



# Buying An Adjustable Bed

A good night's rest is important for everyone, but problems such as arthritis and sciatica can make sleeping difficult for some. With these medical conditions and other impairments, finding a comfortable sleep position can be tricky.



**An adjustable bed can often rectify this problem, enabling a person to alter the bed's base and mattress until they find a position which is relaxing and restful.**

Looking for an adjustable bed, however, can be a difficult task. There are hundreds, if not thousands, of possible models available so deciding which one to buy is not easy.

Talking to someone who has an adjustable bed can be beneficial, as they will be able to give you a first-hand opinion, while looking through leaflets will also give you an idea of the models available.

Visiting a showroom is important too as this will enable you to test out the mattresses and bed-bases to find one which is comfortable for you.

Mobility Compare can help you find a good bed. The site matches a person's requirements with suitable bed options, which allows you to compare prices, functions and the benefits of each electric adjustable bed.

## What sort of adjustable bed would suit you?

Before you buy an adjustable bed, it is important to consider your current needs and how these might change in the future.



Do you need a bigger or smaller bed and will you share it with someone else? It is possible to buy a double bed which effectively splits in two, enabling each user to adjust the bed to their own individual needs. Single or ordinary double beds are also available.

Assessing your mattress needs is very important. Most ordinary mattresses are not suitable, so it is vital to consider the benefits of the various adjustable bed mattresses available.

A popular choice is a memory foam mattress which moulds itself to the shape of the sleeper and the bed. This relieves pressure on the body, helping a person have a better night's sleep. It is also possible to buy coil spring, regular spring or even air mattresses.

You should also consider whether you need a mechanically or electronically operated bed and what motor system you require. People who need extra or specialised help should consider getting a four motor system, which offers additional support in specific areas.

## What to expect from a sales visit?

After trying out various beds and weighing up your options, the next step is organising a visit from a sales company. Make a list of your requirements and any questions you



may have. This will ensure that you don't forget to ask something important - it will also help the sales representative decide which adjustable beds to speak to you about.

**Ask a family member or friend to be present around the time of the visit. They can also ask questions and could provide valuable advice when the visit ends.**

While the appointment is taking place, the sales representative might measure the room you plan on putting the adjustable bed in. He or she should also take all of your needs into consideration, including mobility issues, and your shape and size.

At the end of the visit, the sales person should be able to give you a quote with the cost and product information on it.

It is important not to rush into the sale - take your time and weigh up your other options.



# Buying tips?

To find an adjustable bed that suit your needs, use the Mobility Compare site to compare adjustable beds  
[www.mobilitycompare.co.uk](http://www.mobilitycompare.co.uk)

- 1 Firstly, while it can be easy to get carried away with the technology, it is important to choose your mattress before investing in the bed base. While some people may want to keep their old mattress, this is usually not possible, so ensuring your new mattress is comfortable could be the key to a good night's sleep.
- 2 Bear in mind that most adjustable bases available will offer a two point articulation system, meaning that it folds in two places, dividing the mattress into three sections - head section, middle section and the foot section.
- 3 Choose the bed base from a well-known manufacturer, ensuring that they have a good reputation.
- 4 It is also important to enquire about the length of the warranty. As an expensive item, it is best to get the longest warranty possible.
- 5 Finally, don't buy an adjustable bed without first trying it out!