Oatmeal
-  Stone
-  Grey
-  Silver
-  Oyster Ecru

## Sizes

Single 3'0" width x 6'6" length



Single 3'6" width x 6'6" length

Double 4'0" width x 6'6" length



Double 4'6" width x 6'6" length



AUTOVARIABLE DOUBLE BED

Autovvariable

For a no-obligation home demonstration, call free on 0800 689 6891 or visit [adjustamatic.co.uk](http://adjustamatic.co.uk)

# Mattresses

## Airflow Active Comfort

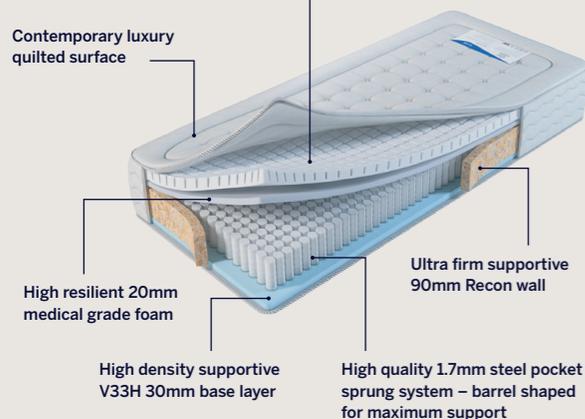
The Adjustamatic Airflow Active Comfort is a mattress like no other and unique in its design which has been a work in progress for over 50 years. At Adjustamatic we believe that when you sleep better, you live better.

### 50mm Vasco 50 memory foam castellated zonal surface

Promotes active airflow, keeping the sleeping surface supportive and cool aiding restful sleep. The castellated sections are divided into multi zonal areas for the head, core and foot. This helps reduce pressure of the neck, shoulders, back, hips and knees to improve posture, help relieve aches and pains and improve comfort while you sleep.



### Contemporary luxury quilted surface



SleepID

## SleepID® – Comfort you control

The SleepID® mattress is designed to cover every aspect of sleep comfort that can be tailored to your individual needs every single night.

The unique SleepID® Adjustable Dynamic Core provides dual adjustable firmness control at the touch of a button. Only you know when you are truly comfortable and you can adjust the setting to suit your needs whenever you need to. Once you have selected and saved your preferred firmness setting by using the memory function, at the press of the memory button it will make any required adjustment to your preferred setting, making sure that you have optimum comfort.

The SleepID® 50mm memory foam castellated zonal surface has a unique open cell structure that reacts and responds to body heat and weight by moulding to the contours of your body, therefore optimizing the support it can give you by almost eliminating all pressure points your body is usually subjected to. The zonal areas are distinctly broken down for head, body and feet areas to aid in the dispersion of weight. The castellated surface also promotes natural airflow keeping the surface area cool. It is the most

effective material for relieving pressure points and used for prevention of pressure sores and has multiple orthopaedic and other health benefits making a huge difference to your quality of sleep.

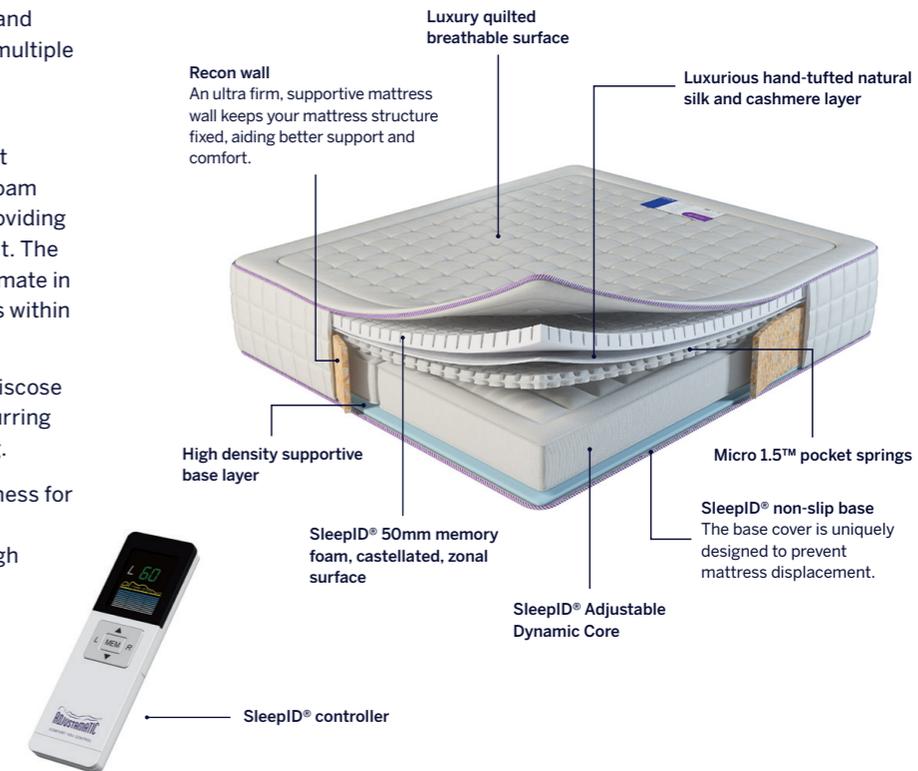
The luxurious natural silk and cashmere blanket provides a soft cushion between the memory foam surface and Micro 1.5™ pocket sprung layer providing insulation and keeping you comfortable all night. The advanced micro coil layer also provides the ultimate in ergonomic support. Ingeniously flexible springs within zonal areas give targeted superior support.

The luxury quilted cover is made largely from Viscose which is a soft fibre derived from naturally occurring cellulose making it both breathable and cooling.

SleepID® is the first mattress that adjusts firmness for you and your partner at the touch of a button and the first of its kind and a major breakthrough in sleep comfort within the UK.

Comfort you control.

## SleepID® mattress layers



SleepID® controller

# Headboards

Our wide range of upholstered headboard options are manufactured from the finest locally sourced materials.

Built to last they are also designed with variable height adjustments to fit any room requirements. Our full height headboards also come with soft rubber stoppers to provide stability and protection of any floor covering.

## Traditional Range



Royal  
Shown in Grey fabric



Elegance  
Shown in Grey fabric



Contemporary  
Shown in Grey fabric

## Floor Standing Range



Plain  
Shown in Silver fabric



Cobbled  
Shown in Silver fabric



Border  
Shown in Silver fabric



3 Panel  
Shown in Silver fabric

## Royale Range



Buckingham Buttoned\*  
Shown in Soft Caramel fabric



Sandringham Line\*  
Shown in Soft Caramel fabric

\*For use on the Royale bed range only.

# Bed Fabrics

Woven to the highest standards our range of bed fabrics offer a distinct combination of contemporary shades and luxury textures.

The material is also specifically designed to be both hardwearing yet with a degree of flexibility that allows seamless and silent movement of our adjustable beds.

## Standard Range Fabrics



Grey



Silver



Stone



Oatmeal



Oyster Ecru

## Royale Range Fabrics



Soft Caramel



Soft Lilac



Soft Grey



Soft Black

# Adjustable bed benefits

## Posture benefits of an Adjustable bed

On average we spend a third of our lives in bed so our posture is vitally important. Investing in the right bed can help you to sleep better, have better posture and enjoy a more comfortable night's rest. An investment in improving your posture in bed is an investment in your health.

The smooth contouring movement of an Adjustamatic bed allows you to accurately change and set your body profile position for maximum comfort and postural health benefits. It is highly recommended that you try out the equipment by having a qualified representative demonstrate the various products available first, to become acquainted with the techniques and benefits of using each one.

We are also a partner of UK charity BackCare, that aims to provide information and advice to those affected by back pain. They fund scientific research into the causes, prevention and management of back pain.



The healthcare benefits of effective posture in bed were first noted by surgeon George Ryerson Fowler during the late 1800s. Now referred to as the Fowler's positions, they are differing degrees of back and leg height and angle.

Including; low, semi-high, high and the standard Fowler's position, also known as "Fowler's". The positions are typically used to release strain on the muscles and to improve breathing. They also help with fluid drainage. The 'semi-high position' for example, is seated in a semi-upright position of 30 to 45 degrees with the knees bent or straight and this can ease tension on the stomach muscles and help with breathing.

“Investing in the right bed can help you to sleep better, have better posture and enjoy a more comfortable night's rest.”

The Fowler's positions are recognised in standard teaching for many nursing courses today due to their medical benefits. These benefits have then been backed with clinical research over many years.

An Adjustamatic bed can contour and profile to all the Fowler positions.

Book a 60 second Rest Right at-home or in-store demonstration:  
**0800 689 689 1** or  
**[adjustamatic.co.uk](http://adjustamatic.co.uk)**



HERITAGE DOUBLE BED IN SHALLOW CONTOUR POSITION

For a no-obligation home demonstration, call free on 0800 689 6891 or visit [adjustamatic.co.uk](http://adjustamatic.co.uk)

# Adjustable bed benefits

## Comfort: The Zero Gravity Position

Lying flat generates a number of unsupported pressure points on the body. These points relate to the areas of the body carrying the most weight and the bony prominences close to the skin such as the:

- Hips
- Head
- Shoulders
- Heels
- Sacrum  
(the triangular shaped bone at the bottom of the spine).

Therefore, in principle, the ideal and most comfortable position is a zero gravity position to eliminate these pressure points. The smooth, accurate and contouring control of an Adjustamatic bed allows you to position and contour the bed to support and reduce tension of these pressure points.

Reducing pressure points can improve your general health by relieving the pressure of your joints and weight bearing areas. This also improves skin and soft tissue blood flow to any areas subject to pressure.

Medical research shows that using an adjustable bed to raise the legs and head of your bed slightly generates a soft contour position that will reduce the amount of pressure between you and the mattress surface. This soft contour position, or zero gravity position, will support the body to take the strain off the spine and pivot point joints giving you as relaxed a position as possible.

## Reduce back pain with an Adjustamatic Bed

Many people suffer from some sort of back pain, which can make even the simplest tasks, such as sitting or sleeping, difficult. Sleeping in the wrong position can exacerbate back pain or cause back pain in those who don't typically have it.

Your spine is an 'S'-shaped curve so when you lie on your back, you put pressure on the areas that are not supported such as the lower back where the arc is at its peak.

Back pain and problems can develop over time if the body is not in a natural position while you sleep. An Adjustamatic bed is capable of closely matching the contours of the body, and that reduces the pressure on the spine. Some back pain sufferers will pile pillows up, leading to stiffness and muscle strain in the neck. Adjustamatic beds, however, provide this elevated position without putting extra pressure on the neck.

Raising the bed slightly offers extra support for the shoulders as well, and that can lead to fewer strains and less stiffness in the mornings. An adjustable bed can help to provide extra support for the base of the spine, which can prevent the trapping of nerves. Sleeping on your back puts approximately 50 pounds (20kg) of pressure on your spine, so raising your knees while lying on your back cuts pressure on your spine roughly by 50%.

## Recommended sleeping position for back pain sufferers

An adjustable position that is recommended for your back is with your legs elevated, knees bent and your back completely flat. This position creates a pelvic tilt, puts reverse pressure on your lower back and helps build the strength of your lower back muscles.

By elevating your legs and bending your knees you can actually feel your lower back moving. You can realign the weights and pressures on your vertebrae that may in turn be pressing on your delicate nerves, finding more comfortable and less stressful positions.



### NOTE

During the night, if you wake, just adjust slightly the elevation of your back and the raised level of your knees. This will aid to prevent joint stiffness in the morning.

# Trust

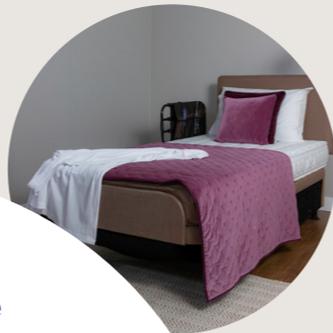
At Adjustamatic we are immensely proud of our heritage and with over 85,000 customers across the UK it is no surprise to hear that so many of them are happy to share their experiences.

A member of our customer support team will be appointed to you from the moment your order is placed and will guide you through from your product manufacture to your delivery installation and beyond.

The Autovvariable bed I purchased from Adjustamatic has helped me dramatically. I am thrilled with the quality of the bed and the overall service I have received. Being disabled has meant I have often struggled with finding a comfortable bed having to rely heavily on cushions and pillows to provide me comfort and support. With the Autovvariable bed, I am able to get in and out of the bed easily as well as finding the best position that provides me the most comfort.

The NHC Cyclo-Therapy® massage system has also been helpful to me and I believe the money I have spent has been well invested given the many features of the bed. Additionally, the service was exemplary with the deliverymen being incredibly considerate. They ensured the bed was set up the way I wanted and ensured there was nothing in my way. Overall, I am overly satisfied with my choice to purchase from Adjustamatic!

Mr Holland from Sterchford – July 2019



## “ My overall experience of purchasing from Adjustamatic has been marvellous.

I am yet to see another company match the service of Adjustamatic. I am in a wheelchair and find the bed to be a haven. The bed has helped my pain and also reduced the soreness I experience due to being wheelchair bound. The Contour AV bed is easy to adjust, and I cannot be happier with the bed and Adjustamatic as a business.

Mrs Roots, from Horsham – June 2019

“ It has been nearly a week since me and my wife had the Adjustamatic Heritage Bed delivered and the whole process has been easy and completely stress-free. The sales agent was a great representative for Adjustamatic, taking his time with us and giving us the space to make our own decision. Furthermore, the two gentlemen who delivered the bed were also fantastic, leaving the bedroom spotless once they had set everything up.

The bed itself is very comfortable as we can adjust it to the position that we find gives us the most comfortable nights sleep. With our old bed, my wife would often wake up at 3 am in discomfort, feeling quite stiff and tensed up. However, since using the Adjustamatic Bed this doesn't happen anymore and both of us always have a great night's sleep.

Mr Brown, from Streatham, London – May 2019





## Demonstration

### Try before you buy, free home demonstration

- 1 Call or visit online to book your free home demonstration.
- 2 One of our fully trained advisors will visit you and will spend some time identifying key benefits that you require from our range of products and suggest the most appropriate for you to try. This may be based on pure comfort and style or to help with any medical benefits that you may need.
- 3 They will then demonstrate the product using a small scaled down version of the bed with built-in therapy treatment for you to experience.
- 4 Following the free demonstration, they will leave you with information, fabric, headboard and mattress options along with a quotation based on the best product to suit your requirements.
- 5 We have various payment methods including 0% finance options that you can investigate following your personal quotation.

**0%**  
Finance  
available\*

\*Authorised and regulated by the financial conduct authority.

## A special thank you from us

Adjustamatic rewards membership is available for you when you purchase any piece of furniture from us. Our rewards membership helps you save thousands of pounds on everyday shopping essentials from some of the biggest retail brands.

Adjustamatic rewards brings together discounts and privileges including high street, entertainment and leisure, motoring, electrical, home and garden, fashion, food and drink, travel and gift card deals, discounts that Adjustamatic customers can use in store and online, discounts on hundreds of leading brands.

Our deals enable you to save over £2,000 per year. The more offers used from those available, the more savings will be made. Savings are dependent on usage.

You can use your card by visiting the rewards scheme website and login details which will be provided to you upon product delivery.

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For a no-obligation home demonstration, call free on 0800 689 6891 or visit [adjustamatic.co.uk](http://adjustamatic.co.uk)



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