

# MORE THAN JUST A BED

Relax in comfort with an adjustable base



**A.H. BEARD®**  
Improving Lives Through Better Sleep.

## More than just a bed

Your bedroom can be more than just a place to sleep. It can be a sanctuary, a place to rest and relax.

An A.H. Beard adjustable base allows you to find your ideal position for sleeping or relaxing. Select one of the pre-set positions or adjust the elevation of the head and foot to find a combination that lets you relax in the most comfortable way.



## Why choose an adjustable base

An adjustable base not only makes sleeping and relaxing more comfortable, it can improve your general health and wellbeing. Customising your position can help improve your posture, circulation and digestion, relieve pressure points, ease breathing problems and reduce swelling in your legs.



### Take the Pressure Off

When watching TV, reading a book or simply taking time out, raising both your back and legs in the Zero-G position helps to alleviate pressure on your lower back and spine. Just what you need to unwind at the end of a long day.



### Breathe Easy

Raising your head slightly helps open up the airways, which can reduce snoring and ease symptoms of acid reflux.



### Get Comfortable

Whether you are working, reading or watching TV in bed, an adjustable base allows you to enjoy your favourite activities in comfort.



### Relax

Elevating the legs can help to reduce swelling, relieve lower back pain and promote good circulation.

# UPLIFT



Full body incline



Massage



Memory Button



Full body lift



Underbed lighting



USB connectivity



Uplift offers a range of positions plus full body lift and incline. Full body lift raises the entire sleep surface, making it easier to get in and out of bed and change your linen. The full body incline position may ease symptoms of acid reflux, sinus congestion and migraines. Sleeping inclined may also reduce pressure on the eyes, ears and face.

# ENRICH



The Enrich base provides a full range of positions and massage, with the added benefit of targeted lumbar support. It allows you to adjust the lumbar region to support the natural curvature of your lower back.

# INVIGORATE



Relax in comfort with a full range of positions, massage and USB connectivity. Underbed lighting helps you find your way at night, while the memory button lets you save your favourite position.

## ENLIVEN II



Adjustable  
leg heights



Endless head &  
foot positions



Memory Button

## REFRESH



Adjustable  
leg heights



Lie flat  
button

Experience the feeling of weightlessness in the Zero G position or explore endless head and foot positions on the Enliven. The wireless remote with flashlight will help you find your way at night.

Find your ideal position for sleeping and relaxing, or experience the feeling of weightlessness in the Zero G position.

## Features at a glance

Feature	UPLIFT	ENRICH	INVIGORATE	ENLIVEN II	REFRESH
Head and foot articulation	•	•	•	•	•
Wireless remote with flashlight	•	•	•	•	•
Pre-set positions	Flat / Zero G / Quiet Sleep	Flat / Zero G / Quiet Sleep	Flat / Zero G / Quiet Sleep	Flat / Zero G	Flat / Zero G
Memory button	•	•	•	•	
Massage	•	•	•		
Bluetooth connectivity	•	•	•	•	•
USB Port	•	•	•		
Lighting	Underbed lighting, floor strip & remote flashlight	Underbed lighting, floor strip & remote flashlight	Underbed lighting, floor strip & remote flashlight	Remote flashlight	Remote flashlight
Full bed lift and incline	•				
Lumbar support		•			
Clip locks/Retainer bar	•	•	•	•	•
Wall saver		•	•		
Headboard compatible	•	•	•	•	•
Adjustable leg type	Tapered wooden legs	Tapered wooden legs	Tapered wooden legs	Metal cylinder legs	Metal cylinder legs
Adjustable leg heights*	2 piece leg 7.5cm   12.5cm	2 piece leg 7.5cm   12.5cm	2 piece leg 7.5cm   12.5cm	3 piece leg 5cm   6.5cm   12.5cm	2 piece leg 10cm   12.5cm
10 year guarantee	•	•	•	•	•

\*Adjustable leg pieces can be used individually or combined for a greater height.