

Can You Really Sleep Better With A Memory Foam Mattress

Why toss and turn on a hard, uncomfortable mattress all night long when you could fall asleep quickly and comfortably with a NASA-engineered mattress or mattress pad? Yes, that's right: the foam mattress pad, which has become popular in recent years, was engineered by NASA; and will provide maximum comfort by actually conforming to your body's shape.

If you do not yet have any mattress at all or if you want the maximum amount of comfort, you will want to purchase a complete foam mattress for your bed. In general, these foam mattress models come in three different forms: medium-firm, extra-firm, and rigid. Selecting one of these foam mattress models will determine how the mattress will conform to your body shape and weight distribution.

Additionally, the foam mattress is sorted by price tag, which is usually determined by the total foam content and density. More expensive models can easily cost as much as \$1,500 for a queen size bed, while economy models can be as cheap as \$350. In general, as the price increases, so will the duration and thickness of the mattress. Additionally, some companies will sell random mattresses for the lowest price, which means you don't have the ability to select anything other than the size.

If you do not already have a foam mattress, you can always purchase a mattress pad instead. This piece is usually rolled over a full mattress, allowing the user to sleep in comfort, even if the mattress below the pad is tantamount to a board filled with nails.

Purchasing a foam mattress pad will allow you to save several hundred dollars, too. Depending on your bed size, you might be able to find one that is even less than \$150.

Another thing you will want to take into consideration while browsing foam mattresses and mattress pads is the type of material and other options you would prefer. For instance, you can purchase a foam mattress made out of latex or you could purchase a memory foam mattress, which holds your body shape and weight distribution. You can also purchase adjustable foam mattresses, which might be a good idea if you plan to read or watch television on your bed. You could even get a split top bed, so you and your partner can be at different angles; one can read while the other sleeps.

To go along with your foam mattress, you may want to purchase a foam pillow, which further enhances your comfort for an extra \$60. Some companies might even throw in a free pillow simply for purchasing a mattress.

Source: <http://www.articlecircle.com>

About the Author

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