

Sleep tight -

by Rosemarie Rossetti, Ph.D.

Since my spinal cord injury ten years ago, I have had difficulty sleeping due to leg spasms and the inability to sleep comfortably on my back. Our mattress was 13 years old. I could only sleep on my sides and put lots of pressure on my hips. With a new bed and mattress I don't flop from side to side, trying to get comfortable and I can sleep on my back.

My husband Mark and I spent many months researching and shopping for a bed. We made our final selection at the Sleep Outfitters showroom in Columbus, Ohio. They have showrooms throughout Ohio, Kentucky and Indiana.

We chose the Kaymed gel mattress. This 12" thick, pressure reducing mattress is made of high density visco foam, gel honeycombs, visco-elastic, and energy absorbing foam. Visco-elastic is unique because it is body-responsive, softening under contact points with the body. It molds to your body by reacting in a few minutes to your body heat. The ability of the mattress to contour and conform to your body gives you a feeling of comfort — like you are floating.

For the base of our bed, we selected the Leggett & Platt Lifestyles S-cape



Split sheets from Bedzak



adjustable bed. We have two extra long twin mattresses that, when positioned side by side, are as large as a king sized bed. In order to make transferring to and from my wheelchair easier, we lowered the frame about two inches by taking off the wheels under the frame.

This bed has two cordless remote controls that can be independently adjusted to elevate and lower the head and foot of each mattress. It also comes with a therapeutic body massager.

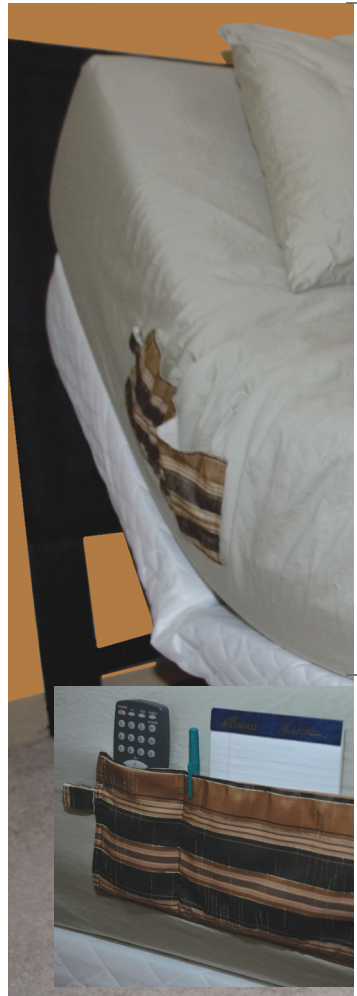
With the head and foot of the new bed slightly elevated, I am now able to sleep on my back for hours. I also

Sources:

- Sleep Outfitters (beds)
www.sleepoutfitters.com.
- Leggett & Platt Lifestyles (beds)
www.LPadjustablebeds.com.
- Bedzak (caddy): www.bedzak.com
- Kaymed (mattress):
www.kaymedworld.com
- FunctionAll Linens (sheets):
www.functionall-linens.com
For 20% discount, click on Platinum program. fill out contact information. In comments section, list SpecialLiving as source for the discount.
contactus@functionall-linens.com
512-552-1232
- DoubleUps (sheets):
www.doubleupsforbeds.com
kevin@doubleupsforbeds.com
800-977-3832

have fewer leg spasms and have gradually weaned myself off all of my anti-spasm medication. I rarely take a pill during the night. Now, I am more alert in the morning.

The sheets for my bed were provided by Pocket Shop which manufactures FunctionAll Linens. The fitted sheets have pockets on the sides, and are extra deep with elastic all around the edges. I keep tissues, a pill box and foam earplugs in the pockets. The Ergo Pockets are sized and positioned for the client's convenience. The medical sheets are \$47 and up. The luxury bed sheets are \$170





Rosemarie sleeps like a baby since she got a new bed, mattress and sheets.

and up. They are offering Specialiving readers a discount. See Sources.

Bedzak has bed pocket caddy organizers for \$34.99. They also have DoubleUps, a patented split-sheet design that allows you to take half of the sheet with you when you turn and

leave the other half on the other side of the bed. \$96.95 and up. *

Rosemarie Rossetti is building a model universal design home in Columbus, Ohio. www.udll.com

*Her book, *Taking Back Your Life*, is available from Specialiving, pg. 70 or www.specialiving.com*