

Aktion Gesunder Rücken e.V.

Good Night, Better Morning

Lying correctly improves sleep quality



AGR
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Photo: Metzeler / AGR

Whether an early bird or a night owl, we sleep for about one third of our lives. Some people need nine hours sleep to feel well, while others are fine with five. But more important than duration and time of night's sleep is the quality. If you wake in the mornings feeling totally whacked despite having had plenty of sleep, you need to carefully examine the place where you sleep. A painful lower back and tension in the neck in the mornings are clues that your old,

probably unhygienic, and mechanically totally overused bed no longer lives up to requirements. A mattress that is either too hard or too soft, or a saggy, unsupportive slat base are poison for the spinal column.

Optimum sleep position – relaxed waking

Back pain – about 80 per cent of Germans have suffered this at some point in their lives.

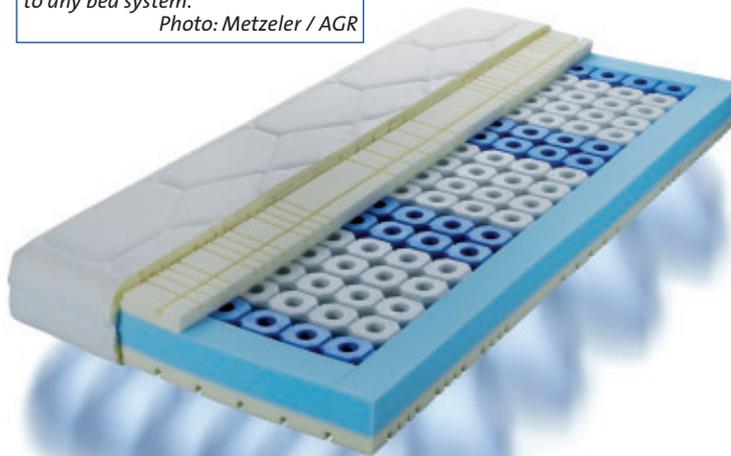
As we spend a large part of our lives lying down, the right bed plays a decisive role in the avoidance and relief of these pains. When sleeping

we cannot control our posture in the same way as during the day. When lying down, it is important that the spinal column is held as far as possible in its natural shape even though it is horizontal. A good sleeping environment is adaptable and so can appropriately support or relieve the various parts of the back. To do this a sleeping environment must satisfy subjective sleeping requirements – the sleeper must feel comfortable in his bed; a requirement that, for example, the innovative Tubes-Sleep-system from Metzeler entirely fulfils. What's special about this is that the inside of the mattress is formed from a vertical tube-system. According to body type, tubes of varying firmness are built into the mattress core, allowing the natural positioning of the spinal column. While the shoulder and bottom areas are laid particularly gently on soft tubes, firmer tubes support the neck and lumbar regions. This promotes the relaxation of the musculature and so improves sleep quality. The back-supporting effect of the Metzeler Tubes 126 Sleep System has been recognised by the 'Aktion Gesunder Rücken e.V.' (Campaign for Healthier Backs) with the AGR quality



21 tubes in a complete 40x80 format is a useful supplement to any bed system.

Photo: Metzeler / AGR



Suitable back support and optimum ventilation are important factors for healthy sleep
Photo: Metzeler / AGR

**Look for the AGR Quality Cachet.
It means 'This product is good for your back.'**



cachet – a very special quality standard for everyday objects designed to relieve backache.

And there's more: The tubes cater for the optimum ventilation and respiration of your sleeping environment. They carry away the moisture that evaporates from the skin and allow for hygienic air circulation and a dry, healthy bed.

The base for this mattress can be a good, flexible, ergonomic frame or the original Tubes frame 'Syncro', which fits perfectly with the mattress. Here there is the same arrangement of different firmness tubes, which fit beneficially with the double S-curve of the spinal column. In this way a co-ordinated sleep-system is created – for a totally refreshing night.

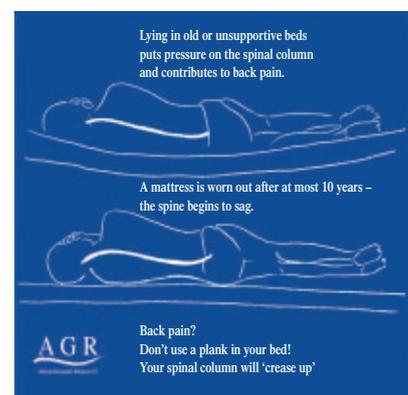
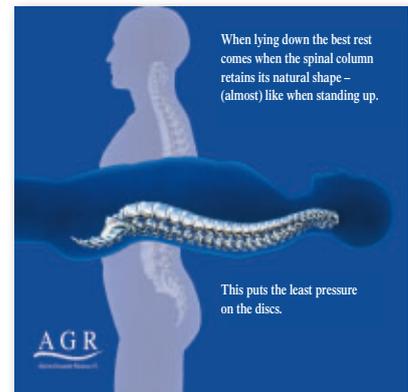
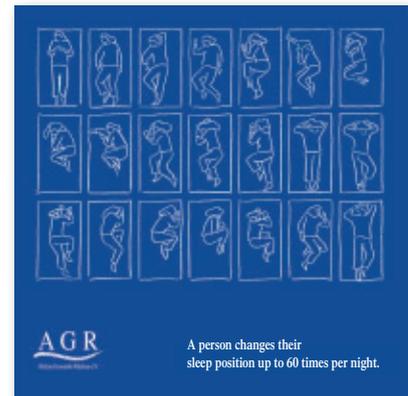
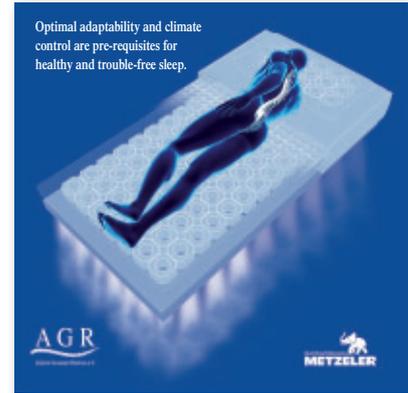
Tips for healthy sleep

So that night-time brings the desired rest, it is not only the right bed that is important. The following tips will help with relaxation and prevent disrupted sleep:

- Try not to go to bed on a full stomach or the body will be too busy with digestion
- Avoid stimulants such as coffee, black tea, alcohol and cigarettes in the evenings
- Pay attention to the room climate: the temperature should be between 16 and 18 °C with humidity around 50 %. Give the room a good airing every morning and evening
- Sporting activities increase circulation and wake you up – not a good idea before sleeping
- Go to bed and get up at reasonably fixed times – the body will develop its own 'inner sleep-clock'
- Do not watch TV in bed or mull over problems; the body should associate the bed exclusively with sleep

Find further tips on beds and sleeping on the AGR internet site at www.agr-ev.de/bettssystem

Furthermore, the AGR offers more information on the subject of back health and the AGR quality cachet, such as the extensive brochure 'AGR Einkaufsleitfaden für rückengerechte Produkte' [AGR shopping guide for products designed to relieve backache] and the magazine 'rücken-Signale' [back-signals] at a price of € 9.95 (can be ordered by calling + 49 (0)4284 926 99 90 or from www.agr-ev.de/betroffene/medien).



Text and photos can be downloaded from www.agr-ev.de/presse

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