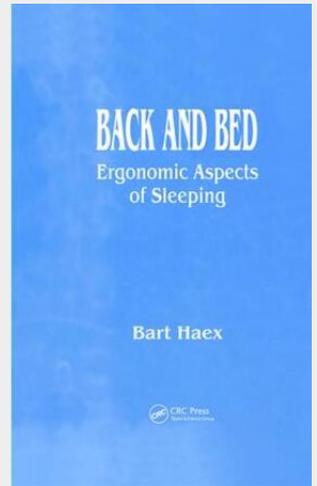


Haex

Back and Bed

Ergonomic Aspects of Sleeping

A synergy of physical, psychological, and physiological conditions affects the mental and physical quality of sleep. Although much has been written about this issue, little has been founded on actual research, until now. Back and Bed: Ergonomic Aspects of Sleeping is the first book to scientifically attribute the relationship between ergonomic factors and the quality of sleep. It describes the pros and cons of different types of mattresses, supporting structures, head cushions, and sleeping postures. This volume defines and combines several aspects of sleep quality and identifies the underlying ergonomic parameters for each of these aspects. Based on state-of-the-art, in-depth research, this book also illustrates how back support can be evaluated and optimized for an individual or for a population group. It is a valuable resource for researchers, clinicians, physicians, ergonomists, manufacturers and marketers and is accessible to anyone who practices the art of sleep.



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