

# Mattresses and Covers for Fibromyalgia

(In Alphabetical Order – Using the Manufacturer’s Glowing Descriptions)

## ▪ Adjustable Beds

If you’re having problems sleeping, or if you suffer from such ailments as acid reflux / GERD, neck pain, back pain or breathing disorders, a Flex-A-Bed adjustable bed may be just what you need.

Flex-A-Bed is designed specifically to fit your body. With the press of a button, you can adjust the bed to the position that’s just right for you.

## ▪ Cuddle-Ewe Mattress Covers

Placed between your mattress and bottom sheet, it transforms your bed from something routine you have been accustomed to *lying on* into something sublime you are *cradled in*.

Nestled in its gentle yielding embrace, you will find nature’s gift for soothing comfort of your body and the restfulness of your sleep. You’re going to spend about one-third of your life in bed. Make the quality of that time as good as it can be -- not only for its own sake, but also for how it influences the well being of the other two-thirds of your life.

## ▪ SAM (Self-Adjusting Mattress)

The SAM Mattress was originally introduced into the health care industry (hospitals, nursing homes & home care) in 1997 for the treatment and prevention of bedsores (decubitus ulcers). The clinical efficacy was immediately recognized and substantiated among a wide representation of doctors and researchers. The physical mechanics of this technology **benefits all individuals, including those with the following health conditions and diagnoses:**

- Spinal Disorders
- Back & Neck Disorders
- Sleep Disorders
- Degenerative Diseases

The SAM mattress features a patented air suspension system that has an exclusive intake/release valve system. This technological breakthrough harnesses the atmosphere as an abundant resource of free energy creating a dynamic surface capable of optimally adjusting to each individual regardless of body weight, type or size. It is capable of conforming to the unique curvature of the spinal system providing improved support.

Maximizing weight distribution evenly across the surface reduces pressure on our bodies. The SAM mattress provides pressure relief at all times regardless of what body type you have. A basic physics law (Boyle's Law) allows this amazing technology to adjust optimally to each individual providing a deep REM sleeping environment below capillary closure; meaning blood and oxygen are allowed to flow

freely throughout our bodies never being pinched or occluded, eliminating tossing and turning.

- **Sleep Number Beds**

A Sleep Number® is The Key to a Perfect Night's Sleep<sup>SM</sup>, and it can only be found on a Sleep Number Bed by Select Comfort<sup>TM</sup>. It is a setting between zero and 100 that represents the ideal combination of mattress comfort, firmness and support for your body, giving you the best night's sleep possible.

**WHAT IS A SLEEP NUMBER® BED?**

Unlike traditional mattresses which are made from metal coils and springs, The Sleep Number Bed by Select Comfort<sup>TM</sup> uses uniquely designed air chambers to provide a gentle cushion of support which can be easily adjusted to your preference for comfort and firmness. In addition, the Sleep Number® bed allows couples to individually adjust each side of the bed to the precise comfort level each partner prefers.

- **Tempur-pedic Swedish Mattresses**

Visco elastic memory foam was originally developed for NASA, for the astronauts undergoing the high pressure of G-force testing. It is made of dense foam that molds to the shape of your body. Researchers realized that this high density elastic memory foam was ideal for relieving pressure on burn patients, and this is how the trend of Memory or Visco Elastic foam started.

Tempur-Pedic has successfully introduced this visco elastic memory foam to the consumer marketplace. Unfortunately for consumers, they have to import this memory foam from Sweden since there weren't any domestic manufacturers making this unique foam. The high cost of importing bulky memory foam on container ships is ultimately passed onto the consumer. Once manufacturers realized that there was a demand created for this elastic memory foam, they started to make it here throughout North America. Fortunately, this unique memory foam is not patented; therefore, any foam manufacturer is able to duplicate the exact same foam product.

Foam is a commodity! Foam is a chemical! Foam is a chemical composition that is mixed and poured into large vats! The memory foam then cures for a certain amount of time before it is ready to be cut into a mattress or bed. Depending on the chemical composition, manufacturers are able to make many different density foam products. The good news is that now the consumer is able to sleep on this visco elastic memory foam mattress at a tremendous cost savings since there are many manufacturer's and marketer's in the bedding industry all selling the same mattress. As with all commodity products, the consumer ultimately benefits once supply and demand is qualified.

Tempur-Pedic and national mattress companies also have to spend large amounts of money advertising via infomercials and print media. This cost ultimately gets passed along to the consumer at the retail level. Local and regional memory foam mattress

retailers obviously don't have this cost so they are able to sell the exact same visco elastic memory foam mattresses to the consumer well below Tempur-Pedic prices. Internet mattress retailers have a greater advantage over companies similar to Tempur-Pedic and are able to offer even more cost savings to the consumer. The bottom line is; visco elastic memory foam is far superior to inner spring mattresses for its comfort and pressure relieving capabilities. Knowledgeable consumers have the upper hand when it comes to sorting through all the hype and are able to make a sound purchasing decision while saving a significant amount of money.

### ▪ **Visco Memory Foam Mattresses**

These mattresses are made of same revolutionary technology as the “Swedish Style”. The mattress provides equal distribution, superior pressure point relief and cervical alignment for optimum sleeping comfort. The visco-elastic foam is hypoallergenic, antibacterial, antifungal and ozone resistant. It reacts to the temperature of the body to form to the head, neck and body, giving proper support while maintaining softness. Price includes a zippered terry cloth cover. Uncovered pads are also available.

“Memory Mattress” foam is an open-celled, visco-elastic, temperature-sensitive material that senses body weight and body temperature and then automatically adjusts and completely supports the user. This revolutionary material relieves the pressure that causes poor sleep; tossing and turning; and aches and pains. It is, without a doubt, a space-age material.

### ▪ **Waterbeds**

#### **Water Bed Features**

- Single And Dual Bladder Available.
- 3" Visco-Elastic Foam Topper.
- 9" Deep Fill Bladder.
- Imported Belgium Damask Cover.
- Temperature Controlled Heater.
- Memory Stretch White Knit Backing.
- 20 Year Limited Warranty.

---

**When surveyed, The Fibromyalgia Recovery Group consensus was that the best (and least expensive) product for fibromyalgia is the “Memory Foam Mattress Pad” that is sold at Costco and Sam’s Club. It’s approximately 3” thick and is placed on top of your existing mattress.**

**The “Sleep Number Bed” was also highly recommended by a large number of people in the group.**