

comfort

Because the Ammique Bed supports your spine and musculo-skeletal structure perfectly it is wonderfully comfortable. If two of you share the bed, you are both supported independently so there is absolutely no roll together—guaranteed!

Throughout the night the Ammique responds to your every movement no matter how slight, constantly yielding to you. There is no need to toss and turn because you will be held in the perfect sleeping posture as soon as you lay upon it.

Independent organizations worldwide such as The Consumers' Association in the UK and Cornell University in the US agree that a bed's sleeping surface must contour to the natural curves of the moving body in order to support the body's spine and musculo-skeletal structure correctly.



The most important function of a bed is to support your body, especially the spine, so that your muscles can relax while you rest. Ideally, your spine should keep its natural curve when you sleep on your back, and stay straight when you lie on your side. A good mattress will mould itself to the shape of your body: it should let your shoulders and hips sink into it, but then spring back to give enough support to the base of your spine and legs.

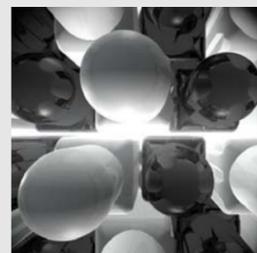
[The Consumers' Association UK, *Which Magazine*, from an article entitled 'A Bedtime Story' March 1991, pp126-129.]



Look for a mattress that is:

- Designed to conform to the spine's natural curves and to keep the spine in alignment when you lay down.
- Designed to distribute pressure evenly across the body to help circulation, decrease body movement and enhance sleep quality.
- Designed to minimize the transfer of movement from one sleeping partner to the other.
- Designed with perimeter edge support.

[Alan Hedge, PhD, CPE – Professor of Ergonomics at Cornell University, Ithaca, USA, from his article entitled 'Mattresses Matter: Ergonomic Guidelines: How to sleep Soundly' US]



COMFORT

Thousands of precision engineered components contour to the natural curves of the body making sleep a completely new experience.

AMMIQUE®
THE WORLD'S FIRST BED ENGINEERED
TO PROVIDE INSTANTANEOUS BODY
CONTOURING SUPPORT

consistency

Whereas mattresses are throwaway commodities, the mattress-less Ammique Bed has been built to last and to offer you life long body contouring support and consistency of comfort.

The Sleep Councils of the UK, US and Canada agree that mattresses should ideally offer body contouring support and acknowledge that mattresses deteriorate in terms of comfort and support. They highlight that one of the leading causes of discomfort in bed is the unnatural position that the spine is forced into by ill-supporting mattresses and that no mattress can offer long term sustained support. They advise therefore that all mattresses should be replaced within a maximum of 10 years.



A comfortable bed is a bed offering the right support. When a bed is no longer providing proper support and comfort, it affects the quality of our sleep. People are often unaware that their bed may be one of the reasons why they are not sleeping well. Try this test to check for correct support. While lying on your back, slide the flat of your hand into the hollow of your back. If your hand slides in very easily or there's a gap, the bed is too firm (lending pressure to your hips and shoulders). If it's really difficult to slide your hand in at all and you feel as if you are sinking into the mattress, then the bed is probably too soft for you. Testing conducted by the Furniture Industry Research Association shows that bed characteristics can deteriorate by as much as 70% over 10 years.



Correct support is the essential ingredient for a healthy body. A good mattress and foundation will gently support your body at all points and keep your spine in the same shape as a person with good standing posture. A word about the warranty. Don't look to the warranty to tell you how long to keep your mattress and foundation. The warranty is there to protect you from product defects, not against the gradual loss of comfort and support.



To check if your mattress offers appropriate support, lie on your back and try sliding your hand under the small of your back. If your mattress is too soft, you will have difficulty getting your hand underneath; if it is too hard, your hand will move freely beneath you as there will be a space between the mattress and your spine. The right mattress will allow your spine to rest in its natural 'S' shape. Studies have shown that a mattress and foundation provide optimum service for about eight to ten years of nightly use. After this period of time, the sleep set no longer offers you the comfort that it did when it was new.



CONSISTENCY

The unique use of stainless steel extension springs within the system ensures that it will not deteriorate despite many years of use.

AMMIQUE®
THE WORLD'S FIRST BED ENGINEERED
TO PROVIDE LONG TERM BODY
CONTOURING SUPPORT