



www.plega.com.au  
**1300 888 648**

# PLEGA

## ADJUSTABLE BEDS

RECOMMENDED BY HEALTHCARE PROFESSIONALS

The PLEGA Adjustable Beds are designed to bring you the ultimate in rest, relief and support, making the one-third of your life you spend in bed more comfortable. A PLEGA Adjustable Bed is simply the most unique piece of furniture in the world.



Touch button controls electrically elevate back and legs to different positions.

You are the designer. You can electrically elevate your back and your legs to any position at the touch of a button. Whether for health, sleep or increased mobility, PLEGA Adjustable Bed owners would never sleep on anything else.

**Sleeping**  
 A lot of people take sleep for granted, but if you don't get a good night's sleep you simply don't feel good the next day. Our research shows that one out of two people who sleep on Plega Adjustable Beds sleep in a contour position. In this contoured position your whole body weight gets evenly supported, the pressure is taken off your lower back, circulation is increased, and most importantly, you can sleep comfortably all night.



The Plega Adjustable Beds can be used with commercially available bed linen and electric blankets. Headboards are not included, heater and massage system is optional. All beds are custom-made, therefore our customers pay only for features they need.



NEW RANGE OF HOME-CARE ADJUSTABLE BEDS WITH NATURAL LATEX MATTRESSES

PLEGA mattresses are of the highest quality construction and offer the most supportive and comfortable sleep possible.

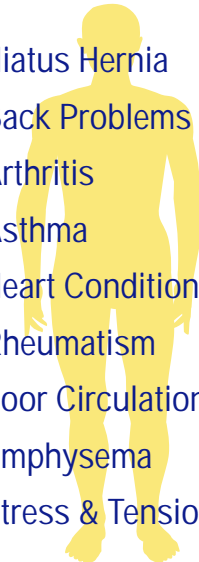
**FREE DVD Order Now!**

Specifications	Size	Optional massage system	Mattresses
Electric Steel Frame - Head Lift	2'6", 3', 3'6", 4'6", 5', 6', Dual Queen (2 x 2'6"), Dual King (2 x 3'), or special sizes on request	Yes	Inner spring
Electric Steel Frame - Head & Leg Lift	2'6", 3', 3'6", 4'6", 5', 6', Dual Queen (2 x 2'6"), Dual King (2 x 3'), or special sizes on request	Yes	Inner spring, or Latex



Get relief from:

- Hiatus Hernia
- Back Problems
- Arthritis
- Asthma
- Heart Condition
- Rheumatism
- Poor Circulation
- Emphysema
- Stress & Tension



You will benefit from our twenty years experience in engineering, design and understanding customer needs.

We have the largest network of full time, fully trained after sales service technicians in Australia with the capability to cater to any possible change of health conditions or further requirements you may experience both today and in years to come.



Book your **FREE TRIAL** and experience the Freedom, Independence, Added Mobility and Comfort that PLEGA can give.



Ring our Customer Hotline **NOW!** **1300 888 648**

# Plega Adjustable Beds

The ultimate in support & comfort

CUSTOMER HOTLINE  
1300 888 648

## Getting out of bed

The only problem with Plega Adjustable Beds is that people don't want to get out of them in the morning.

May we recommend elevating your back to an almost complete sitting position. You'll find getting out of bed extremely easy, without pressure on your lower back.

## Sleeping

A lot of people take sleep for granted, but if you don't get a good night's sleep you simply don't feel good the next day. Our research shows that one out of two people who sleep on Plega Adjustable Beds sleep in a contour position. In this contoured position your whole body weight gets evenly supported, the pressure is taken off your lower back, circulation is increased, and most importantly, you can sleep comfortably all night.

## Hiatus Hernia

A Plega Adjustable Bed allows hiatus hernia sufferers to simply elevate their backs and sleep comfortably all night.

## Back problems

A Plega Adjustable Bed can do five things for your back that no other bed can do:

### **Lower Back**

A position that is recommended as actual therapy for your back is with your legs elevated, knees bent and your back completely flat. This position creates a pelvic tilt, puts reverse pressure on your lower back and helps build the strength of your lower back muscles. By elevating your legs and bending your knees you can actually feel your lower back moving. You can realign the weights and pressures on your vertebrae that may in turn be press-

ing on your delicate nerves, finding more comfortable and less stressful positions.

### **Foetal Position**

With a Plega Adjustable Bed you can elevate your back and your legs into a foetal position with your knees bent and your upper body gently curled into them. This position releases your lower back onto the mattress, forcing you to relax and ease your everyday tension.

### **Upper Back**

The higher your back, the less pressure put on your upper back, neck and shoulders.

### **Relieve the Strain**

Every time you elevate your back or your legs, you are gently realigning your vertebrae and changing the pressures they exert on your delicate nerves that can cause pain. Sometimes just an inch in either direction can 'relieve the strain that creates the pain'.

### **Stretch Back Exercise**

As we get older, our vertebrae get closer and closer together. As we stand and walk, our vertebrae are forced still closer. If you have chronic back pain, the stretch-back exercise works like traction. Start flat, and together elevate your back and your legs all the way up, and then all the way down. You'll feel a complete stretch along your entire back. You'll feel a gentle pull between each vertebra. Feels great!

## Arthritis

Relieve the strain and the stress from your neck, shoulders, middle back, lower back and hips by merely pressing a button to change your body's position. There is no cure for arthritis, but sometimes 'Comfort is the best remedy'. Imagine the comfort and the relaxation made

possible by independent head and foot controls PLUS a mattress with a soft 'pillow' top PLUS optional massage! You'll wonder why you ever waited so long to pamper yourself.

## Asthma

The higher your back, the less pressure on your ribs. This gives your lungs more room, making breathing easier.

## Heart Condition

Elevating your back allows gravity to assist your heart muscle.

## Poor Circulation

A Plega Adjustable Bed allows gravity to assist your circulation when you elevate your legs above your heart. This is specifically recommended for varicose veins, swelling of the legs and muscle cramps. Varicose vein sufferers are advised to elevate their legs above their heart level to allow gravity to assist rather than fight the venous flow back to the heart.

## Stress and Tension

You don't have to have a circulatory problem to want to elevate your legs when you are very tired or have worked too hard. First contour your body; then elevate your legs all the way. This is the most comfortable and relaxing position you'll ever find. Turn on the optional massage for extra relaxation.

