

StarSpecial

THE STAR, FRIDAY 29 APRIL 2022

MOTHER'S DAY



Mummy dearest

No matter how old we get, we never outgrow our mothers. Loving us unconditionally, she is the hand that catches us when we fall, the ear that listens to our grievances and the voice that comforts us through our tears. Thank You, Mum for everything. We may not say it often enough but we appreciate you and love you lots.

A comfy bed for your parents

GETTING a mattress for the ageing body requires just as much attention as getting a baby mattress. As we age, our physical needs will change, including sleep cycles and increasing health problems.

With the addition of sleeping on an ill-fitted mattress, this makes it more difficult to get seven to eight hours of quality sleep at night, which is recommended for adults aged 65 years and above. ⁽¹⁾

Some of the challenges the elderly face when it comes to beds are poor mobility and lack of support to get in and out of the bed smoothly. They also commonly experience body aches and breathlessness as a result of lying on a straight bed.

Learn about adjustable beds and their helpful features and designs which your ageing parents can greatly benefit from.

What is an adjustable bed?

Adjustable beds are designed to help with mobility and alleviate discomfort, particularly for seniors. What makes adjustable beds different from standard ones are the bed base and bed frame. The adjustable bed base and the joints on the bed frame allow you to adjust to the desired position.

Common adjustments include inclining and reclining the upper and lower body to get the ideal angle to sleep comfortably.

Benefits of using an adjustable bed

> Practical and comfortable: Whether it is remote-controlled or manually adjustable,

beds that recline and incline offer the flexible practicality to operate in sections so that you can raise and lower different parts of the bed. All you have to do is use the bed's remote control to adjust the angle.

For example, if your elderly parent wants to sit up in bed while drinking a cup of tea, they can raise their head to 45°, thanks to the adjustable features of the bed.

> Safety: As we get older, we lose muscle strength, which creates a struggle to get in and out of bed. If your elderly parent has an adjustable bed, they can lower or raise the bed to the height they need. This will help prevent falls and injuries. Falls are common among older adults and often lead to major morbidity and increased mortality. ⁽²⁾

> Improves sleep quality: Since the bed is adjustable, the zero gravity position can be achieved. The main function of an adjustable bed is to take the excessive pressure off your joints and muscles to avoid waking up with body aches the next morning.

By using adjustable beds, the sleeper can experience weightlessness and comfort when sleeping. The spine can be settled in neutral alignment and relaxed, resulting in less spinal disc pressure, improved circulation and less joint and muscle tension.

> Helps to reduce acid reflux: Sleeping on an adjustable bed can reduce the chances of acid reflux as the stomach acid is prevented from flowing back up the esophagus.

In fact, gastroesophageal reflux disease (GERD) patients usually opt for adjustable bed frames to switch between prone and upright positions. ⁽³⁾ Prone is when

OXFORD Adjustable Bed



German System



Dual Motor

Suitable for sleeping partners who are of different habituate.

The Oxford Adjustable Bed comes with a dual motor reclining feature.

OXFORD Adjustable Bed

ZERO GRAVITY SLEEP

Good Sleep, Good Immune System



The Oxford Adjustable Bed provides you with zero gravity sleep.

someone turns a patient with safe, precise motions from their back onto their stomach so that the patient is lying facedown to improve breathing and body movement.

> Lessens snoring and improves breathing: If your parents are experiencing apnoea or orthopnoea (shortness of breath at night when lying down), sleeping on an adjustable bed can help to reduce lung pressure.

It is designed in such a way that allows the airways to open up so that air and saliva to flow more easily, which improves breathing and results in less snoring and deeper sleep.

Searching for reliable adjustable beds for seniors?

Getha's Oxford Adjustable Bed is designed to enhance sleep quality and is particularly beneficial for ageing bodies. Combined with a breathable latex mattress, it absorbs less body heat and provides cooling sleep at night. Take your parents to Getha's showroom today and talk to its sleep consultants.

Take part in Getha's massage chair promotion now to enjoy a purchase with purchase when you spend RM20,000 and above on a single receipt. Those eligible stand a chance

to get one Star Luxury massage chair for only RM3,888.

In addition, explore Getha's Compass Mattress Collection. Its Compass Latex Mattress series are designed based on bio-care (EMF-Free) technology, nano silver and anti-static protection for deep, restful sleep. The Compass Star Mattress (Medium Firm) caters for back and stomach sleepers, while the Compass Green Mattress (Soft) are for side and stomach sleepers. Getha's Compass Gold 100 Mattress (Firm Plush) is ideal for back, side and combination sleepers.

By considering your weight, mattress firmness level and sleeping style, you will have a better idea of which mattress can offer the most comfort and support.

■ For more information on Getha's Compass Mattress collection, visit www.getha.com.my or speak to a Getha sleep consultant today.

References:

- ⁽¹⁾ <https://www.sleepfoundation.org>
⁽²⁾ <https://onlinelibrary.wiley.com/doi/epdf/10.1111/ggi.13980>
⁽³⁾ <https://www.sleepfoundation.org/best-mattress/best-mattress-for-acid-reflux>

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BUSINESS HOURS: MON – SAT (10.00AM – 6.00PM)

● Bangsar, Jalan Maarof : 03 - 2282 6918
 ● Bangsar, Lucky Garden : 011 - 7221 8592
 ● SS 2, Petaling Jaya : 03 - 7877 6918
 ● TTDI, Jalan Tun Mohd Fuad 1 : 03 - 2856 2918
 ● USJ 10, Taipan : 012 - 483 1311
 ● Ampang, Kuala Lumpur : 03 - 4257 9918 / 9218
 ● Section 9, Shah Alam : 03 - 5513 3918
 ● Plaza Damansara, Damansara Heights : 010 - 822 3218

NEW BRANCH

It's time to gather your stash of jewellery & make an appointment with us

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Trade in old jewellery for cash

IF you have old, unworn jewellery, take the opportunity to turn those pieces into cash. Rather than leaving unworn jewellery languishing in storage boxes, take them down to Jewel4Cash, which offers you cash for your jewellery.

When it comes to gifting, many people opt for jewellery that would serve as a memento for the younger generation, show the elders' generosity and most importantly, the precious valuables can be easily traded in for cash.

In previous years, some customers wanted to trade in their jewellery, especially diamonds, but pawnshops at that time lacked gemstone appraisers. Therefore, they did not buy these precious gemstones or could only offer low prices.

Fulfilling market demand

Jewel4Cash aims to fulfil the market demand and provide solutions for customers. Unlike traditional pawnshops, in addition to gold jewellery, Jewel4Cash also purchases diamonds, emeralds, rubies, sapphires, jade, opals and other valuable jewellery, as well as branded watches with or without certificates.

Jewel4Cash upholds a business philosophy of honesty and trustworthiness. It currently has eight branches across Bangsar, Ampang, SS2 in Petaling Jaya, Taman Tun Dr Ismail, Taipan, Shah Alam and

Plaza Damansara, and has cultivated many professional jewellery appraisers.

Jewellery valuation services

The store offers jewellery valuation services free of charge and its trade-in process is simple and transparent.

The professional appraisers will weigh the jewellery in front of the customer and use the instrument to determine its authenticity. Once the customers are satisfied with the trade-in price, they will pay in cash.

Any worn, broken or outdated jewellery is welcome to be brought in for valuation. The trade-in price of the jewellery depends on the purity and weight of the metal itself – the appearance of the jewellery does not affect the trade-in price.

International market prices determine the gold's trade-in price while for gemstones, the trade-in price depends on the quality of the gemstone.

Jewel4Cash also sells pre-loved jewellery. It refurbishes some of the purchased jewellery using methods such as grinding, polishing, electroplating, reshaping and remodelling outdated models, which have beautiful gemstones.

In addition, Jewel4Cash sells classic Baba Nyonya collection pieces such as brooches, rings, bracelets and necklaces. Every piece of jewellery is strictly tested, and only those of quality are displayed on the counter.



Jewel4Cash has an extensive collection of pre-loved jewellery and branded items ranging from classic beauty (Baba Nyonya jewellery collection) to premium designs. You can also find diamond engagement rings, pearl earrings, bracelets, branded watches and antique necklaces offered at reasonable prices.



Jewel4Cash accepts a wide range of jewellery and branded items.



Get a free test and valuation of your jewellery today with no obligation.

DREAM ROOM PACKAGE

Deep Sleep Starts Here

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GOLD 100
BIOCARE PROTECTION

EMF Free

Nano Silver Protection

100% Natural Latex

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Star Luxury
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GERMAN
TECHNOLOGY

SMART
TECHNOLOGY

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• Jalan Masjid Negeri (Flagship store) • NEGERI SEMBILAN - AEON Nilai • MELAKA - AEON
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