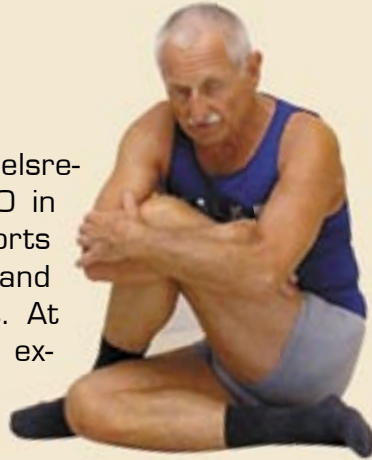


Dr. Aigelsreiter recommends: “The best bed for your back!”



Hofrat Prof. Dr. Helmut Aigelsreiter, M.A., born 3 January 1930 in Mürzzuschlag, Austria, is a sports scientist and specialist in training and the theory of physical movement. At the age of about 40 he suffered excruciating back pains and experienced annoying mobility restrictions as a consequence of the constant abnormal strain on the spinal column through top performance sport. After all the classic medicinal therapeutic approaches from massages to injections and stretching cures had proved ineffective, an operation seemed to be the last resort. But Dr. Aigelsreiter refused this operation and

instead became heavily involved with the anatomy of the mobility apparatus, devising a special physical movement therapy of stretching and strengthening exercises that he himself strictly followed. Today, at the age of 75 he has the agility of a 7-year-old, and he continues to pass on his knowledge and experience in books, videos, seminars and TV appearances.

Helmut Aigelsreiter has been sleeping in a Hüsler Nest for twelve years. We spoke to him recently about the significance of sleep and bed for the human body.

Hüsler Nest: Dr Aigelsreiter, why do we actually get tired and go to sleep?

Dr Aigelsreiter: *Because the body, and in particular the mobility apparatus, needs sleep as a regenerative phase. All our joints, tendons and muscles are strained a great deal during the day, no matter whether we sit, stand or walk. We can recuperate only in sleep. When we lie down, the muscles relax and our weight is carried by the bed rather than the body.*

Hüsler Nest: How severe is this strain?

Dr Aigelsreiter: *Measure your height early in the morning and again in the evening. You will see that throughout the day you became smaller by anything up to 2.5 cm. And since your bones cannot shrink, the reduction occurs in the core of the joints and discs.*

Hüsler Nest: What is the significance of the bed for a healthy sleep?

Dr Aigelsreiter: *It is of enormous significance. The most important factor is the relaxation phase of the spinal column. But it can only recuperate if there is no pressure on the vertebrae or on the discs.*

Hüsler Nest: The spinal column therefore should be absolutely straight when lying down?

Dr Aigelsreiter: *Yes. And it is vital that the centre of gravity of the body weight, i.e. the shoulders and pelvis, can sink in. Through this the spinal column experiences a tensile pull that leads to the relief of disc strain. Furthermore, the joint fluid is able to flow freely back into the joint cores.*

Hüsler Nest: Does a bed require special zones for shoulders and hips to allow this to happen?

Dr Aigelsreiter: *Not at all. We all move about during sleep and we would therefore never remain in these special zones for the whole night. What is*

fantastic about the Hüsler Nest is that the Trimellen-system of the slat bedstead allows the best possible sleeping position at every point of the bed.

Hüsler Nest: How important is it that the mattress and bedstead are compatible?

Dr Aigelsreiter: *The slat bedstead must carry the body anatomically correct, while the mattress provides the comfort. The slats can only play their part provided the mattress is not too thick – my mattress is only 7 cm thick.*

Hüsler Nest: Is this a standard that is suitable for everyone?

Dr Aigelsreiter: *No, because your own individual weight is a decisive factor. I am a lightweight, but heavier people should choose a sturdier mattress.*

Hüsler Nest: What mattress would you actually recommend?

Dr Aigelsreiter: *Hüsler Nest uses only*

natural materials, and that is most important. Flexible latex is ideal. Equally important is the pure wool cover that makes for a perfect air-conditioning balance between body and mattress.

Hüsler Nest: Why is this air-conditioning balance necessary?

Dr Aigelsreiter: *We lose up to one litre of fluid during the night through evaporation. This has to be absorbed and emitted by the mattress otherwise we would be lying in an absolutely unhygienic sweaty bed. Therefore the bed should be breathable from bottom to top because the air transports the fluid away. Incidentally, the vertical structure of the Trimellen supports this permeability very well.*

Hüsler Nest: How long do we actually have to sleep in order to sufficiently recover?

Dr Aigelsreiter: *There are no hard and fast rules for the amount of sleep an individual requires because every person is different. While one person may need eight hours, another can*

get by easily with only six hours. The important thing is to listen to one's body. Tiredness is always a sure sign that the body needs relaxation and one should give in to this feeling – maybe with a short midday nap, for instance.

Hüsler Nest: Does one need a good bed like the Hüsler Nest only when one already suffers from joint pain?



Dr Aigelsreiter: *Anyone suffering from severe joint pain is forced to do something about it - meaning physical movement such as bending and stretching. And finding the optimal sleeping position becomes a major part of the 'therapy'. Those who do not yet have any pain, well, naturally, Hüsler Nest greatly helps to prevent future trouble. And that's quite beside the fact that you sleep so wonderfully in it!*

Hüsler Nest: Is a healthy sleep important for the joints only or in other ways too?

Dr Aigelsreiter: *If you're lying in bed in a wrong position you're bound to have a restless sleep. And restless sleep is always a sign that the movement apparatus - and with it the brain - has too much to do during the night. Then you find you're not regenerated when you wake in the morning, but simply feel washed out and exhausted. That's obviously a bad start to the new day for anyone.*

Hüsler Nest: You consistently present your mobility program in seminars. How can one participate at these seminars?

Dr Aigelsreiter: *I have to thank Hüsler Nest for the mutual idea. It is now possible to enrol in an Aigelsreiter Seminar with every Hüsler Partner. As soon as we have 15 participants we make arrangements for a seminar date.*

Hüsler Nest: Dr Aigelsreiter, we thank you for this most interesting talk.

Hofrat Prof. Dr. Helmut Aigelsreiter, M.A., born 3 January 1930 in Mürzzuschlag, Austria, Specialist for Theory of Motion and the Spinal Column, Director of the Federal Office for Physical Training, Graz i.R., President of the Austrian Association of Tennis Instructors (VTÖ) and President of the Austrian Association of Snowboard Schools and Snowboard Instructors (VSÖ), has made a name for himself through numerous publications, ski-training films, development of conditioning and gymnastic apparatus, mobility seminars and lectures at international congresses on skiing.

State-certified Ski Instructor, Ski-training Warden, Head of Austria's Central Ski Training at Pedagogical Academies, Badminton Trainer, Youth Ski Trainer, Coordinator of "D-Trainer Education", Alpine Ski, Member of the Austrian Committee for Alpine Safety, Member of Interski Austria, Member of the Austrian Working Party for Skiing at Schools, Corresponding Member of KTM of the German Ski Teaching Plan.



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