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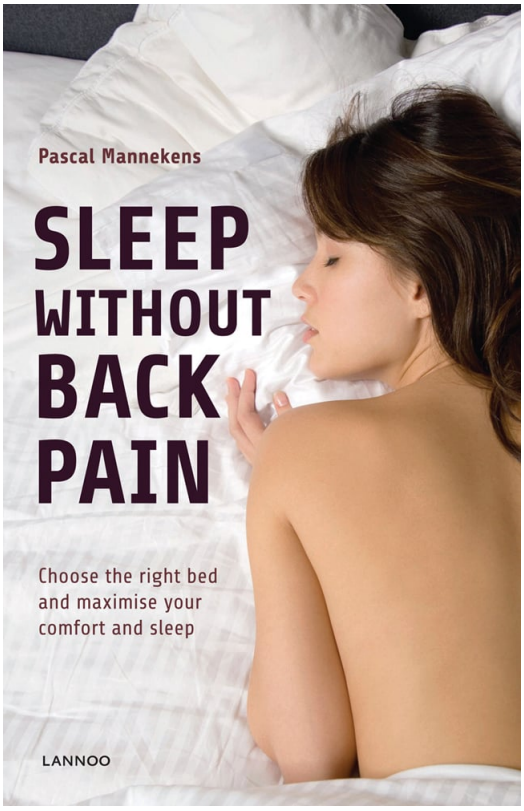

Sleep Without Back Pain

Choose the Right Bed and Maximise Your Comfort and Sleep

Pascal Mannekens

ISBN	9789401439374
Publisher	Lannoo Publishers
Binding	Paperback / softback
Territory	USA & Canada
Size	5.99 in x 9.53 in
Pages	192 Pages
Illustrations	40 color, 10 b&w
Price	$27.95

- Clear, 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. ***Sleep Without Back Pain*** helps you to minimize 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 orthopedic 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.

Pascal Mannekens is a physiotherapist, ergonomist and researcher. He's an authority on comfort and sleep and has developed a strong reputation both at home and abroad. He's involved in various (product-) developmental projects and collaborates with a research department at an international company that manufactures advanced bed systems.

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