



Tempur-Pedic Forms National Wellness Advisory Board

LEXINGTON, Ky., April 9 /PRNewswire-FirstCall/ -- Tempur-Pedic International, Inc., the leading manufacturer, marketer and distributor of premium mattresses and pillows worldwide, has launched a Wellness Advisory Board comprised of nationally recognized sleep, medical and wellness experts.

The board will advise Tempur-Pedic on how to best educate the public about the importance of a balanced life, and the role quality sleep plays in that equation. The board will also consult with Tempur-Pedic on product positioning and consumer-oriented health insights.

“We have a very strong medical heritage and we want that to continue to resonate with consumers who are considering a new mattress purchase,” said Rick Anderson, president of Tempur-Pedic North America. “The Wellness Advisory Board will help us remind consumers that quality sleep is the foundation for living a healthier, more balanced life.”

The Tempur-Pedic Wellness Advisory Board met for the first time during the Las Vegas Market in February, and includes:

Barry Bittman, MD. A neurologist, author and CEO of the Mind-Body Wellness Center in Meadville, PA, Bittman pioneered a new paradigm for treating the “whole person.” Bittman’s interdisciplinary strategy integrates the power of mind, body and spirit with conventional medical care.

Jodi Fidler, DC. A chiropractor at Davis Chiropractic in St. Louis, Fidler is trained in diversified, activator techniques and certified in acupuncture. Her focus is on nutritional therapy.

Howard Fidler, DC, FICPA. A chiropractor at Davis Chiropractic in St. Louis where he is a specialist in pediatrics, sports medicine and rehabilitation, Fidler’s focus is treating trauma-induced chronic pain syndromes. [\(continued...\)](#)



Barbara Phillips, MD, MSPH. A professor of Pulmonary, Critical Care, and Sleep Medicine at the University of Kentucky, Phillips directs the Sleep Disorders Center at Samaritan Hospital in Lexington, KY. She is Chair of the Board of the National Sleep Foundation.

Terra Wellington. A frequent television contributor on wellness lifestyle issues, Wellington is a health and wellness expert for ClubMom.com, and is a feature writer for Healthnotes, a healthy living database and web publication. She is the former wellness editor of two national women's publications, Fit Body and REAL.

About the Company

Tempur-Pedic International Inc. (NYSE: TPX) manufactures and distributes premium mattresses and pillows made from its proprietary TEMPUR(R) pressure-relieving material. It is the worldwide leader in specialty sleep, the fastest growing segment of the estimated \$12 billion global mattress market. The Company is focused on developing, manufacturing and marketing advanced sleep surfaces that help improve the quality of life for people around the world. The Company's products are currently sold in over 70 countries under the TEMPUR(R) and Tempur-Pedic(R) brand names. World headquarters for Tempur-Pedic International is in Lexington, KY. For more information, visit <http://www.tempurpedic.com> or call 800-805-3635.

SOURCE Tempur-Pedic International, Inc.

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