



THE BUYING GUIDE

Adjustable *Beds.*

Expert advice from Devon Bed Centre

What is inside this guide.

Thirteen short chapters. Jump straight to the part you need — every line below is clickable.

MEASURING

FEATURES

VAT RELIEF

HEALTH BENEFITS

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Choosing the right *adjustable bed.*

Few decisions affect day to day comfort more than the bed you sleep in. An adjustable bed is a considered investment — one designed to support the way you rest, relax and rise each morning.

This guide has been written by the team at Devon Bed Centre to help you understand what an adjustable bed is, why so many of our customers choose one, and what to look for when comparing models.

We are an independent, family-run bed specialist. Our showroom has been helping people across Devon find the right bed for many years, and our approach is simple — honest advice, the freedom to try, and the time to make the decision that is right for you.

Inside, you will find clear explanations of the key features, a side by side look at single and dual adjustable beds, and a practical checklist of questions to take into the showroom.

We hope it helps you feel confident about your next bed — and we look forward to welcoming you in store, where you can experience the comfort of an adjustable bed for yourself.

“The right bed should feel as though it was made for you — and an adjustable bed brings you closer to that feeling.”

— THE DEVON BED CENTRE TEAM



What is an *adjustable bed?*

An adjustable bed is, quite simply, a bed whose base can be raised and lowered to support different positions. With the touch of a handset, the head section lifts to bring you upright for reading, watching television or working in bed, while the foot section can be raised to elevate the legs and ease pressure through the lower back.

Beneath the mattress, a quiet motor and articulated frame do the work. The mattress itself is purpose-made to flex gently with the base, so the bed moves as one piece — comfortable in every position, never compromised.



■ Head movement

Lift the upper section to sit comfortably in bed.

■ Quiet motors

Smooth, near-silent adjustment at any hour.

■ Foot movement

Raise the legs gently to relieve pressure.

■ Memory presets

Save your favoured positions for one-touch recall.



HIGH • LOW • UP

The base rises, lowers and lifts independently at the head and foot, so you can fine-tune your position at the touch of a button.

DEVON BED CENTRE TIP

Ask to see the base move with the mattress in place — it is the truest test of how a bed will feel at home.



Why choose an adjustable bed?

Adjustable beds are chosen for one simple reason — they put comfort in your hands. Below are the qualities our customers tell us they value most.

Tailored comfort

Find the position that suits you — sitting, reclining or fully flat — and change it whenever you wish.

Easier sitting and rising

A gentle lift at the head section makes getting in and out of bed feel effortless.

Personalised support

Relieve pressure through the lower back, hips and legs by elevating the foot section.

Everyday practicality

Read, work or watch television in proper comfort — without a tower of pillows.

A luxurious feel

Quiet motors, refined upholstery and premium mattresses combine into a quietly indulgent bed.

Made for two

Dual models allow each partner to set their own preferred position without compromise.



What to look for when you buy.

A good adjustable bed is the sum of well-considered parts. These are the points we encourage every customer to compare before they decide.

01 Mattress compatibility

Not every mattress is built to bend. Choose one designed specifically for an adjustable base — pocket-sprung or foam constructions are most common, and the right choice depends on how you like to sleep.

03 Ease of use

The handset should feel intuitive in the hand. Look for clear buttons, memory presets for your favoured positions, and a quiet motor that will not disturb a sleeping partner.

05 Style for your bedroom

Adjustable beds today are beautifully upholstered. Consider the headboard, fabric and base height so the bed sits naturally within your room.

02 Single or dual adjustment

Decide whether one set of controls will suit you both, or whether each side should adjust independently. Couples with different preferences almost always prefer dual.

04 Support and comfort level

Soft, medium or firm — comfort is personal. Spend time on each model and trust how your body settles, not the label on the mattress.

06 Everyday practicality

Think about under-bed clearance, cable routing, weight capacity and whether the bed can be easily moved should you ever rearrange the room.



Single or dual?

Two beds, two ways of thinking about comfort.



OPTION ONE

Single

- One mattress, one base, one handset.
- Ideal for a solo sleeper, or couples who agree on comfort.
- Simple, uncluttered adjustment.
- The most space-efficient choice.

OPTION TWO

Dual

- Two mattresses, two bases, one bed.
- Each side adjusts on its own.
- Comfort can differ left to right.
- The best long-term choice for couples.

OUR ADVICE

If you and your partner sleep differently, dual is almost always the kinder long-term choice.



Why trying a bed in store *matters.*

Comfort is deeply personal. Two beds that look almost identical can feel entirely different when you lie down, and an adjustable bed brings that truth into even sharper focus.

Our showroom is built around that idea. You are welcome to take your time, try several models side by side and let our team explain the differences in plain language.

Most customers tell us the moment they decide is the moment they lie back, lift the head section and feel the bed settle around them. We would love to share that moment with you.

“You can read about a bed, but you really only know it once you have spent ten minutes on it.”

— DEVON BED CENTRE



Advice from *Devon Bed Centre.*

We have spent many years matching customers with the right bed. Here is how we think about adjustable beds, and what you can expect from us when you visit.

Personal, never pressured

Our team is here to listen first. We will ask about how you sleep, the way you like to relax in bed and what is working — or not — with your current setup.

Honest comparison

We carry a thoughtfully chosen range so you can feel the genuine differences between models, not a wall of identical options.

The right pairing

The base, the mattress and the headboard need to work as one. We will help you understand which combinations make sense for you.

Comfort and practicality

We will talk you through everything from sleep posture to bedroom layout, so the bed works as well in your home as it does in the showroom.

Service that continues

Delivery, assembly and aftercare are part of how we look after our customers — long after the bed has been chosen.

— CRAFTED WITH CONFIDENCE

British made. Guaranteed for five years.

Every adjustable bed in our range is manufactured here in the UK and covered by a five year guarantee — quiet reassurance behind every choice.



Fully customise *your sleep.*

Adjustable beds improve posture, ease chronic pain and boost comfort — and the base model is only the start. A few well chosen extras can turn a good bed into a sleep system built entirely around you.

MOBILITY & SUPPORT

High-low lifter bases

Raise or lower the entire bed for easier transfers from a wheelchair, and to set a comfortable height for carers.

Heavy-duty upgrades

Reinforced motors and frames comfortably support heavier weights of up to 25 or 30 stone.

Mobility support rails

Attachable side rails give vital leverage when getting in and out of bed, and quiet reassurance overnight.

COMFORT & CONVENIENCE

Built-in massage

Internal massage units use gentle vibrations to soothe aching muscles and encourage circulation.

Wireless controls

A wireless remote removes trailing cables and makes adjusting your position completely effortless.

STORAGE & STYLE

Integrated storage

Specialised mechanisms still leave room for storage — built-in drawers or gas-lift ottoman bases where you need them.

Shallow base frames

A shallow base on legs, in place of a deep divan, provides the under-bed clearance required for mobility hoists.

Matching headboards

Complete the room with a bespoke headboard, upholstered in matching or complementary fabrics.

READY TO BUILD YOUR BED?

Try every feature in person.

Our team will help you find the perfect combination for your lifestyle.



Rest that works *harder for you.*

From easier breathing to gentler mornings, an adjustable bed can quietly support the body in ways a flat mattress never will. These are the benefits our customers tell us about most often.

BREATHING & CIRCULATION

Reduced snoring & sleep apnea

Elevating the head opens the airways and prevents the tongue and soft tissues from blocking the throat.

Improved blood circulation

Raising the legs reduces pressure on the heart and helps blood flow back to the upper body more efficiently.

Less fluid retention

Elevating the lower limbs helps prevent fluid build-up in the legs, ankles and feet.

DIGESTION & MOBILITY

Acid reflux & GERD relief

Keeping the upper body elevated uses gravity to keep stomach acid down, easing nighttime heartburn.

Easier bed transfers

High-low bases and lift assistance make getting in and out of bed safer for knees, hips and carers alike.

PAIN & JOINT COMFORT

Lower back relief

Elevating the head and knees matches the spine's natural curve, easing pressure on the lower back muscles and discs.

Arthritis relief

Custom positions take the weight off aching joints, reducing morning stiffness and inflammation.

Sciatica management

Raising the knees gently stretches the lower back and helps decompress the sciatic nerve.

Gentler digestion

Sleeping at a slight incline helps the body process food more comfortably before and during sleep.

"Small adjustments, night after night, make a very real difference."



Zero VAT for those who qualify.

If you live with a long-term illness or medical disability, you are likely eligible for 0% VAT on your new adjustable bed — saving hundreds of pounds automatically, without paperwork you need to chase.

HOW IT WORKS

You never pay the tax and claim it back later. The standard 20% VAT is simply deducted at checkout — instant, on the day.

No doctor's note needed

You do not need a doctor's letter or official government documents.

One short form

You complete a one-page self-declaration with your name, address and a brief description of your condition.

We keep the paperwork

The form stays on file to show HM Revenue & Customs why the VAT was omitted.

WHO QUALIFIES

You qualify under HMRC rules if you have a chronic physical or mental impairment that affects your daily life. You do not need to be registered as disabled, and the scheme is not means-tested.

- Joint & muscle**
 Severe arthritis, osteoporosis, chronic back or neck pain.
- Cardio & respiratory**
 High blood pressure, heart disease, asthma, COPD.
- Neurological**
 Parkinson's, multiple sclerosis, epilepsy, dementia.
- Long-term illness**
 Diabetes, cancer and terminal illnesses.
- Mobility**
 Any permanent condition affecting walking or standing.

PLEASE NOTE

Being elderly or frail on its own does not qualify — there must be a specific long-term health condition. Our team will help you complete the form in just a couple of minutes.



Measuring your space.

A new bed transforms a room — and a few small checks beforehand make delivery day completely effortless. Here is how we help our customers plan ahead with confidence.

01 · VISUALISE THE LAYOUT

The magic floor trick

Lay a few sheets of newspaper on the floor to match the item's footprint — the old-school way to see exactly how much room you have left to move.

Room to breathe

Leave space for under-bed drawers to open, wardrobe doors to swing wide, and for stepping out of bed comfortably each morning.

Perfect wall placement

Check that a tall headboard or chest of drawers will not cover a window, light switch or radiator.

02 · CLEAR THE WAY

Smooth delivery

A quick look at the hallway, front door and staircase means our team has a clear, comfortable route through.

Simple paths

Move loose rugs, standing lamps and low pictures so the route to the bedroom is completely clear on the day.

03 · THE QUICK CLEARANCE CHECK

For tight corners or low ceilings, grab a tape measure and check these three spots against the dimensions on the product page.

1 The front door

Open it wide and measure the inside width of the frame.

2 The staircase pivot

If your stairs turn a sharp corner, measure the clearance from step to ceiling at that turning point.

3 The narrowest gap

Measure any tight hallways against the depth of your new furniture.

ALWAYS HERE TO HELP

Not sure? Just ask.

Homes come in every shape and size, and we are used to navigating them. Give our friendly team a call before you buy — we love talking through the details.





13 • COME AND VISIT

Visit Devon *Bed Centre.*

Come and explore our adjustable bed range in person. Try the models that interest you, ask us anything at all, and let us help you find the bed that will support the way you live and rest. There is no appointment needed — simply call in when it suits you.



SHOP ONLINE

Scan to shop the range

Browse every adjustable bed, with prices and offers, in our online store — on any device.

FIND US

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