

SAMINA Gravity® Inclined Sleeping

SAMINA continues to innovate healthy sleep products using science-based data. One of the most recent developments is the newly-patented slant bed called the SAMINA Gravity Inclined Bed. In order to understand our excitement, you have to know the science and research behind a slant bed and inclined sleeping.



SUPPORTING
YOUR
HEALTHY SLEEP

Studies and Opinions on Inclined Sleeping



SAMINA founder Dr. Günther W. Amann-Jennson wrote an article based on his research and experience entitled Gravity Inclined Bed – Innovation for Enhanced Detoxification and

Regeneration During Sleep. Jennson outlines in great detail “the importance of gravity with respect to our health and wellness and its relationship to sleep, detoxification, and regeneration”. A healthy night’s sleep can do wonders for any person. It helps reduce stress, anxiety, depression, on top of giving your organs and body the time to regenerate.

Sleep scientist Professor Dr. William C. Dement, MD proclaimed that over 90% of our health depends on our sleep. But naturally how one sleeps is just as important as sleep itself. Dr. Amann-Jennson poses the question of the possible side-effects that may come from a straight horizontal sleeping position. He gives examples of animals from baboons to cattle, from birds to penguins that don’t sleep horizontally and questions how gravity affects us when we sleep in a horizontal position night after night. Questions science cannot clearly answer now.

Brain Circulation

Intracranial pressure is increased when sleeping horizontally. Dr. Amann-Jennson states, “When the brain receives more pressure due to our resting position, there are various pressure receptors especially in the neck area, which contribute to lowering blood pressure and thus help prevent excessive intracranial pressure.” This means that our blood pressure is lower when we’re asleep and when we’re laying horizontally. He states that being in a vertical position for long periods

has also been an issue, and for those who work on their feet all day, can feel the effects on their swollen feet and ankles by the end of the day. Apart from just the brain while you’re sleeping horizontally, there’s also a sustained pressure to the eyes, ears, face, sinuses, and to the gums. The increase of intracranial pressure has also resulted in hypoxia and hypoglycemia.

Gravity Inclined Bed

The Gravity Inclined Bed is the source for more regeneration, health, vitality and well-being. The slant bed uses an adjustable tilt allowing healthy rest and sleep with the force of gravity. The innovative slant bed was developed in collaboration with Luxlet and offers several advantages. The Gravity Inclined Bed has a preventive effect to reduce snoring and sleep apnea. It provides relief for people who suffer from heartburn and acid reflux. Sleeping on the slant bed helps support people with restless legs syndrome and also helps the lymphatic system in the body (the system of organs and tissues that rid the body of unwanted materials like waste and toxins). In general, it can improve heart health, circulation, and blood pressure regulation.

