

Dear Member,

We grasp this opportunity to draw your attention to an interesting scientific study directly involving mattresses, carried out by the Kovacs Foundation in Spain<sup>(\*)</sup>. It is entitled

**“Effect of firmness of mattress on chronic non-specific low-back pain: randomised, double-blind, controlled, multi-centre trial”**

and has meanwhile also been published in the renowned medial journal The Lancet. Though conclusive scientific evidence is still lacking, the study of clearly established a positive link between patients suffering from chronic low-back pain and the beneficial effects of new medium firm and firm new mattresses on their conditions.

**Main Conclusions of the Study**

- Background** ➤ Effect of firmness of new mattress on chronic, non specific low-back pain
- 95% of orthopaedic surgeons believe mattresses play a role in managing back pain
  - Conclusive evidence supporting advice is still lacking
- Study** ➤ New inner-spring mattresses (medium firm and firm installed at patient’s free of charge)
- 365 patients with long history of back pain
  - Testing performed during 90 days
- Results** ➤ Most patients associated new mattress with a decreasing pain level
- 78% with firm mattress
  - 83% with medium firm mattresses
  - Substitution of old mattress with new firm and medium firm ones was associated with more frequent discontinuation of drug treatment, as well as less pain and disability

We thought it was important to inform you of the existence of this study, as it scientifically underpins the beneficial role of new mattresses as a contribution to overall wellness in daily life, in line with EBIA’s promotion campaign focussed on reducing the life length of a mattress.

The full study can be found on the web: [www.thelancet.com](http://www.thelancet.com)

<sup>(\*)</sup>: The Kovacs Foundation study was performed in collaboration with Grupo Flex in Spain, also an EBIA member. Grupo Flex provided all mattresses for the tests free of charge and was also the exclusive sponsor of the study. The above information is provided with their consent.