



Schlafen ohne Rückenschmerzen

Mit dem richtigen Bett zum optimalen Schlafkomfort

Pascal Mannekens

ISBN	9789401439381
Publisher	Lannoo Publishers
Binding	Paperback / softback
Territory	World excluding Belgium, The Netherlands, France, Switzerland & Scandinavia
Size	241 mm x 152 mm
Pages	192 Pages
Illustrations	40 color, 10 b&w
Price	£19.95

- Clear and concise, and widely accessible; fully illustrated, with numerous tips and an overview of the current advanced bed systems available on the market
- Pascal Mannekens is a much sought-after expert in the field of comfort and sleep

A lot of people sleep on mattresses that are of poor quality. A good night's rest and a correct sleeping posture can however prevent the onset of a number of common back problems. Roughly 8 out of 10 people suffer from severe back pain at some point during their lives. Of those, almost 10% go on to develop chronic back problems. *Give Your Back a Break* helps you to minimise the risk of developing back pain. What should you look for when buying a mattress? Should you be thinking in terms of sleeping on an orthopaedic or memory foam mattress? And which is the best position for sleeping? After reading this book you will be as informed as your physiotherapist or general practitioner (or even more so) about the benefits of a healthy spine. Text in German.