

STUDY SUMMARY

Fibromyalgia Sufferers Find Relief in the Tempur-Med® Medical Bed

Fibromyalgia affects three to six million Americans. This chronic disorder is characterized by musculoskeletal pain, fatigue, and multiple tender points that occur in precise, localized areas. People with fibromyalgia frequently experience anxiety, irritable bowel syndrome, and sleep disturbances which cause stiffness upon awakening.

Insomnia

Insomnia is a frequent complaint of individuals with fibromyalgia. Sleep is difficult to obtain and often interrupted due to chronic pain. A study¹ observed that the viscoelastic material in Tempur-Med mattresses was correlated with:

- 29 percent increase in the average sleep period
- 38 percent decrease in the incidents of awakening

Less Pain, Avoid Side Effects

The pain associated with fibromyalgia usually requires heavy pain medication. The Tempur-Med medical bed alleviates pain without medication and its side effects. The study reported:

- 60 percent reduction in pain
- 20 percent increase in quality of sleep was observed between the initial night and the final night of the study

Tender Care for Tender Points

Numerous studies² have shown the pressure-reduction benefits of TEMPUR® material on patients with pressure-related medical concerns. Reported impacts of TEMPUR material include reducing or alleviating:

- Shoulder tension
- Arm pain
- Swollen feet and calves
- Circulatory problems resulting in pressure ulcers
- Back pain
- Aching knees
- Sciatica

¹Young, M. (2002). The effects of a Tempur-Pedic mattress on reducing insomnia in patients with fibromyalgia: An exploratory study. Retrieved September 1, 2006 from <http://www.spineuniverse.com/displayarticle.php/article2048.html>

²Located at <http://www.spineuniverse.com/displayarticle.php/article2058.html>