

You have been booked for a bed and pillow fitting at this clinic, on the *SD Labs 10 body zone (Z10-BodyFit) segmented sleep system*.

## Why we offer this service

The research increasingly tells us that Pain and Sleep quality are interconnected ideas.

‘Bad pain contributes to bad sleep. And bad quality sleep actually makes your nerves and brain more sensitive to feeling worse pain the next day’.

How you sleep is thus important to everyone, but especially important to clients who suffer from pain.

## The aim of the appointment

Our aim is to fit your body to a dependable, custom prescribed sleep surface that puts your body and back in a relaxed and appropriately supported position. We seek to reduce unwanted pressure on your body (such as the shoulder or neck) overnight. We also aim to screen you for any sleep conditions, such as obstructive sleep apnoea, that may be contributing to bad sleep quality.

At the conclusion of the appointment, you will receive a prescription for the fitted system you can use to try the system at home. The bed providers, *SD Labs*, provide a 12 week trial for you to see if it suits you.

## How is the *Z10-BodyFit Bed System* different to a traditional mattress/bed?

Traditional beds and mattresses cannot be adjusted across different areas of your body. This results in a trade off - some areas need to be firm to provide support, whereas others need to be soft to prevent injury from excessive pressure/compression. Too much firmness can contribute to hip, shoulder and neck pain. Too much softness lets your back down in terms of support.

Additionally, the weight distribution through your body in a side or back lying position means that the curvature of your back, from the lumbar to mid thoracic spine, is often not adequately accessible by the mattress, to provide support. By softening the shoulders/hip/buttock region of the sleep surface, the curvature of the back can be accessed to provide better support.

This system was designed by Professor Tony Goldschlager (Neurosurgeon), physiotherapists and engineers to be able to be ‘fitted’ to your body by a trained physiotherapist in 10 independent ‘body zones’. After the mattress is fitted, the pillow is finally fitted and prescribed to provide the required support, based on your shoulder and neck position in this bed.

In addition to the mattress being customisable across 10 zones, the bed base is constructed from steel, with a beam under each sleeper. This provides uniform and reliable support that will last for many years without sagging.

## What happens at the fitting appointment

Your physiotherapist will typically spend 60 minutes on your assessment.

Sometimes, based on initial screening questions, the physiotherapist will offer you the option to take an at home Sleep Test to screen you for obstructive sleep apnoea. This is because bad sleep quality increases your sensitivity to pain, and obstructive sleep apnoea is a commonly undiagnosed (and treatable) cause of bad sleep quality.

Your physiotherapist uses the remainder of the appointment to fit the sleep system to your body and issue a prescription for the system so it can be replicated in your home.

The bed can be continually adapted to meet your needs. The system can be adjusted at any time in the future by swapping out zone components to suit any changing needs.

## After the fitting

You are given the option to proceed to a quote for the system, based on your prescription, from *SD Labs*. Please refer to the *SD Labs* website at [sdlaboratories.com](http://sdlaboratories.com) for their current pricing.

If you choose to go ahead with the system, *SD Labs* will reimburse you with the amount you paid for your assessment and bed fitting, up to \$250, to be applied against the cost of your purchase.

If you decide to proceed, the *SD Labs* customer service team will arrange free delivery and assembly of the system at a convenient time for you.

## FAQs

### 1. What to wear

During the assessment and fitting, your physiotherapist will need to assess your posture, with this in mind, please wear loose, comfortable clothing and ideally have the option of removing a top layer.

### 2. What to bring

Your standard pillow and any other pillows you may use for positioning throughout the night can be helpful for us to understand how you've been sleeping at home to date.

### 3. Appointment Costs

Typically \$250 for a 60 minute appointment which includes musculoskeletal assessment and bed fitting. If you complete the purchase of the *Z10-BodyFit Bed System*, *SD Labs* will deduct the amount that you paid for your appointment, up to \$250 against the cost of the bed system.

### 4. Typical system pricing if you decide to proceed

Refer to our website at [sdlaboratories.com](http://sdlaboratories.com) for current pricing.

### 5. Partner options

If you choose a Queen or King option, the bed can be supplied with prescriptions for two sleepers at the same price. Your partner would need to make a separate fitting appointment with an accredited physiotherapist. Discuss with your physiotherapist the options for getting your partner fitted as well if you would like to do this.

It is also common for the partner's side to be delivered in a uniform firmness (eg whole side medium or firm) as requested, if they do not want a physiotherapist fitted mattress. In the future, should a future partner fitting be requested, this can be achieved by swapping out the required pads based on the new prescription (you will be required to pay for the pads that need to be replaced).

Talk to your physiotherapist or *SD Labs* customer service if you would like to discuss this further.

### 6. 12 Week Trial Period

The sleep system or its parts can also be exchanged or returned within the 12 week trial period for a full refund of any money you have paid. In the event the system is returned, *SD Labs* will pick it up from your house at no cost to you.