



your pro-active approach to lifestyle changes

Beds & Mattresses

Latest Designs • Fair Pricing Guarantee • Full Needs Assessment



Helps with Bad Backs, Poor Circulation, Joint Pain, Aches and Pains, Poor Sleep, Numbness

www.self-sure.co.uk

Welcome to Selfsure









Contents

Thank you for taking the time to read our latest brochure. As well as offering a great range of British products, SelfSure wants its Customers to understand the importance of assessment to ensure your product of choice, gives you good posture as well as meeting your current and future requirements.

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BEDS ICON KEY

-  **Memory foam** - provides pressure relief by evenly distributing the bodyweight across the entire surface.
-  **Pocket sprung** - each pocket spring reacts separately to pressure applied, supporting body weight individually, rather than spreading body weight across the surface of the mattress. This promotes a more restful night's sleep.
-  **Latex** - contours to the body and offers optimal temperature and moisture control. Latex is naturally anti-bacterial, anti-fungal and dustmite resistant and offers excellent durability.
-  **Adaptive** - intelligent textile technology that responds to changes in temperature and moisture levels.
-  **Single sided mattress** - we recommend that you rotate a single sided mattress head to toe every fortnight for the first three months, then every other month thereafter.
-  **Manufactured in Britain** - The act of buying British goods is great news for the UK economy. When you buy British, you are investing in skilled craftsmanship that has been handed down through the generations and better quality goods - whilst helping to secure the future for British manufacturers.

Why can beds be classed as medical devices?

Some adjustable beds are manufactured with the intention of helping people with health conditions, chronic sickness and disabilities.

The government allows these products to be sold exempt of VAT provided you qualify, that is, if you have a health condition, chronic illness or disability. This means these products are classed as medical devices and come under the watchful eye of the Medicines and Healthcare Products Regulatory Agency.

What you need to know

When a bed is classed as a medical device, it means it has been designed to have a positive impact on your health, they are unfortunately not a cure but they can help with the relief of certain symptoms on a temporary basis including aches and pains. A great benefit is that of good posture.

Purchasing a product that can help you achieve and maintain good posture is a great decision to make as it will help in so many ways: better circulation, reduce pins and needles, numbness, give back, neck and joint support, relief from aches and pains, help with digestion as well as improving comfort and rest - leading to an overall sense of improved well-being and energy.

Adjustable furniture makes a great deal of sense when considering good posture as well as your current and future health. If you're uncomfortable, you are only a press of a button away from good posture and relief.

Government Policy

We are an ageing population and therefore a population which requires more help and care. The government cannot afford to fund the future financial demands on public health and therefore, policy is aimed at keeping people living in their own homes.

Most older adults want to live in their own homes for life. A goal generally shared by their families, friends and neighbours. In order to achieve this goal it makes sense to invest in products that will support you in this aim; products that are future proof and will remain of value as you age.

This is why SelfSure has always promoted a pro-active approach to ageing and dealing with health conditions and is passionate about offering full assessments to its customers to ensure we help you choose the right product.

The importance of quality sleep for older adults

As we age, we often experience normal changes in our sleeping patterns. We may become sleepier earlier, wake up earlier, and enjoy less deep sleep.

However, disturbed sleep, waking up tired every day, and other symptoms of insomnia are not a normal part of ageing. Sleep is just as important to our physical and emotional health in our senior years as it was when we were younger.

No matter what your age, sleeping well is essential to your physical health and emotional well-being. For seniors, a good night's sleep is especially important because it helps improve concentration and memory formation, allows your body to repair any cell damage that occurred during the day, and refreshes your immune system, which in turn helps to prevent disease.

It appears that it is more important to focus more on how you feel following a night's sleep, rather than the specific number of hours you spend asleep. Quality is as important as quantity. Investing in a quality bed and in particular, a quality adjustable bed is all to do with achieving good posture whilst you sleep. Good posture takes pressure off your organs, helps you to breathe properly and therefore reduces snoring, aids digestion and blood circulation and ultimately reduces the amount you need to toss and turn. You may also benefit from temporary relief from joint and muscle pain, swelling, water retention and so on.

To get good quality sleep, you need to achieve good posture!

Top Tips

- Check the overall height of the bed to ensure you can get on and off it easily and safely
- Think about not only what may be suitable today, but what will also be suitable in the years to come



VIVA SLEEP

Build your ideal bed



VIVA Sleep Base

Viva Sleep Bed: The viva sleep bed boasts a state-of-the-art design with features like no other. Make it yours: Everything on the bed can be customised to suit your needs.

- 4 Surround Styles (Charleston, Ludlow, Stanton and Ashbourne)
- 8 Different sizes to choose from.
- Choice of up to 4 drawers (2 maximum on a single)
- Zero gravity position
- Choice of mechanism (Premier, Classic)



VIVA SLEEP

Build your ideal bed

VIVA Classic



VIVA Premier



VIVA Mechanisms

Both the Classic and Premier options are a low profile bed mechanism, fitted with powered lumbar head and foot support.

So what's different about the Premier in comparison to the classic?

	Classic	Premier
• Adjustable Mood Light System		✓
• 4 Independent Motors - Head, Foot, Neck and Lumbar		✓
• App for Smart Phone Control		✓
• Motion Sensor Night Light		✓
• Audio System		✓
• LED Under Bed Lighting	✓	✓
• Available in a King Size Single Mechanism	✓	✓
• Adjustable Legs	✓	✓
• Wireless Backlit Remote	✓	✓
• 2 Programmable Memory Positions	✓	✓
• USB Charging Point	✓	✓
• 3 x Preset's TV/Zero Gravity and Anti Snore	✓	✓
• Parent Soft Form Technology	✓	✓
• Free Sync Cables for TXL's	✓	✓
• Emergency Battery Back-Up	✓	✓
• One Touch flat Feature	✓	✓
• Patent Folding Design	✓	✓
• 5 year warranty	✓	✓



VIVA SLEEP

Build your ideal bed



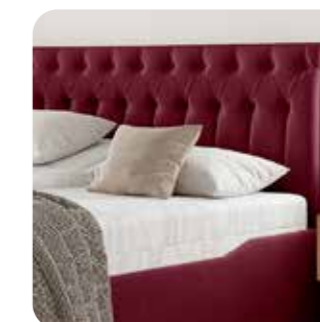
Apricot



Blue



Blush



Burgundy



Powder



Sapphire



Dolphin



Dove



Grey



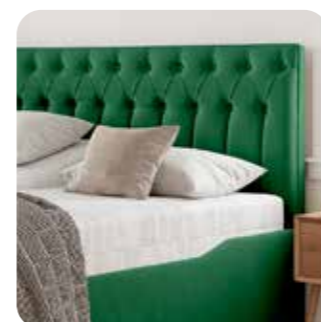
Hunter



Mist



Echo



Moss



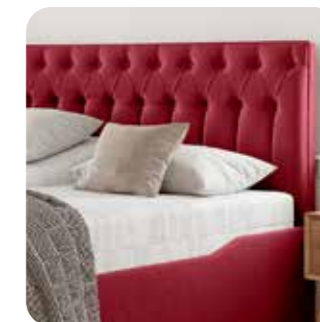
Mushroom



Navy



Noir



Wine



Natural

VIVA Colours

Once you have decided on your base size and drawer options, you can select from one of 18 different colours. There's something to suit everyone.

VIVA SLEEP

Build your ideal bed



VIVA Headboards

A range of stylish, comfortable headboards to match your base and colour options to complete the look for your ideal bed.

VIVA SLEEP

Build your ideal bed



Birch

Keep cooler and enjoy deeper, more comfortable sleep every night.

All these mattresses have these main benefits:

- Heavy knitted, deep quilted zip cover, infused with thermal gels
- 50mm GelAir foam adapts to your body's curves to relieve pressure points
- Resilient and hardwearing, for long lasting support
- Open cell design keeps you dry and cool by wicking away moisture and heat
- The main benefits plus 150mm support foam
- Foam encapsulated for a firmer edge. It has a deeper level of foam for a softer, squashier feel, so it will feel like your old favourite bed from day one.
- Soft feel
- 8" in depth
- 5 year warranty



Elm

Keep cooler and enjoy deeper, more comfortable sleep every night.

All these mattresses have these main benefits:

- The main benefits plus 100mm support foam means you can keep cool and carry on sleeping. That's the beauty of this mattress. If you struggle to sleep because you're too hot or you feel pressure on your joints, limbs and back, then this mattress is for you.
- Heavy knitted, deep quilted zip cover, infused with thermal gels
 - 50mm GelAir foam adapts to your body's curves to relieve pressure points
 - Resilient and hardwearing, for long lasting support
 - Open cell design keeps you dry and cool by wicking away moisture and heat
 - Firm feel
 - 8" in depth
 - 5 year warranty



Tuscany

Choose your ideal bed base



Tuscany

Not only does the Tuscany have unique functions, such as a useful backlit memory handset or a 25 stone handling ability, this stunning adjustable bed also looks magnificent. With its innovative design and technical features, the Tuscany is made with quality and comfort in mind by our master craftsmen using the finest natural materials.

- Backlit memory handset
- 25 stone weight capacity
- Underbed storage available
- Headboard included
- Widths: 3'0, 5'0, 6'0 and dual
- Choice of mattresses
- Option to upgrade to add an end drawer
- 2 year warranty



Choice of Fabric



Luxury Natural



Luxury Beige



Luxury Silver Grey

Executive

Choose your ideal bed base



Executive

Experience the ultimate in comfort and quality with the SelfSure executive adjustable bed. Produced in the UK to the highest of standards ensuring style, elegance and above all comfort and relaxation.

- 5 way action
- Upholstered retainer bar
- Side retainer bars
- Massage system available
- 2 year warranty
- Upgrade to a 2 drawer base
- A number of fabric and colour options available, please speak to an advisor to discuss

Choice of Fabric



Luxury Natural



Luxury Beige



Luxury Silver Grey



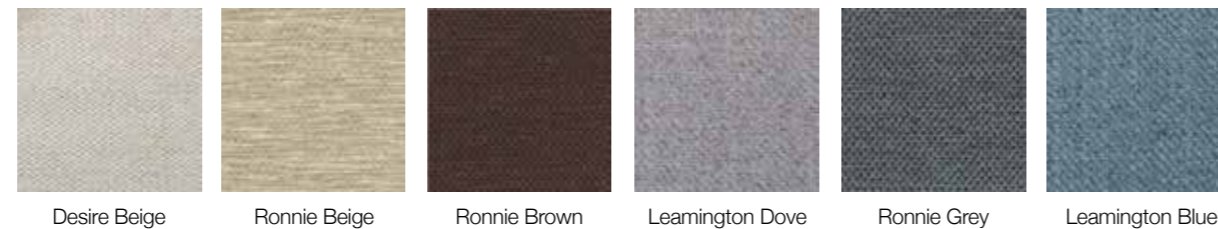
Divan Bed Base



Optional Extras

- Choice of divan heights, 14 or 16" including castors
- Solid metal, chrome-plated castors
- Unique Push-to-Open drawer system
- 2, 4 and 2+2 drawer options (additional cost)
- Choice of luxurious upholstery fabrics
- Selection of headboards (additional cost)
- 5 year warranty

Choice of Fabric



Agewell Select Mattress Range

Choose your perfect mattress



Sizes

Adjustable Mattresses

- Small Single 75cm x 200cm
- Single 90cm x 200cm
- Super Single 120cm x 200cm
- Double 135cm x 200cm
- King 150cm x 200cm
- Super King 180cm x 200cm

Divan Mattresses

- Small Single 75cm x 190cm
- Single 90cm x 190cm
- Super Single 120cm x 190cm
- Double 135cm x 190cm
- King 150cm x 200cm
- Super King 180cm x 200cm

Specifications

- Hygienic Quilted Cover with anti-bacterial protection.
- Quilted finish so kind to sensitive skin.
- High Density Support Foam which creates your choice of tension - Soft, Medium or Firm.
- Non-turn so no heavy lifting. However it is recommended that you rotate your mattress.

Choice of Fillings

- Gel** - great for pressure relief and keeping the body cool during the night.
- Latex** - Responds to body weight ensuring good support over the whole body whilst helping to maintain a comfortable, constant body temperature.
- Memory Foam** - good pressure relief throughout the whole body. Conducts heat so is ideal for people that like to feel warm during the night.
- Pocket Springs** - Traditional method of comfort and support. Springs mould to the shape of the body for support and comfort.



At last, a mattress range developed with the older Adult in mind. At SelfSure we recognise that not everyone is the same and therefore we have engineered a mattress range that can be made to your own specifications. This is why we have called it our "Select Range". You can "select" your comfort filling and mattress tension to ensure your Agewell Select mattress gives you a great night's sleep.



Customer Services and Contact Centre Team



Jatinder Singh
Bed Specialist

- Wombwell pool champion
- Goes by "Yorkshire man with the Indian name"
- Fan of wildlife documentaries



Julie Jones
Powerchair/Wheelchair Specialist

- Passion for fashion
- Devoted Nanny
- Loves travelling the world



Nichola Ryan
 Scooter Specialist

- Loves swimming
- Adventures with the kids
- Holidays abroad



Lisa Wilson
Personal Advisor

- Likes to drink (Gin)
- Nana to Freya
- Family orientated



Lisa Skidmore
Chair Specialist

- The party starter
- Smallest in the room
- Loudest in the room



Lauren Hopper
Personal Advisor

- Loves a glass of wine
- Looking glamorous
- Loves driving my new car



Danielle Moore
Personal Advisor

- Likes playing Mine craft
- Kitche Dancer
- Sleeps as much as a sloth



Leanne Squires
Product Advisor

- New mum to Rory
- Passion for sun holidays (Over 60 times!)
- Attended over 15 music concerts



Kevin Staniforth
Technical Department

- Father and Husband
- Loves holidays
- Loves more holidays



Louise Higgs
Customer Services

- Would love a dog, but can't because of work commitments
- Drives a Fiat 500
- Proud mum of a PE teacher



Jennifer Goldstein
Personal Advisor - Bathrooms

- Mum and Wife
- I love family time, swimming, travelling, music festivals, cinema



Connor Lowford
Customer Services

- Rugby fan
- Owner of Bernard (giant St Bernard dog breed)
- Serial poser



Oliver Johnson
Customer service Manager

- Amateur golfer
- Co-host of the best wedding in West Yorkshire
- Cooks a mean brisket



Janine Workman
Office Manager

- Mum to Jake
- Very quiet until her second glass of wine (Gavi)
- Likes weekends away



Paul Johnson
Managing Director

- Father to Three, Oliver, Katie and Lewis
- Son, Brother and Uncle
- Loves Rugby

How to order

Ordering couldn't be easier, simply telephone our friendly call centre or email us with your request

Get in touch

Simply telephone our friendly call centre or email us with your request.

Telephone: 0800 110 5873

Email: sales@self-sure.co.uk

Website: www.self-sure.co.uk

Post: Send your order and cheque made payable to SelfSure to

SelfSure, Unit 2 The Gallery,
Concept Court, Manvers,
Wath-upon-Deerne S63 5DB

Payment Methods

0% or low rate finance
Debit / Credit Cards
Bank Transfer (BACS)
Cheque
Payment on Delivery

Simple Returns Policy

If you receive a product which is incorrect, faulty or damaged, SelfSure will replace the product or refund you in full.

If you receive a product which is correct, but is not suitable for you, please do not use it and put it back in its original packaging. If SelfSure receives it back in new condition, SelfSure will refund you in full, less any delivery or collection costs.

If a product is made to measure, unfortunately no refund can be given.

If you remove a product from its packaging or use a product which consequently may be perceived as contaminated or not clean, unfortunately no refund can be given.

SelfSure will always endeavour to act in a fair manner which results in a win/win outcome for all concerned.

Any questions?

Contact our friendly call centre team on

Freephone:
0800 110 5873

Please feel free to ask for a copy of our full terms and conditions or visit our website www.self-sure.co.uk

Pricing Policy

All specifications and dimensions quoted in this brochure or separate price list are correct at the time of going to press. SelfSure reserves the right to amend prices as and when necessary. The exact price will be confirmed at the time of ordering.

Products used as studio props, for purposes of photography and illustration, are not included the price.

All prices are plus postage and packaging.



Other products and services

A pro-active approach to lifestyle changes



Bath Lift



Personal Care & Comfort



Easy Access Bathrooms,
Wetrooms & Walk-In Showers



Scoters



Stairlifts



Powerchairs



Wheelchairs



Walking Aids