



Introduction

Buying a bed is not always an easy experience. When you consider that you spend a third of your life asleep – it is worth taking the time to get it right, so that your bed becomes your best friend.

A good night's sleep comes from a quality mattress. IKEA and the British Chiropractic Association (BCA) are here to assist you in making the right choice.

So how do you know if you need to replace your bed? Ask yourself the following questions:

- ✓ Is your bed more than eight to ten years old?
- ✓ Is it uncomfortable?
- ✓ Can you feel springs beneath the surface of the mattress?
- ✓ Do you and your partner 'roll' into each other?
- ✓ Is your mattress torn or discoloured?

If you answered yes to one or more of these questions, it's probably time to invest in a new bed! Before you rush out and buy a new one, decide what it is you dislike about your current bed. Is it too soft or too hard? Do you need more space?

Advice - buying your dream bed

So, where do you begin the search for your 'dream bed'? IKEA's SULTAN range of mattresses offers quality, support and comfort at an affordable price. In store we are confident you will find the right mattress and it won't cost you a fortune. IKEA and the British Chiropractic Association are here to help you find your perfect sleeping partner...

The best bed for your back is not always a firm one – you need a bed that provides the right support and comfort for you. Remember your bed should not be too hard or too soft. If you are lying on your side your spine should be parallel to the mattress and your spine should not sag (bed too soft) or bow (bed too hard).

Big is Beautiful – buy the biggest bed possible, so you have the maximum space to move around; it should be around 15cm longer than the tallest sleeper. All IKEA SULTAN mattresses are 200cm in length as standard.

Try, Try and Try Again – put the mattresses through their paces. Lie on each bed you are considering for as long as possible. Wear loose clothing so you can see how easy it is to turn as well as get on and off the bed.

If you sleep together, shop together – always shop with your partner and consider two separate mattresses in one bed frame if you and your partner are worlds apart in height and weight.

Never accept second best – it can be tempting to say yes to a second hand bed, but you will take on the previous owner's dust mites and skin cells – not a pleasant thought! Also, mattresses pre-1986 do not meet basic fire safety regulations, so you are putting yourself in danger. Beds age as well, so fillings and springs lose their effectiveness over time.

A mattress that is supportive and comfortable is key, but remember that your requirement for support will differ depending on your weight and build.

And so to bed...

There is no such thing as "THE correct sleeping position" but your body should be supported and your spine in line. **DO NOT SLEEP IN A POSITION IF IT IS UNCOMFORTABLE**; all of us are different and our sleeping positions develop to suit our own particular needs.

Pillow fights!

Your pillow can be as important as your mattress and even if you share a bed, don't share a pillow – keep it to yourself! Your perfect pillow should keep your head in line with the rest of your body and mould to the shape of your head and neck.

If you are suffering from aches and pains or want to find out more about chiropractic, visit www.chiropractic-uk.co.uk or call the BCA on 0118 950 5950



TOP TIPS

Sleep Easy...

Less stress – adopt a sleeping position which places less physical stress on your back e.g. lying on your side is better than lying on your front with your neck twisted to one side.

Softly, softly – if you have a bed that is too hard, don't panic; try a mattress protector or mattress pad, which may "soften" it sufficiently to make it more comfy.

Keep moving – avoid being in any one position for too long (no matter how comfortable the position initially) the longer you stay in one position, the more this will put pressure on your joints.

Roly poly – If your partner moves around a lot at night, try separate beds – your partner's movement could aggravate YOUR back condition!

Drink water – keep well hydrated (dehydration can make muscles ache).

Do not leap out of bed first thing in the morning – take a minute to wake up and try some gentle stretches like drawing your knees to your chest (only if comfortable) or swaying your knees side to side (again, only if comfortable).

Take your own – if sleeping in a bed other than your own – take your own pillow! Your neck is used to your own pillow and won't have to adjust as much.

Pain is a warning sign – if you still have problems, consult a BCA chiropractor. Find your nearest chiropractor by calling 0118 950 5950 or visit www.chiropractic-uk.co.uk

Contact details



For more information:
www.ikea.co.uk



British
Chiropractic
Association

Telephone: 0118 950 5950
E-mail: enquiries@chiropractic-uk.co.uk
Website: www.chiropractic-uk.co.uk

Chiropractors treat problems with your joints, bones and muscles, and the effects they have on your nervous system. Working on all the joints of your body, concentrating particularly on the spine, they use their hands to make often gentle, specific adjustments (the chiropractic word for manipulation) to improve the efficiency of your nervous system and release your body's natural healing ability. Chiropractic does not involve the use of any drugs or surgery.

Members of the British Chiropractic Association (BCA) abide by a strict code of ethics and the association only accepts members who have graduated from a nationally or internationally-recognised college of chiropractic education after a minimum of four years full-time training. The BCA ensures its chiropractors maintain high standards of conduct, practice, education and training. Like medical practitioners and dentists, all chiropractors are registered by law.

BUYING A BED

Simple steps
to finding
your perfect
sleeping
partner



British
Chiropractic
Association

