Live the Adjustable Lifestyle – Experience a Quality of Sleep You've Never Had Before

Live Life to the Fullest by Enjoying the Most Restful Sleep You Will Ever Have

A man comes home from a long day at the office. He is an I.T. Manager, and tomorrow he will present his recommendations to Senior Management about the benefits and risks of moving company data to a cloud server. The presentation is his chance to shine in front of his boss, and will increase the odds of being promoted if everything goes well.

Upon arriving home he showers and prepares for bed. His wife is already deep asleep when he slides in next to her with his laptop open and plugged in. He is working on PowerPoint slides for the presentation he will make in the morning. However, he just can't seem to find the right position to work in bed. The hard wood of the headboard presses uncomfortably against the man's lower back, and he can't risk taking pillows from his wife's side for fear of waking her.

As well, the long drive home has made his legs sore. He would really love to elevate them while he works on the presentation. After a frustrating hour spent constantly changing positions to accommodate his sore lower back and legs, the man gives up and goes to bed — his work unfinished.

Does this sound like a story you can relate to?

In 2015 your bed is much more than a place to sleep. In addition to reading in bed, many Canadians also work in their beds. Whether it's using a laptop before lights out, or responding to texts and emails using a smartphone. And we still expect our beds to be comfortable resting places where we can recharge our bodies and busy minds.

We spend a full 30 per cent of our lives in bed. Several academic studies and experts have confirmed that getting a good night's sleep is essential to operating at your peak, both mentally and physically. Sustained lack of sleep has been linked to mental, emotional, and physical fatigue.

According to Joe Hansen, host of PBS Digital's *It's OK to be Smart*, sleep deprived people do worse than well-rested individuals when learning new tasks, and they're poorer at processing new information. The better rested among us tend to have above average creative problem solving skills.

Given how much of your time you spend in bed, and how important it is that your time spent in bed is restful, wouldn't you rather spend those nights in comfort? Having a quality sleep system is essential; it's one of the most important investments in yourself you will ever make.

Increasingly, busy professionals need beds built for health, comfort, and life, while they keep pace with offices that can now reach us any time of day or night, 24/7. You want a bed that allows you to read, work, and sleep in perfect comfort. A bed that allows you to do all these things and more is one that should adjust to your needs; a position that's comfortable for reading won't necessarily be one that's ideal for sleeping in.

This is why adjustable beds are the future. Most models allow you to adjust the position of your upper and lower body so you can find the perfect positions for work, sleep, and play. Some even have the ability to massage your upper and lower body, giving sore muscles much needed release as you drift into a deep sleep.

Mattresses that come with adjustable beds feature gel infused foam that helps keep your body cool while you sleep. Even better, gel infused foams reduce motion transfer – so even with a partner who tosses and turns all night, you'll still be able to enjoy the deep, restful sleep you deserve on an adjustable bed.

Some adjustable beds come with 1,001 different positions they can take. This allows you to make meaningful use of your bed any time of day or night.

Ultramatic Canada has been specializing in adjustable beds for more than 30 years. One of their Sleep Experts will be happy to speak with you about how you can make the most of your bed, allowing it to fulfill all your needs. To learn more, call **1.888.589.6786** or visit: www.ultramaticsleep.com. Ultramatic Canada's Toronto flagship store is located at 508 Lawrence Avenue West, Unit 24.

With 1,001 positions to choose from, Ultramatic Adjustable Beds allow you to live your life to the fullest by enjoying the most restful sleep you will ever have.

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