

# SAMINA Shoulder-Zone Pendere

The ideal solution for side sleepers and shoulder and neck tension: Interactive, textile shoulder zone for anatomically perfect relief and stabilization of the shoulder girdle.



## Unique: automatically, anatomically adjusted lowering and stabilization of the shoulder girdle

An increasing number of people suffer from painful tension of the neck. One of the causes is a contracture of the shoulder muscles that may occur while sleeping due to excessive contact pressure in the shoulder area. In order to meet sleep medicine requirements for a healthy sleep, an orthopedic anatomically correct positioning of the body during sleep is very important. It is already known from sleep medicine and orthopedics that, beside the lumbar region, primarily the shoulder area needs to be relieved correctly and stabilized correspondingly during sleep.

## Integrated and interactive Shoulder-Zone

The interactive SAMINA Shoulder-Zone Pendere accomplishes an orthopedic anatomically correct lowering of the shoulder area in a lateral sleeping position, as well as an equally correct positioning, stabilization and support in a supine position. In combination with the SAMINA flexible slat frame, the SAMINA natural rubber mattress and the SAMINA sheep's wool pad, this innovative product ensures ideal self-regulation of compression depth in the shoulder area. As a result, there is an automatic orthopedically correct support, stabilization and relief of the shoulder joint and the entire shoulder area during sleep.

The subsequently integrated SAMINA Shoulder-Zone is attached to the slat frame at the shoulder position. Here, 5 slats of the upper row of slats are taken out and the textile section is fixed to the last two slats by simple threading in the loops.

## Areas of application and benefits

- Automated freedom of downward movement in accordance with human anatomy, particularly with shoulder area.
- The shoulder area is gently stabilized by the traction generated by the body weight at the orthopedically correct spot.

- Ideal and flexible adjustment without time delay of the textile Shoulder-Zone on greater body movements such as turning from the side to the back and vice versa.
- Ergonomically ideal compression of the shoulder for completely relaxed lateral sleeping position.
- Immediate pressure relief off the shoulder joint, the shoulder area and the neck and back muscles.
- Even more reclining and sleeping comfort for side sleepers with shoulders sensitive to pressure.

The elastic, cushioned textile insert absorbs and compensates each shoulder movement gently. Contact pressure in the shoulder area is reduced to a minimum. Shoulder joints, shoulder muscles, tendons and ligaments can be stabilized in sleep without blood circulation being hindered. Overall, a better quality of sleep is possible and, in particular, an optimal regeneration of the whole shoulder, neck and spine area.

## Orthopedically recommendable

- The pressure on the shoulder girdle is significantly reduced.
- The falling asleep of the arms by malposition is avoided.
- Shoulder aches can generally be reduced. \*Reduction of nighttime pain after shoulder surgery.
- Especially with broad shoulders, the interactive Shoulder-Zone has proven.
- Nighttime tension in the shoulders can be avoided or eliminated.
- Shoulder-Zone Pendere is the orthopedic anatomically perfect solution for side sleepers.
- Overall, the use of the Shoulder-Zone allows a better regeneration of the whole shoulder, neck and spine area.

**Materials:** The 100% sheep's wool filling and the breathable cotton cover ensure high air permeability and good moisture exchange. This favors a dry and warm bed environment.

Take advantage of our 25 years of expertise and experience around the healthy, anatomically-perfect sleep experience of SAMINA.

[www.JustHealthySleep.com](http://www.JustHealthySleep.com)

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# How to use the Pendere:

