

## MEDESIGN® BED BOARD

Product Reference BB



■ A folding set of boards for placing under an oversoft or sagging mattress.

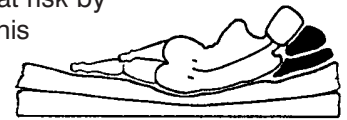
SIZE: Panels: 360 x 765mm (14.1" x 30")

Total size: 1080 x 765mm (42.5" x 30")

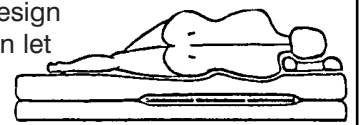
WEIGHT: 3.0kg (6.6lb)

Are you susceptible to backache, lumbago, sciatica?  
Do you wake up with a stiff and aching back?  
Is your mattress soft or sagging?

Then you are at risk by sleeping like this



When a MEDesign bed board can let you sleep like this



■ Trying to sleep (or even rest) during an attack of acute lumbago or sciatica is a miserable, painful experience. Doctors often advise sleeping on the floor or putting planks under the mattress to relieve the pain. Sufferers from more chronic types of backache can also benefit from sleeping on a firm, level bed.

■ The pain is caused because an oversoft or sagging mattress allows your back to slump into a posture which is liable to place the nerve roots under passive tension where they emerge from the lumbar region of the spine. This can be painful of itself and, if your spine is already suffering from wear and tear because of injury or age, it can make you stiff and aching due to ligamentous stretch.

■ At home, you can spend as much money as you like, or can afford, on a so called "orthopaedic" bed and mattress to suit you (provided always that your sleeping partner does not object). But that solution is not ideal for everyone. It is less than popular if your partner prefers a soft mattress. And, it is no solution at all when work or holidays take you away from home.

■ The MEDesign bed board is designed to be the complete answer because it is:

1. Light for easy carrying.
2. Rigid and strong to give support.
3. Large enough to fit a single bed (or one side of a double bed).
4. Small enough to transport easily.

**ACCESSORIES:** A custom made carrying case for ease of transport and protection is available as an optional accessory. (See photo above.)

**CLEANING:** Wipe over with any good quality detergent or disinfectant solution. Do not clean with any type of synthetic solvent - this will damage the cover.

**SPECIFICATION:** Quad wall, high density boards in heavy duty, waterproof, wipe clean cover.

PLEASE NOTE: It is a good practice to air your bed regularly.

### AVAILABLE FROM

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Full details on all MEDesign products are available at [www.medesign.co.uk](http://www.medesign.co.uk)

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