



BACK AND BED

Ergonomic Aspects of Sleeping
By Bart Haex

Editorial Review:

A synergy of physical, psychological, and physiological conditions affects the mental and physical quality of sleep. Although much has been written about this issue, little has been founded on actual research, until now. Back and Bed: Ergonomic Aspects of Sleeping is the first book to scientifically attribute the relationship between ergonomic factors and the quality of sleep. It describes the pros and cons of different types of mattresses, supporting structures, head cushions, and sleeping postures. This volume defines and combines several aspects of sleep quality and identifies the underlying ergonomic parameters for each of these aspects. Based on state-of-the-art, in-depth research, this book also illustrates how back support can be evaluated and optimized for an individual or for a population group. It is a valuable resource for researchers, clinicians, physicians, ergonomists, manufacturers and marketers and is accessible to anyone who practices the art of sleep. Amazon®

Chapter 1 Page 1: Which Ergonomic Factors Affect the Quality of Sleep?

"The most important and therefore most emphasized environmental component is the sleep system (i.e., mattress +support structure +head cushion) we are "lying and relying" on. It mainly affects our physical condition during the night and, consequently, during the day. A proper sleep system has to fulfil many needs, depending on personal requirements, and has to be appropriate for different sleeping postures. Most authors consider a resting place being ergonomically justified when the entire musculoskeletal system is able to recuperate well: muscles have to relax while the unloaded inter-vertebral disks are re-hydrating." Back & Bed by Bart Haex®

Chapter 1 Page 3: 1.1.1 Spine Support

"If the spinal column is unloaded during the night and if it is supported in its natural, physiological shape, it should be able to recuperate from daily activities. Therefore, it is important that every person sleep on an adequate combination of a mattress, a mattress support, and a pillow (Idzikowski 1999). Since both body dimensions and body weight distribution have an important influence on the position of the vertebral column on a sleep system, every person should have an individually adapted sleep system. In practice such is not possible." Back & Bed by Bart Haex®

Chapter 1 page 10-11: 1.1.1.2 Back Pain

"As opposed to what some manufacturers of sleep systems claim, pressure-relieving mattresses do not necessarily support the spine correctly; at places where body weight is concentrated (i.e., places with a higher weight density), the body will sink deeply into the mattress, causing other zones to rise up. The heavy pelvic zone will cause the mattress to sag, while the shoulder zone will be pushed upward, resulting in an asymmetrically loaded spine. Correct support of the spine cannot be measured with equipment that generates a pressure distribution output, unless a stringent relation between spinal support and weight distribution is established." Back & Bed by Bart Haex®



AMMIQUE®

A Better Sleep System
By Design

With sleep very much on everyone's agenda Bart Haex has confirmed what most of us suspected. When it comes to a good night's rest what we choose to sleep on can have a profound impact on our health and wellbeing depending primarily on how well it supports our bodies whilst we sleep.

Haex's study reaffirms the Ammique team's own research findings and concludes that if the spinal column is unloaded during the night and if it is supported in its natural, physiological shape, it should be able to recuperate from daily activities. He also acknowledges that although every person should have an individually adapted sleep system, there is no mattress, mattress support or pillow combination that, in practice, can possibly provide adequate support.

Having come to the same conclusion following its own extensive research, the team at Ammique set out to create a functional sleep system by designing a robust, mattress-less support structure and mechanism capable of offering the highest level of long term, body contouring support.

The result, the Ammique® Bed, is a unique, ergonomically designed, durable, mattress-free sleep system engineered specifically to adapt to every person's individual weight, shape and movement instantaneously every night throughout his or her lifetime thereby maintaining the spine and musculo-skeletal structure in the perfect sleeping posture.

Guaranteed for a lifetime, the Ammique Bed has been designed not only to support every person's body in the correct posture whilst asleep, but also with hygiene in mind. Instead of a mattress, three layers of padding are all removable & washable. Fitting neatly at each corner over the sleep surface, three tailored Ammique Coversofts are provided with each Ammique Bed as the recommended level of cushioning.

Beneath the Ammique cleanable structure and mechanism a void allows for excellent airflow and removable side panels provide easy access to vacuum through the Ammique base. The outer frame of the Ammique accommodates a wide range of interchangeable, decorative side and end panels enabling the Ammique Bed to be customized easily to suit individual tastes and changing trends.

As for affordability, the Ammique team point out that with its structure and mechanism guaranteed against wear and tear for a lifetime, calculated over 35 years; the Ammique Bed's unique sleep health and wellbeing benefits cost less than £1 per night.

The Ammique Bed is a sustainable, long term solution and a top quality sleep system. Designed to perform and to continue to perform to the highest level, the Ammique Bed is manufactured to the highest specification using only recyclable or re-usable and ethically sourced materials and components helping to maintain your health and wellbeing whilst protecting that of the planet.

Press Release



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Email press@ammique.com

The AMMIQUE® Bed in GUESTROOM2010 at HITEC2008 • BOOTH 161 • 16-19 JUNE 2008 • AUSTIN, TEXAS USA



GUESTROOM2010®

Minneapolis, MN..... June 2006
 New York, NY..... November 2006
 Orlando, FL June 2007
 Chicago, IL August 2007
 New York, NY..... November 2007
 Austin, TX..... June 2008



AUSTIN CONVENTION CENTER, TEXAS



AMMIQUE®



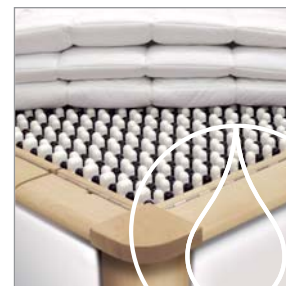
COMFORT

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



CONSISTENCY

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



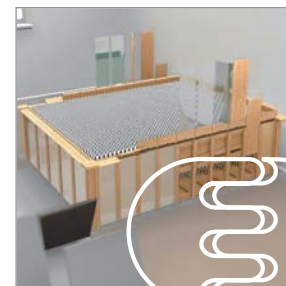
HYGIENE

Designed with hygiene as a priority, the structure is easy-clean throughout with all padding removable and washable.



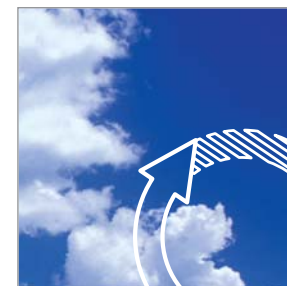
AIR FLOW

Within the structure a void allows excellent air circulation, helping to regulate the body's temperature throughout the night.



ADAPTABILITY

Modular construction therefore easy to deliver and simple to lengthen. Outer frame with interchangeable panels allows for endless styling options.



ENVIRONMENT

Developed and created with environmental sustainability in mind, the unique patented technology is a radical leap away from throwaway mattress technology.



SLEEPSCAPE

State of the art technology as well as optional lighting and audio-visual systems providing a scientifically researched and holistic solution.

Made in G.B.

BS EN 1957 2000
 BS EN 1725 1998

European Patent No 1 115 312
 US Patent No US 6,721,981 B1
 Canada No 2,382,179

Community Trade Mark No 002530707
 GB and NI Trade Mark No 2276191
 US Trade Mark No 2,857,785

LIFETIME GUARANTEE

The Ammique frame and support system are guaranteed for a lifetime against defective workmanship and materials. Defects in workmanship and materials are defined for the purpose of the warranty as causing the Ammique Bed to be unsound structurally or mechanically. The Company cannot accept responsibility for any damage caused to the structure and mechanism if stored in adverse conditions and not at room temperature. The warranty applies under normal usage and does not apply to defects resulting from accidents, misuse, or negligence. This guarantee is not transferable

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Press Release