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(54) **BODY SUPPORT**

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(57)

**ABSTRACT**

**Related U.S. Application Data**

(60) Provisional application No. 62/659,508, filed on Apr. 18, 2018, now abandoned.

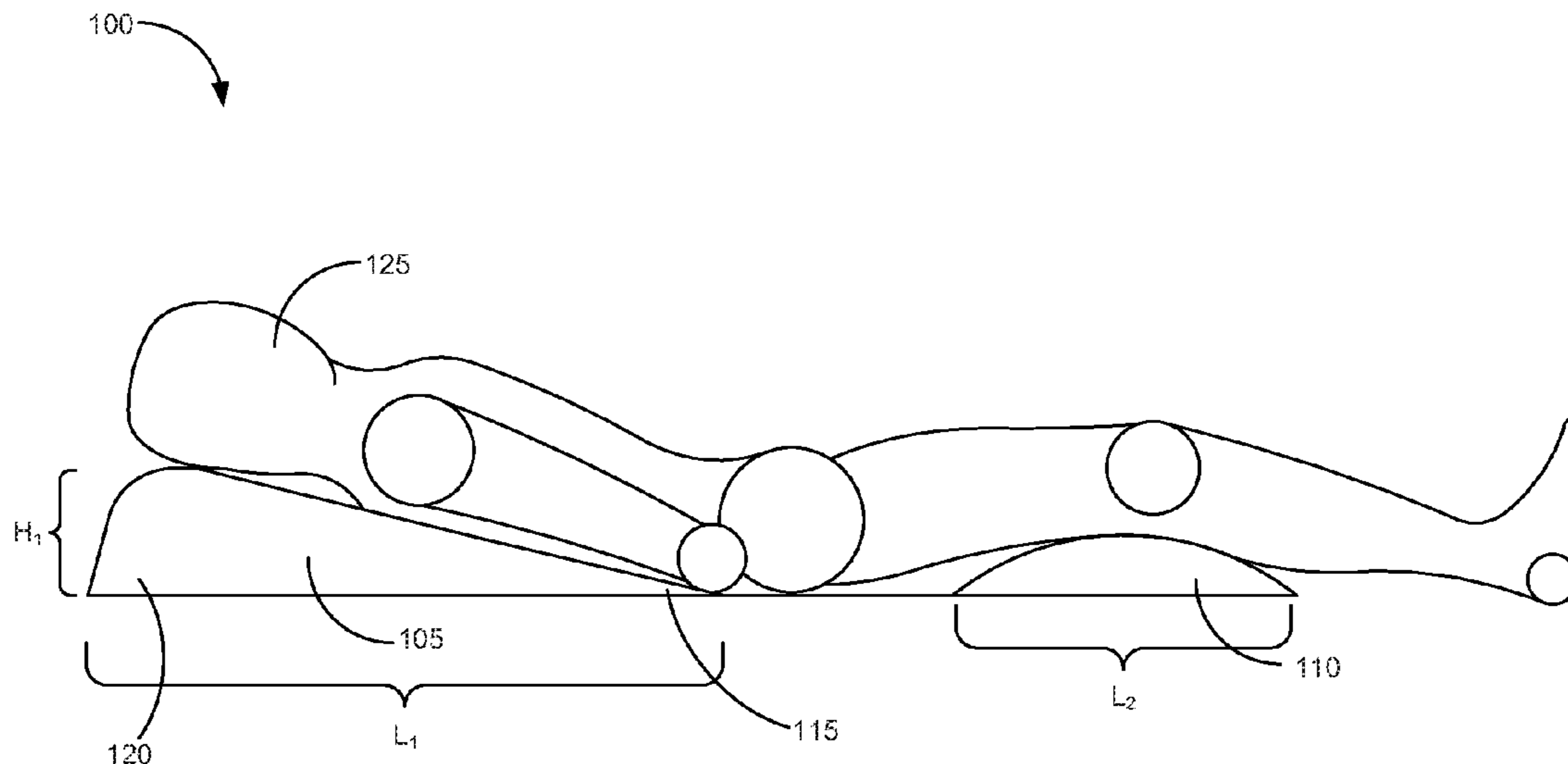
A sleeping system may include a torso wedge section, the torso wedge section being inflatable and a knee bolster section, the knee bolster section being inflatable. A positioning device may include a torso wedge section to receive weight from a user's torso; a knee bolster section to receive weight from a user's legs; and a strap coupling the torso wedge section and the knee bolster section together to prevent the torso wedge section and the knee bolster section from separating.

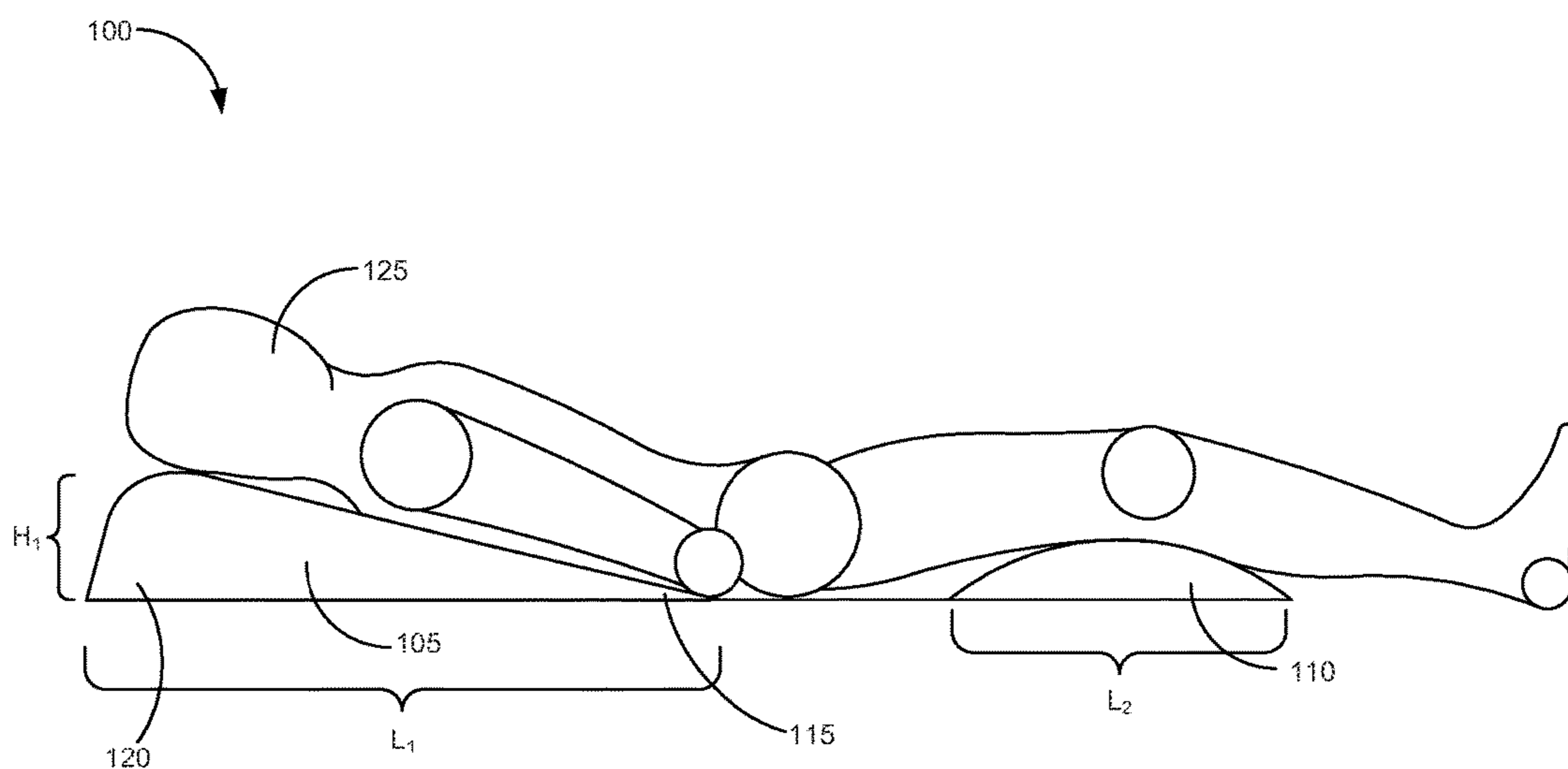
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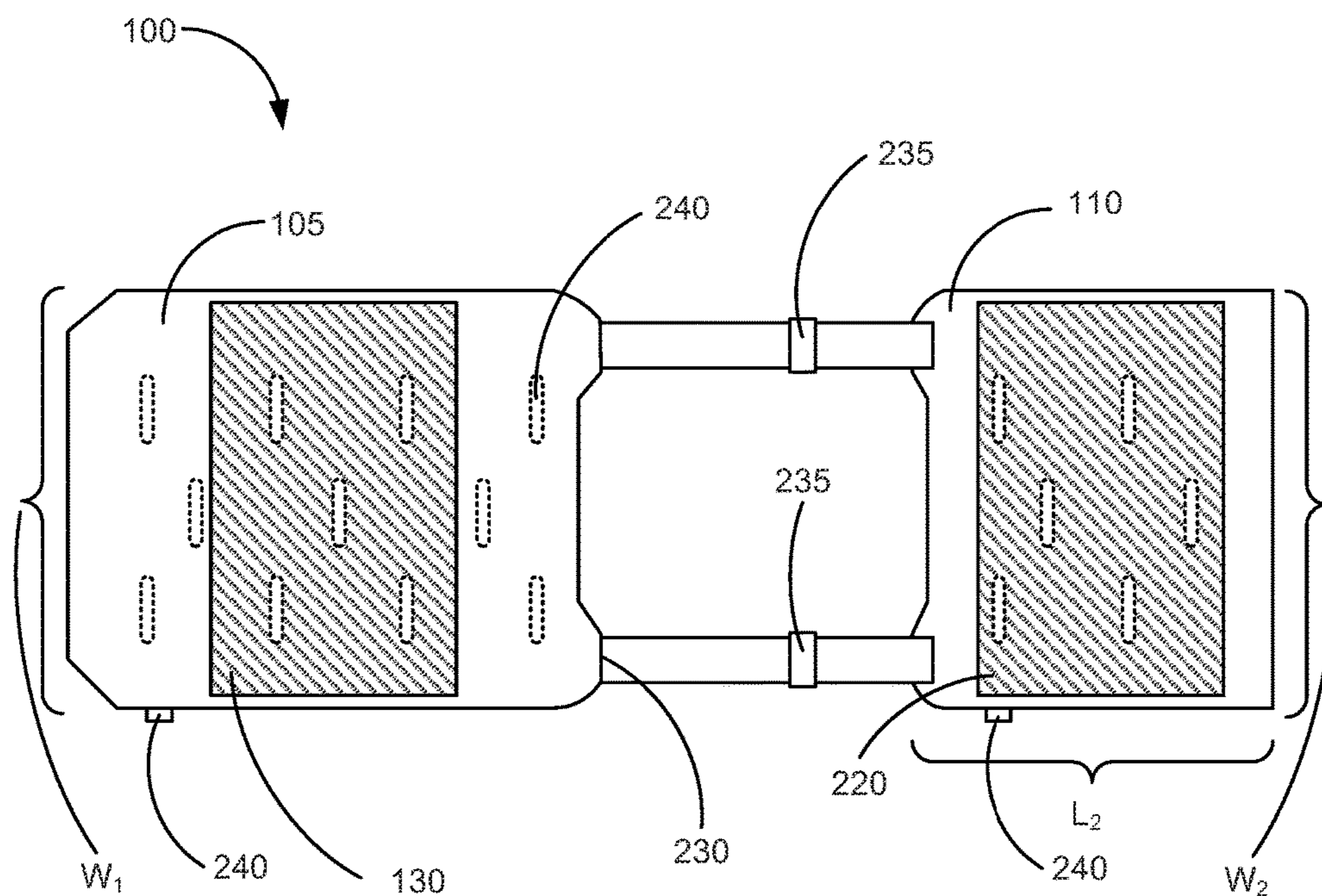
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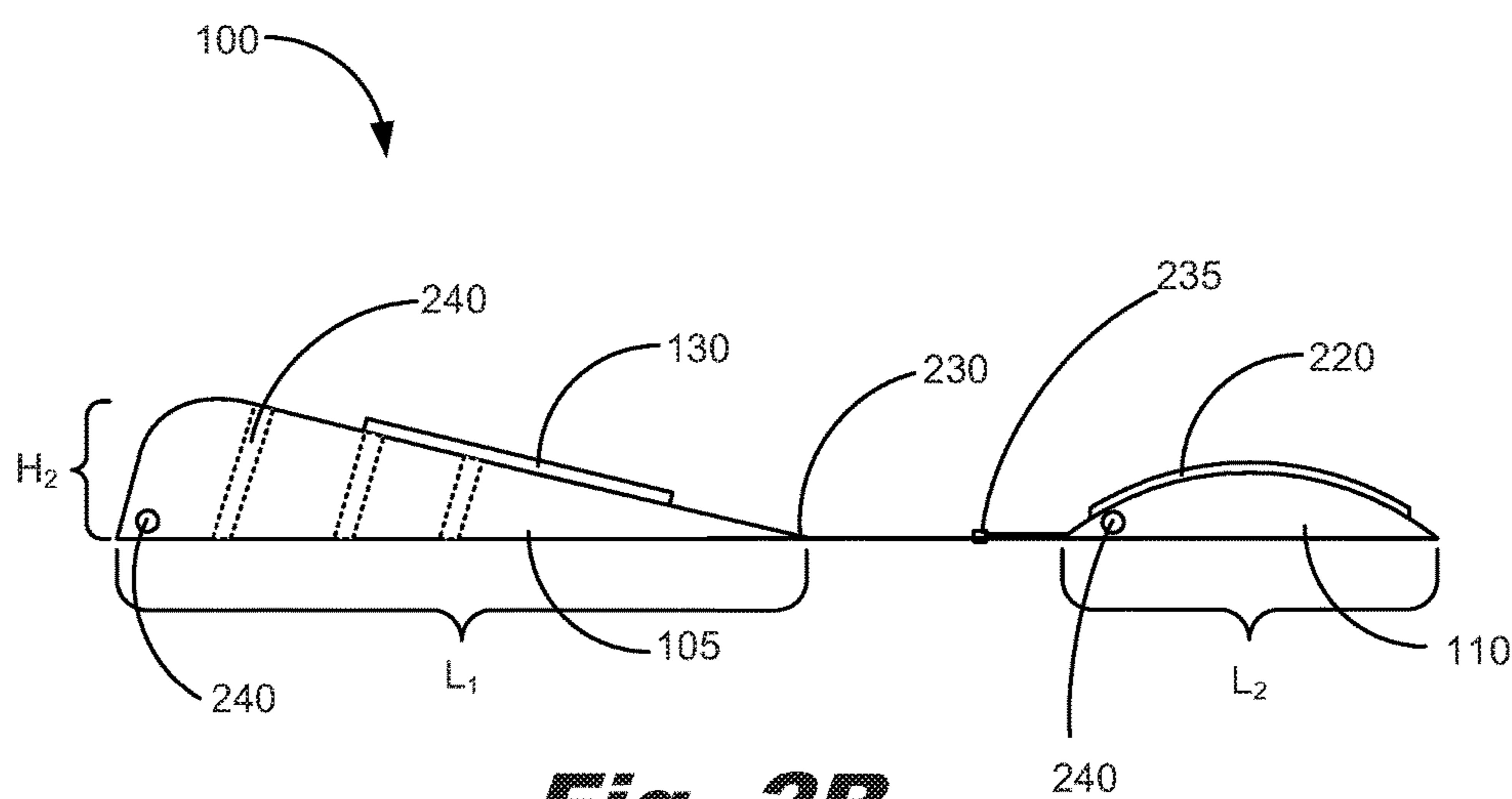




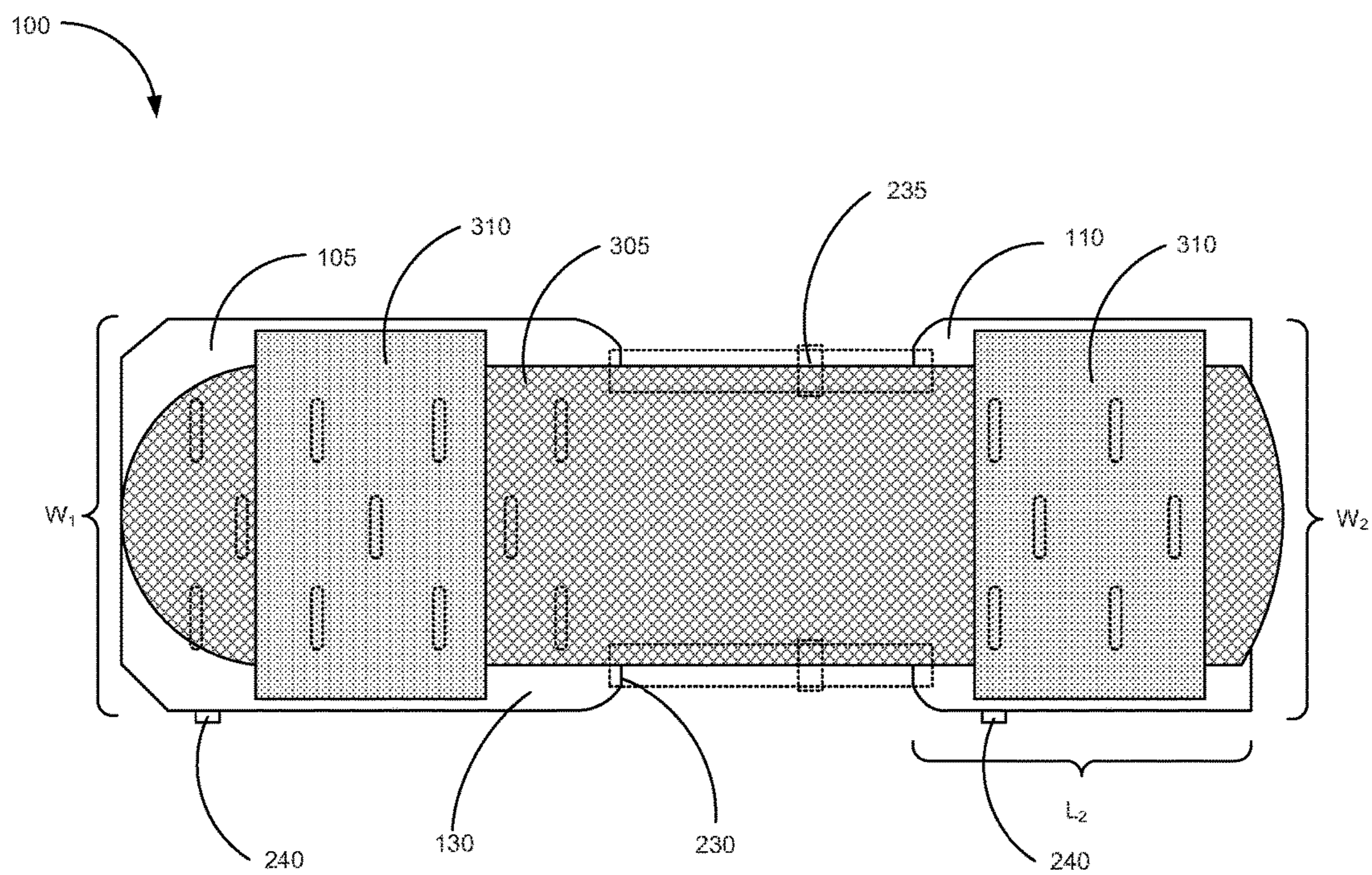
**Fig. 1**



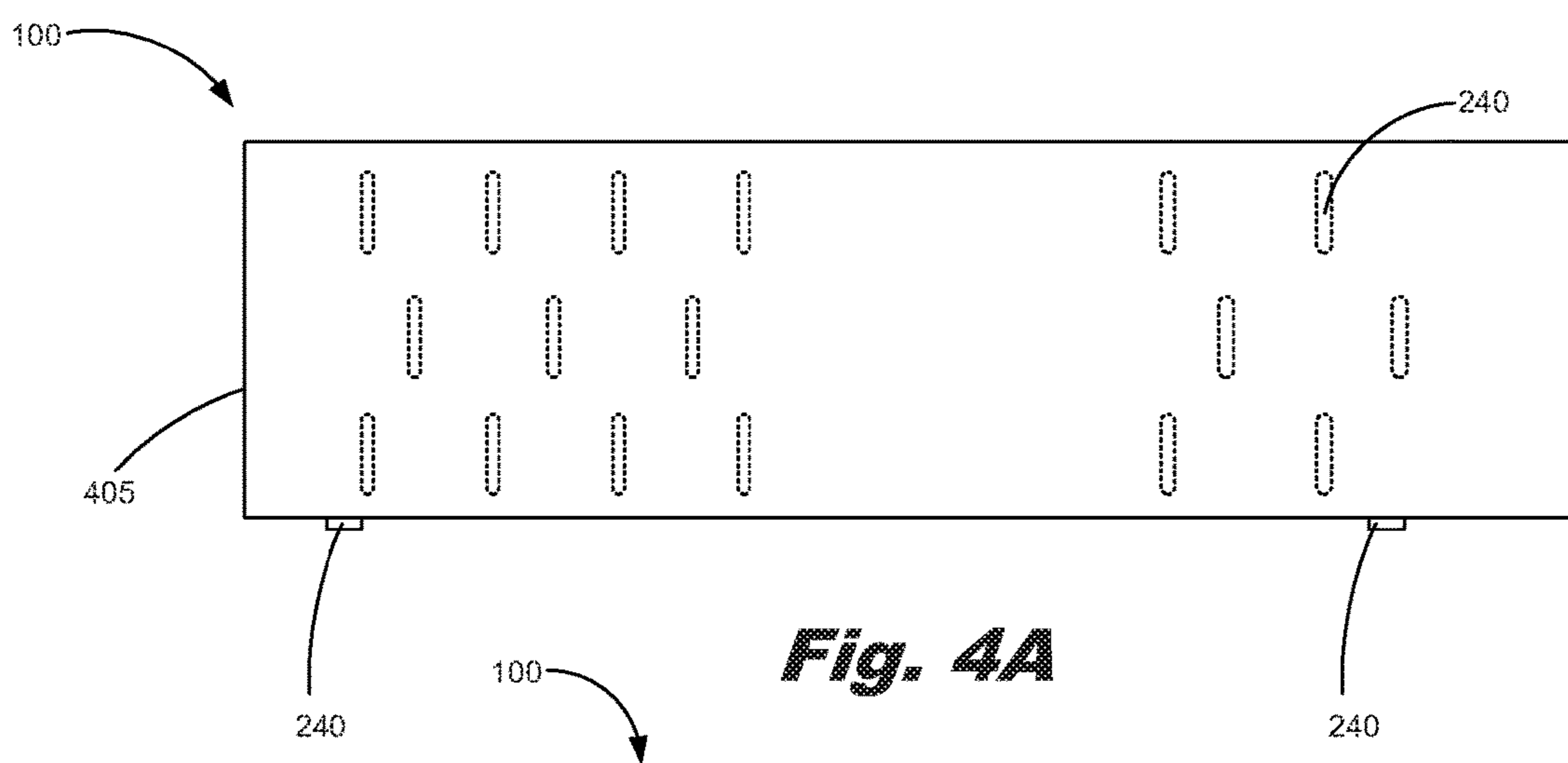
**Fig. 2A**



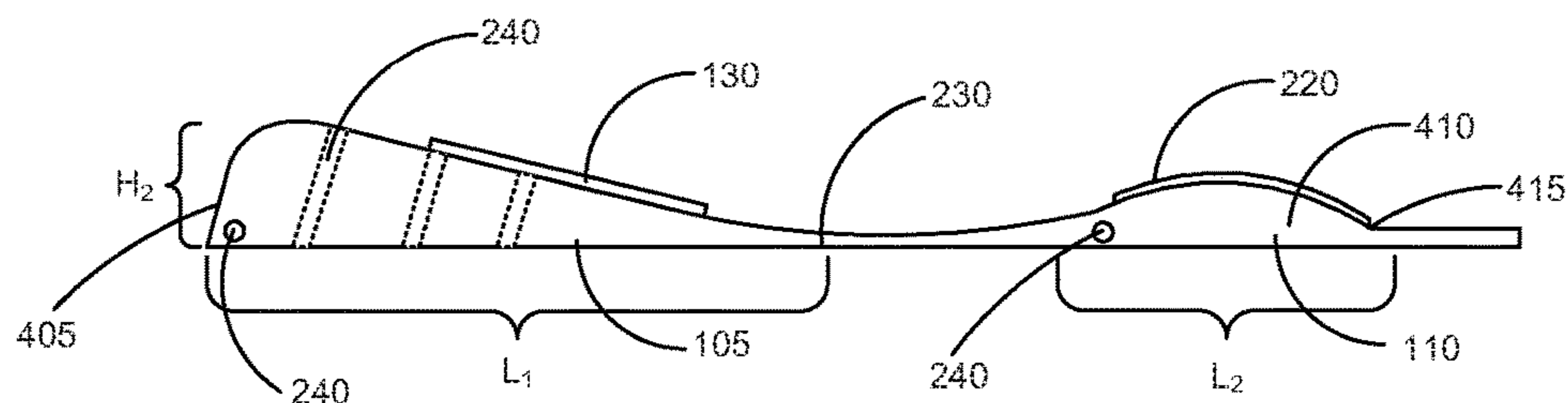
**Fig. 2B**



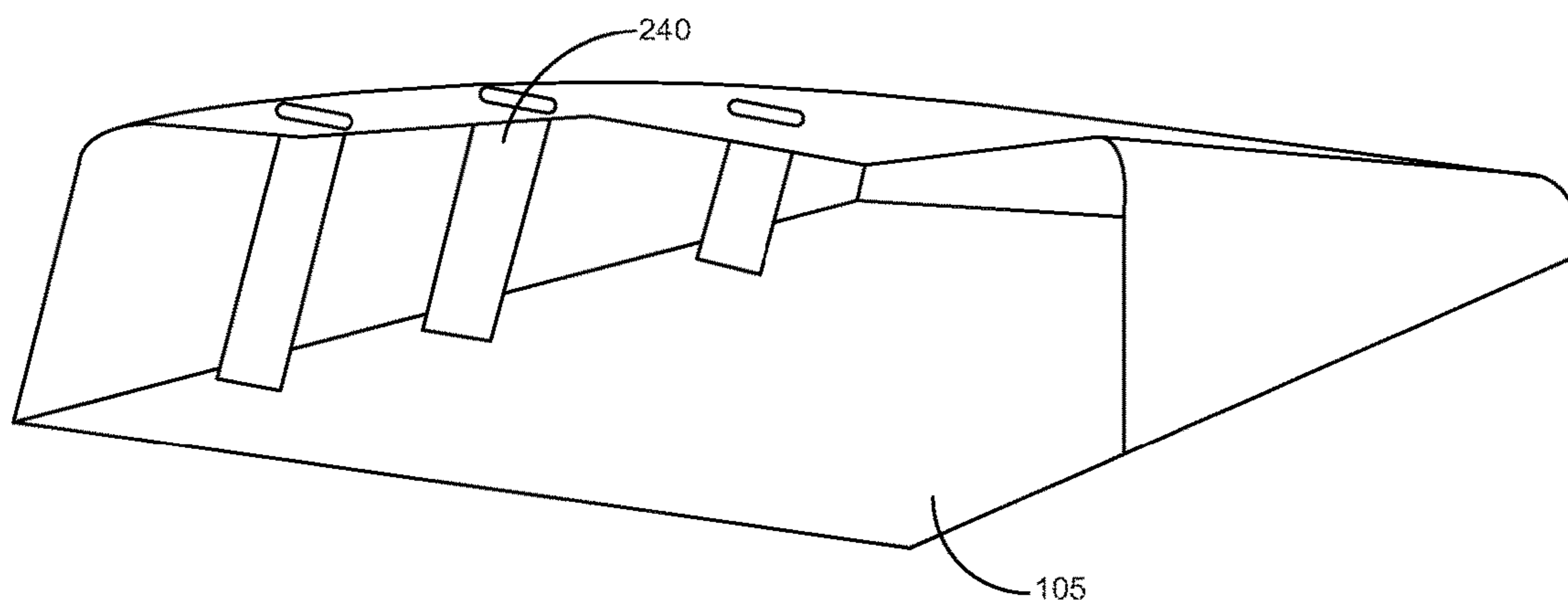
**Fig. 3**



**Fig. 4A**



**Fig. 4B**



***Fig. 5***

## BODY SUPPORT

### RELATED DOCUMENTS

[0001] The present application claims benefit under 35 U.S.C. § 119(e) of U.S. Provisional Application No. 62/659,508, filed Apr. 18, 2018. These applications are herein incorporated by reference in their entireties.

### BACKGROUND

[0002] The human spine is generally comprised of thirty-three (33) vertebrae with a disc located between each neighboring pair of vertebrae. The center portion of each disc, the nucleus pulposus, is made of a watery, gelatinous material which is contained within a tough outer ring, the annulus. As humans age, starting in any given human's mid-twenties, the nucleus begins to lose some of its water content.

### BRIEF DESCRIPTION OF THE DRAWINGS

[0003] The accompanying drawings illustrate various examples of the principles described herein and are part of the specification. The illustrated examples are given merely for illustration, and do not limit the scope of the claims.

[0004] FIG. 1 is a side view of a sleeping system according to an example of the principles described herein.

[0005] FIG. 2A is a top view of the sleeping system of FIG. 1 according to an example of the principles described herein.

[0006] FIG. 2B is a side view of the sleeping system of FIG. 1 according to an example, of the principles described herein.

[0007] FIG. 3 is a top view of the sleeping system including a pad according to an example of the principles described herein.

[0008] FIG. 4A is a top view of the sleeping system formed as a one-piece according to an example of the principles described herein.

[0009] FIG. 4B is a side view of the sleeping system formed as a one-piece according to an example of the principles described herein.

[0010] FIG. 5 is a cutout view of any of the torso wedge section, knee bolster section, or single piece of FIGS. 4A and 4B according to an example of the principles described herein.

[0011] Throughout the drawings, identical reference numbers designate similar, but not necessarily identical, elements. The figures are not necessarily to scale, and the size of some parts may be exaggerated to more clearly illustrate the example shown. Moreover, the drawings provide examples and/or implementations consistent with the description; however, the description is not limited to the examples and/or implementations provided in the drawings.

### DETAILED DESCRIPTION

[0012] The dehydration of discs within a human vertebra is a natural process though it can be accelerated by such things as trauma, weight, chronic posturing, and genetic predisposition. As the nucleus pulposus dehydrates, the discs become thinner and the vertebrae begin to sit closer together. As a result of the discs thinning with age, there are some anatomic changes that can create spine related pain. In an example, the diameter of the foraminal openings located bilaterally between each pair of vertebrae become narrower

leaving less space for the exiting nerve roots. Should a nerve root branching off the spinal cord be compressed at the location wherein that nerve root is exiting its foraminal opening, there will be resultant radicular symptoms including pain, numbness, paresthesia, and/or loss of strength in the corresponding muscles. An additional symptom associated with the thinning of the discs is an increase in friction of the vertebral facet joints. These joints naturally slide on each other allowing certain movements and limiting others. An increase in friction between these joints, however, will cause irritation and pain in those joints.

[0013] Since re-hydration of discs is not plausible in an aging individual human, removing the compressive force from the nerve roots and facet joints is may be accomplished with correct positioning of the spine. Activities and positions that put the spine in an extended position (i.e. leaning backwards) will increase nerve and facet compression while activities and positions that put the spine in a position of flexion (i.e. leaning forward) will decompress these structures. Therefore, lying down in a flexed position unloads weight placed on the nerve roots and facet joints thereby alleviating acute discomfort and allowing for better sleep. Additionally, unloading these structures for prolonged periods, as in sleep, will allow them to heal thereby alleviating the possibility of permanent damage. This results in less irritation as a human goes about the human's daily activities many of which will include extension movements and extended positions.

[0014] Multiple attempts have been made to produce mattresses and sleep aids which place the aging body in an anatomically comfortable position. However, most of these attempts are made using foam, springs, and other materials which are heavy and cumbersome and do not lend themselves to easy transport in the case of backpacking and camping, for example. For example, the mechanical bed systems such as hospital beds are intended to support the human form in an ergonomically correct, comfortable position by allowing for incremental lifting of the head and torso and elevation of the knees in a manner. However, such beds are not conveniently portable. On the other hand, sleeping surfaces which are light weight and designed for relatively easy transport, such as in the backpacking and camping scenario, may, in fact, be made of light-weight foam. However, these surfaces, though they may differ in thickness and softness, are generally flat and do not support an aging spine ergonomically.

[0015] Although particular examples presented in the specification have been described, various modifications and changes may be made without departing from the spirit and scope of the present specification. The present specification may describe examples in other specific forms without departing from its structures, methods, or other characteristics as broadly described herein and claimed hereinafter. The described examples are to be considered in all respects examples and not restrictive conditions.

[0016] The present specification describes an inflatable sleep system. This inflatable sleep system may position a supine spine in a degree of flexion by wedging the head and torso of the user upward as well as elevating the knees. This may be done for a user having an aging supine spine or other type of spine discomfort resulting from the compressive forces placed on the joints or nerves associated with the user's spine. Such position causes posterior tilt of the user's

pelvis which creates lumbar and thoracic flexion thus decompressing the nerve roots and facet joints as described herein.

**[0017]** The present specification describes a sleeping system that includes a torso wedge section, the torso wedge section being inflatable; and a knee bolster section, the knee bolster section being inflatable.

**[0018]** The present specification also describes a positioning device that includes a torso wedge section to receive weight from a user's torso; a knee bolster section to receive weight from a user's legs; and a strap coupling the torso wedge section and the knee bolster section together to prevent the torso wedge section and the knee bolster section from separating.

**[0019]** The present specification further describes a sleeping system that includes an inflatable body, the inflatable body including a first section to support a torso of a user; a second section to support a leg of a user; a third section intervening the first and second sections to support a mid-section of a user.

**[0020]** The present specification describes an inflatable, light-weight sleeping system that wedges the torso and bolsters the knees. This sleeping system is portable and may be constructed as a single unit or as a system comprised of two or more pieces.

**[0021]** When comprised of multiple sections, the sleeping system may include a wedged-shape torso wedge section that supports an upper head and torso section of a user and a knee bolster section that supports the legs of the user. The two-piece system described herein may or may not be used in conjunction with a flat inflatable or foam sleeping pad. When used with an existing flat pad, the flat pad is placed on top of the sleeping system being described herein. When used without a separate flat pad, the two-piece system could be produced with a flat distal extension of both the wedge and the knee bolster so as to create padding under the hips and the lower legs accommodating for greater comfort in those areas. Whether used alone or in conjunction with a flat sleeping pad, the sleeping system supports the body in an ergonomically correct position while in a supine or in a side lying position. In the two-piece system, each of the sections may be separately inflatable and, as such, may also be adjustable to accommodate for individual body type and comfort. Accordingly, the two sections may be held together with adjustable straps, overlapping flaps with a hook-and-loop fastening material such as VELCRO® adhesion, other adjustable connecting devices so that their distance apart from each other can be changed so as to adapt to individual height and torso and leg length. VELCRO® is a registered trademark of Velcro BVBA.

**[0022]** In an example, the torso section is wedge shaped. The lumbar spine rests on the bottom of the wedge of the torso section with the thoracic spine, cervical spine, and head gradually being elevated. The height and incline of the wedge are adjustable with the amount of air forced into the interior cavity of the torso section.

**[0023]** The knee bolster section may be in the form of a half oval shape. The knee bolster section may be placed directly under the knees of a user when the sleeping system is in use. While lying in supine, the knee bolster section may allow for various levels of knee and subsequently hip flexion as it is also adjustable through inflation for individual comfort.

**[0024]** Whether being used in conjunction with a sleeping pad or by itself, the torso wedge section and knee bolster section when deflated may be rolled up with or without the pad as though they were a single unit. This may provide for quick, easy, and compact storage. In an example, both the torso wedge section and knee bolster section may have a thin sleeve on their top surfaces allowing for an accompanying sleeping pad to slide through and to be held in place thus creating a complete, ergonomically correct sleeping surface that can be used indoors or outdoors. In an example, both the torso wedge section and knee bolster section may have a secondary inflation surface on their top surfaces allowing for inflation of that secondary inflation surface. This secondary inflation surface may create a complete, ergonomically correct sleeping surface that can be used indoors or outdoors.

**[0025]** When constructed as a single unit, the inflatable sleeping system may also provide a degree of flexion by wedging the head and torso of the user upward as well as elevating the knees. In some examples, the inflatable sleeping system may extend the full length of the body and would create a contoured surface in which a first section of the pad used to support a user's torso is in the form of the torso wedge section thereby gradually elevating the head and torso. Additionally, a second portion of the inflatable sleeping system creates a bolster under the knees elevating them into a flexed position similar to the knee bolster section described herein. Intermediary to the first and second sections may be a third section that supports a user's midsection: parts of the user's body between the torso and the legs.

**[0026]** When constructed as a single unit, the inflatable sleeping system may include a single air valve for inflation of the sleeping system. In another example, the inflatable sleeping system may include a valve for both the first and second sections so that each section might be adjustable. As a single unit, the sleeping system may provide thermal protection from the surface upon which it is laid. The thermal protectivity of the sleeping system may be dependent upon the materials used in its construction and the thickness of the inflated sleeping system once inflated. Consequently, the inflatable sleeping system may be used indoors and/or outdoors and may be rolled or folded into a compact shape for easy storage and transport.

**[0027]** Ergonomically correct position during sleep or resting while backpacking and camping, for example, is beneficial to a user engaged in strenuous activity. However, the described sleeping system may be used in various other circumstances for similar purposes. Whether as a single unit or as a two-piece system and with or without an accompanying flat sleeping pad, the described sleeping system may be deployed on any flat indoor or outdoor solid surface. For example, the described sleeping system may be placed on top of a flat-bed mattress, sofa, flooring material, lawn, sandy beach, and truck bed, among other surfaces, while giving contour to the body's natural curves that such surfaces might not otherwise offer. Furthermore, if as a single unit it is constructed using thereto-protective materials or if as a two-piece system is constructed using thereto-protective materials or if used in conjunction with a flat sleeping pad constructed with thereto-protective materials, the sleeping system offers a soft, ergonomic contour as well as protection from non-temperate surfaces such as snow and ice. Flat sleeping pads that could be used in conjunction with the two-piece system might include those made of foam, those



that are inflatable, and those that use a combination of inflatable air and solid material. The inflatable and non-inflatable pads may have a variety of different cell patterns and usually vary from 2.5 to 7.5 cm in thickness. The two-piece system will accommodate any of these types of sleeping pads that are 62 cm in width or smaller and of any length, though the width of the presently described sleeping system could be extended to allow for the possibility of interfacing with wider pads.

#### Two Piece System

[0028] FIG. 1 is a side view of a sleeping system (100) according to an example of the principles described herein. In this example, the sleeping system (100) is presented as a two-piece system. As a two-piece system, the surfaces of the torso wedge section (105) and knee bolster section (110) of the described sleeping system (100) (i.e., top, bottom, and sides) may be comprised of airtight nylon materials whose seams and may be held together using nylon welding techniques such as ultrasonic welding processes. In another example, the materials used to form the surfaces of the sleeping system (100) may render the sleeping system (100) flexible and foldable in all directions.

[0029] As seen in FIG. 1, the torso wedge section (105) may be between 60 and 100 cm in length ( $L_1$ ). In an example, the torso wedge section (105) may be 80 cm in length ( $L_1$ ). In an example, the width ( $W_1$ ) of the torso wedge section (105) may be between 40 cm and 80 cm. In an example, the width ( $W$ ) of the torso wedge section (105) may be 63 cm. As seen in FIG. 1, the torso wedge section (105) may taper from 0 cm to between 10 and 30 cm in height ( $H_1$ ). In an example, the torso wedge section (105) may taper from 0 cm to 19 cm in height ( $H_1$ ) when fully inflated. The lumbar end (115) may start at 0 cm in height ( $H_1$ ) and the head end (120) may reach as high as 19 cm in height ( $H_1$ ). Furthermore, the lumbar end (115) of the torso wedge section (105) may be extended with a non-inclined, torso section extension (FIGS. 2A and 2B, 130) so as to provide padding for the pelvic and gluteal area. The height ( $H_1$ ) and degree of tapering of the torso wedge section (105) may, therefore, be adjustable to a user's (125) comfort by controlling the level of inflation of the torso wedge section (105) and/or the inflation of the torso section extension (130).

[0030] FIG. 2A is a top view of the sleeping system (100) of FIG. 1 according to an example of the principles described herein. FIG. 2B is a side view of the sleeping system (100) of FIG. 1 according to an example, of the principles described herein. As seen in FIGS. 2A and 2B, the length ( $L_2$ ) of the knee bolster may be between 30 and 70 cm. In an example, the length ( $L_2$ ) may be 53 cm. In an example, the width ( $W_2$ ) of the knee bolster section (110) may be between 40 and 80 cm. In an example, the width ( $W_2$ ) of the knee bolster section (110) may be 63 cm. As seen in FIGS. 2A and 2B, the knee bolster section (110) is tapered equally from a first side (205) and a second side (210) with a highest point (215) of the knee bolster section (110) being midway between the first side (205) and second side (210). In an example, the highest point (215) may reach a height ( $H_2$ ) of between 5 and 25 cm. In an example, the highest point (215) may have a height ( $H_2$ ) of 16 cm when the knee bolster section (110) is fully inflated. Like the torso wedge section (105), the knee bolster section (110) may also be adjustable to a user's (125) comfort by controlling the level of inflation. Additionally, the knee bolster section (110) may

also have a flat non-inclined inflatable knee section extension (220) that provides padding to the lower legs and feet of the user (125) and may also be adjustable by degrees of inflation of the knee section extension (220).

[0031] As shown in FIGS. 2A and 2B, the torso wedge section (105) and knee bolster section (110) are held together at a predetermined, adjustable distance using a number of straps (225): in this example, two straps (225). In an example, the straps (225) may be 7 cm in width. In an example, these straps (225) may be fastened to the first side (205) of the knee bolster section (110) and a first side (230) of the torso wedge section (105) using slots cut into the sections' first sides (205, 230) as sewn directly into the first sides (205, 230). The straps (225) may be adjustable using a fastening device (235). In an example, the fastening device (235) may use VELCRO® material or a sliding adjustable buckle with nylon webbing. It may also be possible to make each strap removable using pinch clips attached to the first sides (205, 230) of both the torso wedge section (105) and knee bolster section (110). The adjustability of the straps (225) may allow the sleeping system (100) to accommodate a user (125) as short as around 135 cm (4.5 feet) or to any height of a user (125). The torso wedge section (105) and knee bolster section (110) might also be held together with overlapping flaps that use VELCRO® for adhesion making the two-piece system a more seamless unit.

[0032] In an example, the top surfaces of the torso wedge section (105) and/or knee bolster section (110) may include a sleeve to help keep a flat sleeping pad in place. In this example, the sleeve may take the place or be formed on top of the torso section extension (130) and/or knee section extension (220). Accordingly, FIGS. 2A and 2B shows that the width of the sleeves may be equal to or less than the width of the torso wedge section (105) and/or knee bolster section (110): in an example, 62 cm. FIGS. 2A and 2B also show the length of the sleeve associated with the torso wedge section (105) may be 49 cm and the length of the sleeve of the knee bolster section (110) may be 45 cm. Although these dimensions are described herein, the specific dimensions of the sleeves may vary depending on intended use and user (125) expectations and comfort among other considerations. In an example, the sleeves may be constructed of 3-way stretch mesh material with a drop stitch stretch binding along any edges of the sleeves. The sleeves may, in an example, be constructed of non-stretch nylon material similar to that used in the construction of the body of both the torso wedge section (105) and knee bolster section (110).

[0033] As described herein, an additional pad may be draped over the sleeping system (100) to add more comfort to the use. Accordingly, in or to minimize slippage of the additional sleeping pad being used in conjunction with the inflatable sleeping system (100), a top surface of both the torso wedge section (105) and knee bolster section (110) may be covered with a silicone screen print in order to increase the friction between the pad and the sleeping system (100).

[0034] In order to maintain the form of the torso wedge section (105) and knee bolster section (110) while they are inflated and in use or over the lifetime of the sleeping system (100), a number of nylon strips (240) may be attached to the inside surfaces of the torso wedge section (105) and/or knee bolster section (110). In a specific example, the nylon strips (240) may be ultrasonically welded to a top and bottom

panel of the torso wedge section (105) and/or knee bolster section (110). These nylon strips (240) may be 7 cm in width and of appropriate length to allow for correct tapering of the torso wedge section (105) and/or knee bolster section (110) as described herein. In an example, the torso wedge section (105) may have three columns of four interior nylon strips (240) and the knee bolster section (110) may have two outside columns of three nylon strips (240) and one center column of two nylon strips (240). Although specific examples are either shown or described in the present specification, these are meant merely as examples and the present specification contemplates the use of any number of nylon strips (240).

[0035] In an example, the torso wedge section (105) and knee bolster section (110) may have their own twist valve, plug valve, or air valve (245) for inflation/deflation of either of the torso wedge section (105) and/or the knee bolster section (110). In an example, the air valves (245) may be located in the headward ends, on the outer edges, and/or in the lower corners of each of the torso wedge section (105) and knee bolster section (110) as shown in FIGS. 2A and 2B. The air valves (245) may be any fluid channel formed into an interior area of the torso wedge section (105) and knee bolster section (110) to allow for air to pass therein. In an example, the air valve (245) may include a selective air dam so as to selectively prevent air from exiting the torso wedge section (105) and/or knee bolster section (110). This will allow for selective and complete deflation as the sleeping system (100) and, in an example, an inflatable sleeping pad are simultaneously rolled up and stored as a single unit. The air valves (245) may be inflated by mouth or with the use of a small battery operated or mechanical pump.

[0036] The inflatable sleeping system (100) may be manufactured to weigh between 0.4-0.6 kgs (12-20 oz). If rolled up with a pad, it may add no more than 5 cm (2 inches) to its storage circumference. If being stored by itself, the sleeping system (100) may be rolled up or folded into a small package.

[0037] FIG. 3 is a top view of the sleeping system (100) including a pad (305) according to an example of the principles described herein. As described herein, the sleeping system (100) may include a number of sleeves (310) that are placed above the torso section extension (130) and knee section extension (220) or in place of the torso section extension (130) and/or knee section extension (220). The sleeves (310) may be capable of receiving a pad (305) forming a bridge between the torso wedge section (105) and knee bolster section (110). This may provide for additional padding on the torso wedge section (105) and knee bolster section (110) as well as between the torso wedge section (105) and knee bolster section (110).

#### One-Piece System

[0038] FIG. 4A is a top view of the sleeping system (100) formed as a one-piece according to an example of the principles described herein. FIG. 4B is a side view of the sleeping system (100) formed as a one-piece according to an example of the principles described herein. As a one-piece sleeping system (100), the body of the sleeping system (100), like the two-piece sleeping system (100) described herein, may be constructed of airtight nylon materials whose seams would be held together via any fastening device, material, or process. In an example, the seams may be held together via use of a nylon welding technique such as

ultrasonic welding. Accordingly, the sleeping system (100) may be flexible and foldable in all directions.

[0039] In an example, the sleeping system (100) may be 200 cm long and be 60 cm in width, though these dimensions can be altered during fabrication to accommodate a specific size of a user (125). A first end (405) of the sleeping system (100), when fully inflated, may elevate 19 cm from the sleeping system's (100) level surface and taper downward for 80 cm toward the center of the sleeping system (100). The second section (410) associated with where a user places the user's legs and feet of the sleeping system (100) may also include a tapering upward from the sleeping system's (100) level surface to an apex of 12 cm when fully inflated and back down to a certain level of the sleeping system (100). The apex may be located 70 cm from the second end (415) of the knee bolster section (110) sleeping system (100) and would taper downward in either direction for 45 cm to the certain level of the sleeping system (100).

[0040] To help maintain the shape of the sleeping system (100), the sleeping system (100) may include a number of nylon strips (240) fastened to the inside surfaces of the walls of the one-piece sleeping system (100). The configuration of these nylon strips (240) in the one-piece sleeping system (100) would be very similar to that of the two-piece sleeping system (100).

[0041] In an example, the one-piece sleeping system (100) might have a single air valve (245) on a surface at the first end (405) of the sleeping system (100) (i.e., at the ground level). In another example, the one-piece sleeping system (100) might have two air valves (245) in which one valve is located at the ground level of first end (405) thereby controlling inflation of the upper half of the sleeping system (100) and a second air valve (245) located at the ground level of the second end (415) to control the lower half of the sleeping system (100). These air valves (245) may be inflated by mouth or with the use of a small battery operated or mechanical pump.

[0042] As a one-piece, non-insulated system, the sleeping system (100) may weigh between 0.4-0.6 kgs (12-20 oz). When folded up for storage or portage, the dimensions of the one-piece sleeping system (100) may be approximately 20 cm×30 cm×4 cm (8 in×12 in×1.5 in).

[0043] FIG. 5 is a cutout view of any of the torso wedge section (105), knee bolster section (110), or single piece of FIGS. 4A and 4B according to an example of the principles described herein. FIG. 5 shows an example of placement of some of the nylon strips (240) as described herein. In this example, the torso section extension (130) is shown, however, the present specification contemplates that similar nylon strips (240) may be formed within the knee section extension (220) and or the interior of the one-piece sleeping system (100) as described herein.

[0044] The specification and figures describe a body support described as a sleeping system (100) herein. The sleeping system (100) may provide an optimal resting position for a user with back pain or back problems. The sleeping system (100) may do this by decreasing nerve and facet compression as the sleeping system (100) placed the user's vertebra in a position of flexion. This increases the longevity of pain-free articulation of the user's vertebra during daily activities. Because the sleeping system (100) is inflatable, it may be used anywhere with the ability to easily transport it

from location to location. Still further, additional pads may be added to the sleeping system (100) for additional user comfort.

[0045] The preceding description has been presented to illustrate and describe examples of the principles described. This description is not intended to be exhaustive or to limit these principles to any precise form disclosed. Many modifications and variations are possible in light of the above teaching.

What is claimed is:

1. A sleeping system, comprising:
  - a torso wedge section, the torso wedge section being inflatable; and
  - a knee bolster section, the knee bolster section being inflatable.
2. The sleeping system of claim 1, comprising a strap coupling the torso wedge section and the knee bolster section together to, when in use, prevent the torso wedge section and the knee bolster section from separating.
3. The sleeping system of claim 2, wherein the strap is adjustable along its length to accommodate for sizes of different users.
4. The sleeping system of claim 3, wherein the strap is adjustable using a buckle, a fastener, or combinations thereof.
5. The sleeping system of claim 1, wherein the torso wedge section comprises an air valve to receive air into the torso wedge portion.
6. The sleeping system of claim 1, wherein the knee bolster section comprises an air valve to receive air into the knee bolster section.
7. The sleeping system of claim 1, wherein an interior of the torso wedge section comprises a number of structure straps to maintain the shape of the torso wedge section.
8. The sleeping system of claim 1, wherein an interior of the knee bolster section comprises a number of structure straps to maintain the shape of the knee bolster section.
9. The sleeping system of claim 1, wherein the torso wedge section comprises a torso section extension to add padding to the torso wedge section, the torso section extension comprising an air valve to receive air into the torso section extension.
10. The sleeping system of claim 1, wherein the knee bolster section comprises a knee section extension to add padding to the knee bolster section, the knee section extension comprising an air valve to receive air into the torso section extension.

11. A positioning device, comprising:
  - a torso wedge section to receive weight from a user's torso;
  - a knee bolster section to receive weight from a user's legs; and
  - a strap coupling the torso wedge section and the knee bolster section together to prevent the torso wedge section and the knee bolster section from separating.
12. The positioning device of claim 11, wherein the strap spans the entire distance across the facing edges of the torso wedge section and knee bolster section.
13. The positioning device of claim 12, wherein the strap is coupled using a hook-and-loop fastening material.
13. The positioning device of claim 11, wherein the torso wedge section has a tapered surface that tapers from a first edge to a second edge to create a wedge shape that contacts a user's torso.
14. The positioning device of claim 11, wherein the knee bolster section has a tapered surface that tapers equally from a first edge to a second edge to create a high point midway between the first and second edges.
15. The positioning device of claim 11, wherein the torso wedge section comprises a torso section extension to add padding to the torso wedge section, the torso section extension comprising an air valve to receive air into the torso section extension.
16. The positioning device of claim 11, wherein the knee bolster section comprises a knee section extension to add padding to the knee bolster section, the knee section extension comprising an air valve to receive air into the torso section extension.
17. A sleeping system, comprising:
  - an inflatable body, the inflatable body comprising:
    - a first section to support a torso of a user;
    - a second section to support a leg of a user;
    - a third section intervening the first and second sections to support a midsection of a user.
18. The sleeping system of claim 17, comprising an air valve to receive air into the inflatable body.
19. The sleeping system of claim 17, wherein an interior of the inflatable body comprises a number of structure straps to maintain the shape of the first, second, and third section.
20. The sleeping system of claim 17, comprising an extension portion to add padding to the inflatable body along any of the first, second, and/or third sections of the inflatable body.

\* \* \* \* \*