

Good Sleep Is Guaranteed With A Memory Foam Mattress

Knowing the importance of getting a good night's sleep and actually achieving one can be two very different things. If the day's worries don't weigh down on the shoulders and mind, the bed simply might not be comfortable. With pressure points created by springs, it's a wonder anyone has managed a good night's sleep on a traditional mattress. The introduction of the memory foam mattress has changed the tossing and turning into a solid eight hours of rest for many, but not all foam is the same.

The memory foam mattress came into high vogue in the 1990s, but is still widely used and its popularity is growing. The technology behind the mattress was created for the space program, but its real tweaking for sleep-related purposes came from the medical industry. The design was shown to have an ability to spread out pressure, unlike a regular mattress. By spreading out the bed's pressure on the body, the mattress can actually reduce pressure points. This, of course, translates in a better night's sleep since a person isn't tossing and turning trying to get comfortable.

Tempur-Pedic was the first company to bring the technology to the market. Initially it was used in medical settings, but its consumer appeal grew. People who slept on beds made of the company's own version of memory foam, called Tempur, reported sleeping better. With these reports, the idea to bring the technology to general consumers grew.

Now, a number of companies market similar products, all designed to lessen pressure points for people who are sleeping. The key in finding the best is to know the density of the mattress. Although higher density equates to a higher price, it also typically means higher quality as well. Companies that sell memory mattresses offer densities that range up to about five pounds. The density itself is how much a single cubic foot of foam weighs - the higher, the more firm the mattress will be. In general, foam should be at least three and a half pounds, if not more for a bed to be considered of decent quality.

As it is with purchasing any mattress, the best way to find out what works is to try it out. Feel mattresses of different density and see which one feels the most comfortable.

It is important to make sure the mattress you buy is durable and comfortable. Ask about warranties and anticipated life span. "Cheap" mattresses may be just that, so do look into specifications. More affordable options, however, may provide the comfort a buyer is looking for.

Whether a foam mattress is the desired purchase or another type of mattress is, getting a good night's rest is very important. Studies from Cornell University show that people who sleep less generally operate at a disadvantage. A lack of sleep not only reduces alertness, but also productivity, creativity and general health.

Many choose foam mattresses to ensure they get the eight that's needed. By reducing pressure points and contouring correctly to the body, these mattresses, when designed correctly, have proven themselves in medical facilities and households all over the world.

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About the Author

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