

Ask the Expert: What are the benefits of sleeping inclined?



Dr. Günther W. Amann-Jennson

Founder & CEO of SAMINA | Sleep psychologist, Researcher and Expert

For some time, many studies support the health benefits from sleeping inclined. The blood circulation is improved by the fully inclined sleeping position of the body, the blood pressure drops and the heart is relieved. This marks the "ingenuity" of the inclined sleep therapy.

Unfortunately, there are still no textbooks, but years of trials with inclined sleep have shown that both water retention in the tissue (edema) and varicose veins regress with the help of full inclination of the body during sleep or even disappear and, hence, may also be avoided completely. This has to do with gravity, and subsequently the almost complete weightlessness when lying or sleeping flat in a horizontal position promotes the formation of edema in the body.

Among other reasons, this accumulation of tissue fluid is generated because the pressure within the veins is higher than in the surrounding tissue. The prerequisite for the formation of edema is thus a change in the flow of blood through the capillaries. This is mainly caused by increased pressure within the blood vessels (hydrostatic pressure). In disorders of pressure ratios (by too much sitting, lack of exercise, etc.), this can also lead to retention of tissue fluid or lymphatic congestion. This effect is intensified in weightlessness, as we know from space medicine. Lying flat exactly produces the same conditions, i.e. more or less weightlessness during sleep, which is increasingly manifesting in water deposits especially in patients with heart failure or kidney problems. The often medically prescribed elevating of the legs is meant to relieve especially the veins and thus promote the flow of water deposits from the extremities (the feet, e.g.). However, elevating the feet during sleep is often counterproductive and therefore leads in very few cases to a substantial improvement. If the heel bone is elevated over the heart, the heart also has to perform at a higher level to ensure the blood circulation in the elevated feet, which in turn interferes with nighttime regeneration.

With the help of the impact of gravity, a full inclination of the body regulates the pressure conditions in the veins and in the surrounding tissue so perfectly that water retention and lymphatic congestion do not occur.

Previous experience until now:

SAMINA

Ask the Expert: What are the benefits of sleeping inclined?

- After only few nights, SAMINA's inclined sleeping feels much more natural than the horizontal/flat sleeping. The vast majority of people enjoy this tremendously. After a few weeks, you will not feel really well when sleeping horizontally.
- Overall, better regeneration of body and mind, noticeably more energy during day.
- Significantly better detoxification of the body and especially the brain.
- Elimination of breathing difficulties during the night.
- Positive effects on overall wellness and relief of symptoms in Alzheimer's, MS, Parkinson's, arthritis, Hashimoto, etc.
- Alleviation or elimination of various pain conditions.
- Orthopedic relief in scoliosis, kyphosis, and lordosis.
- Feeling warm quickly, no freezing in sleep.
- High blood pressure returns to normal after a few weeks.
- Provides relief for the heart work rate; less heartbeats per night, thereby prolonging life: experts estimate 10-20 years (!)
- Headaches and / or migraine attacks are significantly reduced or disappear completely.

In smokers, an increase in the coughing in the morning was observed in the first 2-3 weeks. Inclined sleeping results in increased humidity in the lungs and thus improvement of the respiratory function. This increases the chances that the damages caused by smoking are repaired. The full inclination of the body during sleep makes it easier for smokers to give up this habit and to feel better.

More information about [sleeping inclined](#).

Disclaimer: The contents of this document are for informational purposes only and do not render medical, psychological, or psychiatric advice, opinion, diagnosis, prescription, or treatment. This document provides general information, which may or may not reflect the most current medical developments. Further, the information provided in or through this document should not be used for diagnosing or treating a health problem or disease. It is not a substitute for professional care. If you have or suspect you may have a medical, psychological, or psychiatric problem, you should consult your appropriate health care provider.

SAMINA