

The Effects of a Tempur-Pedic® Mattress on Reducing Agitation in Patients with Alzheimer: An Exploratory Study

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Help for families caring for individuals in the initial stages of Alzheimer and Dementia:

A recent randomized, controlled pilot study commissioned by Tempur-Pedic Medical, Inc., and conducted by a major U.S. research university, used the Agitated Behavior in Dementia (ABID) and Cohen-Mansfield Agitation Inventory (CMAI) tools to compare agitation levels between two groups of nursing home residents diagnosed with mild to severe Alzheimer's disease.



The group of residents randomly assigned to a Tempur-Pedic mattress had statistically greater reduction in agitation levels than those residents randomly assigned to the control mattress, a competitive viscoelastic product. This data helps to substantiate mounting anecdotal evidence indicating that individuals suffering from Alzheimer's disease and other forms of dementia experience less symptoms of agitation when sleeping on Tempur-Pedic mattresses.

In their conclusions, the investigators suggest that in addition to traditional drug treatment, environmental factors such as the use of Tempur-Pedic Swedish Mattresses may offer an additional benefit by further reducing agitation among Alzheimer's patients. The findings of this study have been submitted to a major gerontological conference for consideration.

According to the Alzheimer's Association, behavioral symptoms such as agitation and sleep disturbances are among the most challenging effects of the disease and are a major factor in deciding to place a loved one in residential care such as a nursing home. Although the research is ongoing, these important early results indicate that Tempur-Pedic mattresses may improve the quality of life of Alzheimer's residents in the nursing home by improving sleep and reducing levels of agitation.

Tempur-Pedic mattresses are temperature sensitive, breathable and viscoelastic. These properties enable this material to remain firm where needed and soft where desired, creating a custom fit for each individual. Through the use of weight and heat to distribute pressure over the entire surface, the bed automatically adjusts to body size and provides body-contouring support for a restful night's sleep.



Solutions for comfort, pressure and pain management.™