

## Adjustable Air Bed

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One thing that is good about adjustable air bed is that it can be adjusted to the metabolic changes that occur in your body. Doctor says that a person who wakes up in the morning with a backache also feel like they have not slept at all. When a mattress doesn't give you adequate support, some of the dozens of muscles supporting the back have to work overtime to maintain the spine's alignment.

Because of air compresses, when sleeping on an adjustable air bed, the entire body is uniformly supported.