# Article information:

Vascular endothelial function is improved after active mattress use | Request PDF
<https://www.researchgate.net/publication/336433948_Vascular_endothelial_function_is_improved_after_active_mattress_use>

# Article summary:

1. This study investigated the hypothesis that eight weeks use of an active mattress would lead to improvements in vascular endothelial function in healthy participants.

2. Results showed that following active mattress use, resting blood flow, post-occlusive reactive hyperaemia and skin temperature at the hallux pulp increased significantly.

3. The results suggest that active mattress use can improve endothelial function and further research is needed to explore its potential in treating diseases and conditions related to endothelial function.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article is generally reliable and trustworthy as it provides a detailed description of the study design, methods used, results obtained and conclusions drawn from them. The authors have also provided sufficient evidence for their claims by citing relevant studies and providing statistical data to support their findings. Furthermore, the article does not appear to be biased or one-sided as it presents both sides of the

# Topics for further research:

* Cognitive Behavioral Therapy for Depression
* Mindfulness-Based Cognitive Therapy
* Cognitive Behavioral Therapy Outcomes
* Cognitive Behavioral Therapy Techniques
* Cognitive Behavioral Therapy for Anxiety
* Cognitive Behavioral Therapy Research

# Report location:

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