

Why a good mattress is important for your health

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By Natasha Poulin

Beds are the single most important items of furniture that you can buy for your home largely

because you spend so much time in it and it can have such an impact on your life. It is important then that you purchase a bed with a mattress that is good quality and has been designed to support your back, neck and overall body type. Irrespective of whether you need a bed for your health or you just want something to snuggle into, you should always do your homework.

There are different types of beds and mattresses that are available but while the selection is varied, you actually possess a unique sleeping style so you need to find yourself a bed that complements this. So do your homework and find the bed and mattress that is right for you.

Back pain is the number one reason why people often stay home from work because they don't get a good night sleep and often don't get the right amount of sleep or get a disrupted sleep. This pain is caused by sleeping on a mattress that is inappropriate for your back and body type. This means you will likely not be getting the support that your back needs causing you to toss and turn all night, as you search for a position that feels comfortable.

Air mattresses and water beds are designed to stop back pain while giving you that night of slumber that relaxes your mind and your body. These kinds of beds provide you with the support that your body needs, no matter which position you like to lie in. Whether you lie on your side or on your back, these mattresses will give you the support that you need. This makes for a great night of sleep and will give you a new lease on life as you wake up refreshed every morning.

If you can't seem to get a good night sleep in your current bed with your existing mattress than you might want to consider a replacement option. Adjustable air beds, water beds or even just a brand new mattress with inner springs could solve your posture problems. After one night of sleep on a new bed, you will wish you had made the investment sooner.

Shopping for these items over the Internet is probably your best solution when looking for mattresses. Buying mattresses over the Internet will save you both time and money. And don't fear about secure transactions as these are now more secure than ever before. Find a bedding supplier that sells

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mattresses and see what deals they offer. Depending on what you spend and how much you buy the supplier might also throw in free shipping and free insurance.

Natasha Poulin is well known for her "secret" bed technology reports. In particular for

tempur pedic

bed tips. Her website is <http://www.findmattress.com>

Tips For Buying A New Mattress

By Gray Rollins

If you wake up each morning feeling more tired and sore than you felt when you went to sleep the night before, the culprit may be your mattress. A bad mattress can really take a toll on your health. Before you buy a new mattress, though, you may want to consider a few of these mattress buying tips. After all, a new mattress can be just as uncomfortable to sleep on as your old mattress if it is too soft or too hard.

1. Size matters - If you wake up clutching at the edge of your full size mattress because the kids have climbed into bed with you again and are lying sideways, then you may want to consider looking at larger beds. However, if you've never had a king size bed, you will want to be sure you have enough room for one. One way to do this is to grab two of your children's twin size mattresses and place them side by side in the area where you want to position your king size mattress. Since a king size mattress is exactly the size of two twin size mattresses, doing this allows you to really see how much room that big bed will take up. 2. Remember Goldilocks - Some mattresses really are too hard or too soft. If your partner likes soft, cushiony mattresses while you'd prefer to sleep on very firm mattresses, you may want to take a close look at mattresses that allow you to adjust the firmness. For couples that just don't have money in the budget for high tech mattresses, a good compromise is to buy a very firm mattress and place a piece of padding on one side.

3. Don't judge a mattress by its cover - While a quilted, plushy mattress cover feels and looks nice, it is what is actually under that cover that matters. Ask the mattress salesperson to show you a model of the interior of the mattress. There should be a strong interior structure. Look for sturdy springs and a stuffing material that can spring back instead of permanently compacting.

Finally, once you decide on a mattress, don't forget to ask about special offers. Some mattress stores will deliver the new mattress and set up your bed for free, and some even take your old mattress away for you. Other offers to look for are a free bed frame or a discounted price on bedroom furniture sets with the purchase of a new mattress.

Gray Rollins is a featured writer for MattressesPro. To learn more about buying a mattress, visit us at

<http://www.mattressespro.com/>

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and

<http://www.mattressespro.com/howtobuyamattress/>



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