

# AdjustableBeds



## 2023 ADJUSTABLE BED GUIDE



The Ultimate Guide to Adjustable Beds

[www.adjustablebeds.au](http://www.adjustablebeds.au)

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## Important

AN EXPERIENCED HEALTH PROFESSIONAL  
CAN PROVIDE STRATEGIES AND ADVICE  
ON THE RIGHT PRODUCT FOR YOU

## INTRODUCTION

Adjustable beds, also known as electric beds or power beds, are specially designed beds that allow users to adjust the position of the mattress and base according to their comfort preferences. Unlike traditional flat beds, adjustable beds offer various adjustable positions, providing enhanced support and customisable sleeping and resting positions.

This guide can assist you in understanding the capabilities of adjustable beds and in determining if an adjustable bed will best meet your requirements.

## What is an adjustable bed?

Adjustable beds consist of a mattress and a base that can be adjusted electronically or manually to change the position of the head, foot, or other parts of the bed. The adjustability is controlled through a remote control or buttons on the bed frame, allowing users to raise or lower specific sections of the bed as desired.

Thanks to their customisable nature, adjustable beds can help with a variety of health conditions.



### BACK PAIN

Most adjustable beds can be set to 'zero-gravity', a position where both the head and feet are elevated but the legs are higher than the head. This produces a feeling of weightlessness and alleviates pressure on the lower back.



### SNORING

Raising the upper body to an elevated position, may reduce or stop snoring as it helps to open the airways and may prevent obstructions that cause snoring.



### LOW BLOOD PRESSURE

Elevating the feet and legs encourages blood circulation. Having the ability to reposition and adjust your legs and back can go a long way to giving respite from pain pressure and circulation problems.



### REFLUX

Raising the torso and head can reduce reflux because it's harder for acid to travel up the oesophagus.

Remember to always speak to a health professional about whether an adjustable bed is likely to benefit your particular health issue.

## How Adjustable Beds Work

Motorised or manual mechanisms that allow users to change the position of the bed's various sections



Adjustable beds are equipped with a motorised or manual mechanism that allows users to change the position of the bed's various sections. Electric adjustable beds use motors and a series of hinges and joints to provide smooth and precise adjustments. The motors are typically controlled by a wireless or handheld remote control, enabling users to adjust the bed position with ease. Manual adjustable beds, on the other hand, rely on a mechanical system operated by hand to change the position of the bed.

## The Popularity of Adjustable Beds in Different Age Groups

Adjustable beds have gained popularity across various age groups for their many benefits.

### **Elderly individuals:**

Adjustable beds provide elderly individuals with a range of ergonomic positions that can alleviate common age-related issues such as back pain, joint stiffness, and poor circulation. The ability to raise the head and foot of the bed assists in getting in and out of bed, reduces pressure points, and promotes better blood flow.

### **Individuals with medical conditions:**

Adjustable beds are highly beneficial for individuals with medical conditions such as sleep apnea, acid reflux, snoring, and chronic pain. By adjusting the position of the bed, these individuals can find relief and improve their overall sleep quality.



### **People seeking enhanced comfort:**

Adjustable beds are becoming increasingly popular among individuals seeking ultimate comfort while sleeping, reading, watching TV, or working on a laptop in bed. The ability to adjust the position of the bed to their liking allows for personalised comfort and support.

### **Couples:**

Adjustable beds with dual-adjustability are particularly favored by couples. Each partner can independently adjust their side of the bed, accommodating their unique preferences and sleep needs without disturbing the other.

The popularity of adjustable beds continues to grow as more people recognise the advantages they offer in terms of comfort, relaxation, and overall well-being. With advancements in technology and increased availability, adjustable beds are becoming a sought-after choice for individuals of all ages.

# The Benefits of Adjustable Beds

## Improved sleep quality:

Adjustable beds contribute to improved sleep quality by allowing users to find their optimal sleeping position. The ability to adjust the head and foot positions helps alleviate pressure points and reduce strain on the body. By finding a comfortable position, individuals are more likely to experience uninterrupted sleep, leading to enhanced restfulness and overall sleep quality.

## Alleviation of sleep-related conditions:

Adjustable beds can be highly beneficial for individuals with sleep-related conditions. For example, raising the head of the bed can help alleviate symptoms of snoring, sleep apnea, and acid reflux. By elevating the upper body, the airways are opened up, reducing snoring and promoting easier breathing. Additionally, individuals with conditions such as sleep apnea may find it easier to maintain a proper sleep position with the assistance of an adjustable bed.

## Enhanced comfort and relaxation:

Adjustable beds provide a higher level of comfort and relaxation compared to traditional flat beds. By adjusting the position of the bed, users can find their ideal angle for reading, watching TV, or simply lounging in bed. The ability to raise the head and foot sections independently or together allows for personalised comfort, reducing muscle tension and promoting relaxation.

## Easing of physical pain and discomfort:

Adjustable beds can provide relief from physical pain and discomfort. By adjusting the bed to specific positions, pressure on sensitive areas such as the back, hips, and joints can be reduced. This can be particularly beneficial for individuals with chronic pain conditions, arthritis, or recovering from surgery. By finding a position that offers optimal support and alignment, individuals can experience reduced pain and improved comfort.

## Promoting better circulation and breathing:

Adjusting the position of an adjustable bed can help promote better circulation and breathing. By elevating the legs, blood flow is enhanced, reducing the risk of swelling and improving overall circulation. Furthermore, raising the upper body can alleviate pressure on the lungs and airways, facilitating easier breathing and potentially reducing symptoms of conditions such as asthma or chronic obstructive pulmonary disease (COPD).

## Assistive features for elderly and disabled individuals:

Adjustable beds offer valuable assistive features for elderly and disabled individuals. The ability to raise the head and foot sections of the bed can make it easier for individuals with mobility issues to get in and out of bed. Additionally, adjustable beds can provide added support and comfort for those with limited mobility, reducing the risk of bedsores and enhancing overall comfort.

In conclusion, adjustable beds provide a range of benefits that contribute to improved sleep quality, alleviation of sleep-related conditions, enhanced comfort and relaxation, easing of physical pain and discomfort, promotion of better circulation and breathing, and assistive features for elderly and disabled individuals. With their customisable positions and advanced features, adjustable beds have become a popular choice for individuals seeking optimal comfort and support during sleep and relaxation.

### Did you know?

THE MODERN ADJUSTABLE  
BED AS WE KNOW IT TODAY  
ORIGINATED IN THE EARLY  
20TH CENTURY



## Sizes and Features

Adjustable beds come in standard Australian bed sizes, non-standard sizes and can also be custom made. Sizes for split-bases can vary, but they're usually the same as standard sizes.

92 x 188 cm  <b>Single</b>	137 x 188 cm  <b>Double</b>	92 x 203 cm  <b>Long Single</b>	107 x 203 cm  <b>King Single</b>
137 x 203 cm  <b>Long Double</b>	76 x 203 cm  <b>Half Queen</b>	152 x 203 cm  <b>Queen</b>	183 x 203 cm  <b>King</b>

### HEAD AND FOOT LIFT

Adjustable beds have the capability to alter the head and foot sections for your comfort. Simply press the head up or foot up buttons on the hand controller to adjust to the desired height. These customised positions can assist with sleep complications and provide major health benefits.

### HI-LO / LO LO

The Hi-Lo/ Lo-Lo function allows the bed to adjust higher or lower to suit your needs, making it easier to get in or out of bed. With the Lo-Lo function, the base has the ability to go right down to the ground, this is mostly beneficial to consumers in a wheelchair as it makes transfer into bed much easier.

### ZERO GRAVITY

Zero gravity is a preset position provided on most that imitates astronauts when in space. Along with various other health benefits, this position takes pressure off the spine by raising the head and knees slightly higher than the heart.

### TRENDELENBURG

The trendelenburg feature makes it so that the bed is straight and on a 15–30 degree angle; either with the feet elevated above the head or vice versa. This position is commonly used to aid management of hypertensive (low blood pressure) patients and should only be used under medical instruction.

### WIRELESS OR WIRED REMOTES

A hand-held controller that is used to control the various features of an adjustable bed.

### PRESET POSITIONS

In addition to zero gravity or adjustable head and foot positions, preset positions are also a common function on adjustable beds. Some beds allow users to store their favourite position using a programmable button option.

### MASSAGE

Can be useful for increasing blood supply, triggering tissue stimulation, and promoting the release of endorphins, the massage function proves to be extremely beneficial and frequently used by our consumers. There are 3 levels of massage, alongside a wide range of modes to suit your requirements.

### LED BASE LIGHTING

Some adjustable beds are fitted with lighting beneath the base to help you move around the bed safely at night. Some remote controls are fitted with a torch.

### BLUETOOTH & SMART FEATURES

Newer adjustable bases are regularly coming out with more and more smart features that allow the bed to adjust as you move, connect to your phone, and charge your devices.

### WALL-HUGGING TECHNOLOGY

Moves the mattress back towards the bedhead as the top section of the bed is elevated. This is designed to keep you in easier reach of the bedside table.

### SPLIT

Some queen, king and super king bed frames contain separate bases, mattresses and controls, which lets sleeping partners choose their own positions without disturbing each other. When you place two beds together it is known as a 'split' configuration.

### Weight Capacity

THE MAXIMUM WEIGHT THAT  
THE BED FRAME AND  
MOTORIZED COMPONENTS CAN  
SAFELY ACCOMMODATE

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## Weight Capacity and Load Distribution

Understanding weight capacity and load distribution is essential when using an adjustable bed to ensure safety, durability, and optimal support.

Adjustable beds are designed to support specific weight capacities, which vary depending on the model and brand. The weight capacity refers to the maximum weight that the bed frame and motorised components can safely accommodate. Exceeding the weight limit can strain the bed's mechanisms, potentially causing damage and compromising performance.

Load distribution refers to how weight is evenly spread across the bed frame. Proper load distribution helps ensure stability and prevents excessive strain on specific areas of the bed. Uneven weight distribution can lead to premature wear and tear, reduced durability, and potential damage to the bed frame or motorised components.

To avoid overloading and potential damage, it is important to check the weight capacity of the adjustable bed and ensure that the weight of the mattress, bedding, and individuals using the bed remains within the specified limits.

# What to Consider When Purchasing an Adjustable Bed

When buying an adjustable bed, there are several important factors to consider. Here is a list of factors along with their descriptions to help you make an informed decision:

## ✓ **BED SIZE AND MATTRESS COMPATIBILITY**

Choosing the right bed size and ensuring mattress compatibility are crucial considerations when purchasing an adjustable bed. It's important to note that not all adjustable bed models are available in all bed sizes, so ensure that the bed size you desire is compatible with the specific adjustable bed model you are considering.

When selecting a mattress for an adjustable bed, it's recommended to choose a mattress size that matches the bed frame size. It's crucial to consider the available space in the bedroom and the specific needs of the sleeper(s) when determining the mattress size.

Adjustable beds require mattresses that can flex and bend without compromising their structural integrity. The mattress should be able to conform to the various positions and movements of the adjustable bed without causing damage or discomfort. It is important to note that mattresses constructed using a fixed edge wire around the entire mattress are not suitable for use with adjustable beds.

Memory foam mattresses, latex mattresses, and airbeds are popular choices for adjustable beds due to their flexibility and adaptability to different positions. These mattress types can contour to the shape of the adjustable bed and provide adequate support throughout various adjustments. Innerspring mattresses can also be compatible with adjustable beds, but it's important to choose models specifically designed or labeled as suitable for adjustable beds. Additionally, verifying the warranty terms for both the adjustable bed and mattress is essential to ensure they are not compromised by incompatible combinations.

## ✓ **MATTRESS TYPE**

Different adjustable beds may work better with certain types of mattresses. Consider whether you prefer memory foam, innerspring, latex, or air mattresses and check if they are compatible with the adjustable bed frame.

## ✓ **ADJUSTABILITY OPTIONS**

Adjustable beds offer a range of adjustability options that cater to individual preferences and provide enhanced comfort and support.

Adjustable beds typically offer a variety of adjustable positions to accommodate different needs and preferences. The number of positions can vary depending on the model and brand, but common adjustable positions include:

### **Head elevation:**

Raising the head section of the bed allows for sitting up in bed, reading, watching TV, or working on a laptop.

### **Foot elevation:**

Elevating the foot section provides relief for tired legs, improves circulation, and reduces swelling.

### **Zero-gravity position:**

This position elevates both the head and foot sections, distributing body weight evenly and reducing pressure on the spine and joints.

### **Anti-snore position:**

The anti-snore position slightly raises the head to alleviate snoring by opening up the airways.



### **Flat position:**

The bed can be adjusted to a completely flat position, similar to a traditional bed, for sleeping or relaxation.

The range of adjustability can also vary, with some adjustable beds offering a wide range of motion, allowing users to find their desired position with precision.

### **DUAL ADJUSTABILITY**

Many adjustable beds offer dual-adjustability, allowing each side of the bed to be adjusted independently. This is common with split bases. This feature is particularly beneficial for couples with different sleep preferences. Each partner can customise their side of the bed according to their individual comfort needs, such as personalised head and foot elevation. Dual-adjustability ensures that both individuals can find their ideal sleeping or resting position without compromising each other's comfort.

### **ADVANCED ADJUSTMENT FEATURES**

Some adjustable beds come equipped with advanced adjustment features that further enhance comfort and convenience. These may include:

#### **Massage functions:**

Built-in massage motors provide soothing vibrations or massage movements to relax muscles and promote circulation.

#### **Programmable memory positions:**

Users can program and save their preferred positions, allowing for easy recall of personalised settings.

#### **Wall-hugging or zero-clearance design:**

This feature allows the bed to move up and down without pushing the entire bed away from the wall, optimising space in the bedroom.

#### **Bluetooth and Voice Control:**

Many modern adjustable beds come equipped with Bluetooth connectivity, allowing users to control various bed functions wirelessly through their smartphones, tablets, or other Bluetooth-enabled devices. Voice control has gained popularity as a convenient and hands-free way to operate adjustable beds.

### **MOTOR QUALITY**

The quality and durability of the bed's motor are crucial for smooth and reliable operation. Look for adjustable beds with high-quality motors that provide quiet and efficient movement.

### **REMOTE CONTROL**

Check the design and functionality of the bed's remote control. It should be user-friendly, intuitive to operate, and have convenient features like backlit buttons or programmable presets.

### **WEIGHT CAPACITY**

Consider the weight capacity of the adjustable bed to ensure it can safely support your weight and any additional weight from the mattress and bedding. Higher weight capacities offer more stability and durability.

### **WARRANTY AND SUPPORT**

Check the warranty provided by the manufacturer and the level of customer support available. A good warranty will give you peace of mind in case of any defects or malfunctions, and responsive customer support can be helpful if you need assistance.

## ✓ **COMPATIBILITY WITH EXISTING FURNITURE**

If you have existing bedroom furniture, ensure that the adjustable bed frame will fit properly within the space and coordinate well with your decor.

## ✓ **PRICE AND BUDGET**

Set a budget for your adjustable bed purchase and compare prices from different brands and retailers. Consider the features and quality you desire and find the best value for your money.

## ✓ **SAFETY FEATURES**

New features such as gravity fall and pinch detection keep your children and pets safe while the adjustable bed raises and lowers or if the power goes out.

## ✓ **RETENTION BARS**

How adequate are the bars that hold the mattress in place? Without good retention features, mattresses on adjustable beds can slip off the base easily.

## ✓ **REVIEWS AND RECOMMENDATIONS**

Read customer reviews and seek recommendations from trusted sources to gather insights on the performance, comfort, and durability of different adjustable beds. Real-life experiences can provide valuable information before making a final decision.

By considering these factors, you can select an adjustable bed that meets your specific requirements and preferences, ensuring a comfortable and enjoyable sleep experience.

## **Factors to avoid**



Avoid 'cheap offers' and deals that prioritise low price over quality.



Research the credibility of the company to avoid 'over-night' operators



Ensure that parts and accessories are readily available for the model

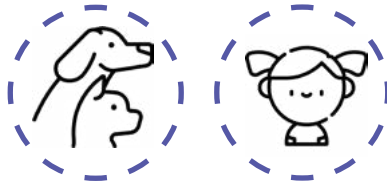


Avoid private sales and 'over the top' promises or guarantees

## **Do adjustable beds require maintenance?**

Modern electric beds may require special maintenance. Some care instructions include recommending occasionally lubricating the moving parts. Most warranties cover the motor and parts for two, five or 10 years. During that time, the supplier will generally carry out any repairs at your house.

To keep your adjustable bed working well, keep it and the surrounding area as free from dust and moisture as you can. An adjustable bed should last in good condition from about 5 to 10 years. Even though the frames are often covered for long periods, the electrical components and parts are sometimes only covered for 2 or 5 years.



## Child and Pet Safety

When using an adjustable bed, it's important to prioritise child and pet safety to prevent accidents and ensure a secure sleeping environment.

It's crucial to closely supervise young children when they are near or on an adjustable bed, especially during adjustments. Children should not be left unattended around the bed, as they may inadvertently activate the adjustable features or get caught in moving parts. Teach children about the potential risks associated with adjustable beds and educate them on safe usage. Make sure they understand that the bed is not a toy and that they should not play or climb on it.

Keep electrical cords and control remotes out of reach of children. Secure them safely and ensure they are not within the child's reach to prevent accidental activation or entanglement.

Evaluate whether it is safe for your pet to share the bed based on their size and behavior. Larger pets may inadvertently cause the bed to shift or become unstable, potentially leading to accidents. Keep electrical cords neatly tucked away or cover them with cord protectors to prevent pets from chewing on them, which could lead to electric shocks or damage to the cords.

Regularly inspect the bed frame for any exposed wires, sharp edges, or other potential hazards that could harm pets. Address any issues promptly by covering or repairing them.

## How to dispose of an old adjustable bed

Adjustable beds are large, heavy items that are difficult to move on, but when yours has reached the end of its life you do have some options. You can:

- ✓ Book a local council pick-up
- ✓ Contact the supplier to enquire about their removal services
- ✓ Recycle the mattress through an organisation like Bed Collect or Soft Landing
- ✓ Sell it on an online platform like Gumtree or Facebook Marketplace
- ✓ Donate it through a needs-based donation organisation, such as GIVIT.

## Mattresses

Whether you'll need to buy a new mattress depends on the size, weight and type of your current mattress, and also on the model of adjustable bed you choose.

To use your existing mattress, firstly it has to be the right size and an appropriate weight for the new base.

Secondly, the mattress type must be compatible. Foam and latex mattresses that are soft, light and relatively thin will work with most adjustable beds. Innerspring mattresses and thick, firm mattresses will not work.

Some adjustable beds can only be used with special mattresses that flex in sections. These mattresses are available at both specialty retailers and regular bed stores.

## What are the financial implications?

As well as the initial purchase, there are ongoing maintenance costs. Check the availability of parts and service. The length and conditions of the warranty are important. To ensure you purchase the most suitable model for your needs, ask to hire or 'try before you buy'.

## Funding and Grants

There are several different Government Grants and Schemes that can be accessed. There are quite a few different options, and it can be quite tricky to determine what you may be eligible for.



National Disability Insurance Scheme  
<https://www.ndis.gov.au/>



Department of Veterans' Affairs  
<https://www.dva.gov.au/>



Home Care Packages  
<https://www.myagedcare.gov.au/>

[www.adjustablebeds.au](http://www.adjustablebeds.au)

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