



# A Comfortabe Mattress Can Relieve Arthritic Pain

often found in people who suffer from arthritis. It's a catch-22 type situation but there are some solutions.

Dr. Grant Louie of the National Institutes of Health conducted a study and found that getting a good night's sleep is almost impossible for people suffering from arthritis. He concluded that the wrong mattress plays a big part in why you aren't sleeping.

So what kind of mattress and bases are best for those people who suffer from arthritis?

1) Maximum support and stability. You need a mattress that supports the joints that are especially prone to pain – hips, shoulders, knees and legs. If your old mattress has a depression in it from your body it will harder to roll over and consequently your body will



*Leggett & Platt's adjustable beds give your body the support and comfort where it needs it most.*

remain in the same position all night long which will add stiffness to the arthritic pain you are already feeling.

But don't confuse support with a hard mattress. You also need to cushion your joints with the softness that can be found with such mattresses that contain extra padding or latex or gel.

2) Adjustable bed bases. Getting in and out of bed can become a problem with arthritis. An adjustable bed can make it

easier. Since these types of beds can also elevate the knees and back it can take some pressure off of these joints during the night. Sharing a bed with a partner means you will be disturbed by their sleep movements. An adjustable split bed base can have separate controls for each side of the bed so you can customize your comfort and not be as affected by your partner's movements.

3) Pillows

There are a variety of pillows that can help ease your pain. Pillows are available for back, side and front sleepers with different fill thicknesses to ensure that your neck and head are kept in alignment with your spine thereby taking pressure off the joints. Pillows can also help with knee and hip pain by keeping your lower body aligned with your spine while taking pressure off these joints.

We invite you to come in and try out all the different mattresses and bases that can help alleviate the pain of arthritis so you can get a restorative good night's sleep.

*Jim Conlon*

**Sleep Experience**  
BETTER SLEEP BEGINS WITH YOUR MATTRESS  
**www.sleepexperiencesudbury.ca**

**1965 Lasalle Blvd. 705-524-7533**  
**Cedar Point Plaza 705-523-0595**