

Choosing the Right Mattress For You

A good night's sleep is one of the most important factors when it comes to your mental and physical health. Getting a full 6 to 8 hours of sleep a night will help you feel more alert and energized.

Unfortunately for many, a good night's sleep is hard to come by. Our lives are busy, so oftentimes we only catch shut eye when we can. A quality mattress goes a long way to ensure you get a good night's sleep. Whether you need more adequate support for your joints or help with you or your partner's snoring problem; a firm, high quality mattress could be the answer you dream about.

Mattresses come in different styles with varying levels of support. Choosing the right mattress can mean the difference between a tossing and turning all night and a solid night's rest. Traditional mattresses tend to be the standard choice for most Americans which are priced in by the level of firmness that they provide. However a *quality innerspring mattress will feature more coils*, giving the mattress a firmer feel and more support for your spine, like [Simmons Beauty Rest](#) , for instance.

Still yet, a new type of mattress is making its way into bedrooms. Organic mattresses! An organic mattress is a great option that provides both *adequate support and is better for the environment and your health*.

While available in many sizes, most organic mattresses are found in the nursery and children's bedrooms. An organic crib mattress provides your child with comfort, support, and maintains a natural, chemical free nursery. Everything a mother desires for their child's best health.

The makeup of each organic mattress differs slightly, but most follow the same basic "ingredients".

An organic mattress can be broken down into 3 different components.

1. The coir is made of natural materials such as coconut husks. These materials are woven tightly together to create the necessary support.
2. The next layer of most these items is a lamb's wool wrap. This chemical free wrap has is designed to give the mattress breathability and is treated with solutions such as lemon, lavender and eucalyptus in order to render the mattress non-allergenic.
3. The last layer consists of a cotton lining designed to create a cool feel that prevents overheating. Organic cotton is naturally hypoallergenic and super soft to the touch. Additionally, a certain amount of moisture is absorbed by organic cotton so you get a dryer night's sleep. Certified organic cotton comes from a grower/processor that has met certain organic standards and uses natural & non-chemical agricultural methods set out by various nationally recognized certifying organizations.

You no longer have to sacrifice comfort in favor of being more environmentally conscious.

Lastly, in choosing a mattress, you need to choose one based on your sleeping habits. Are you a back sleeper, side sleeper, or stomach sleeper? Most people shift between all 3 positions during the night, without even realizing it. As a result, you need to select the firmest mattress which allows adequate cushioning for “bony prominences.” This means knees, hip bones, ankles, shoulders, and elbows.

Ask yourself these questions when buying a mattress?

1. Can I lay in my preferred sleeping position and be comfy? Or in other words, do I get any “hotspots?” You have bony prominences, like I mentioned above, which need to be well cushioned by the mattress top. If they are not well cushioned, you may need to consider purchasing a “pillow top” mattress. Or you can do what I prefer for patients and purchase a removable pillow top (preferably organic) – so that it can be cleaned. Purchasing an additional pillow top also allows for proper rotation and flipping of the mattress regularly to encourage symmetrical use and wear. Lastly, you can always take a removable pillow top and easily put it out in the sun for a dose of “natural anti-bacterial” cleaning.

2. When you lay down, is your spine well supported? Does the mattress and any pillows you use support your spine in a good posture? In other words, can you mimic your best standing posture when you lie down on your back, side, or stomach? (see figure a.) If not, then consider adding more pillows or purchasing a firmer mattress that will support your spinal curves.

How to position yourself (see also figure b.) for a great night’s rest:

SIDE SLEEPING: Good sleeping posture includes a body pillow or bolster between the knees that you can also rest your top arm on. You also need a thicker pillow for under the neck and head.

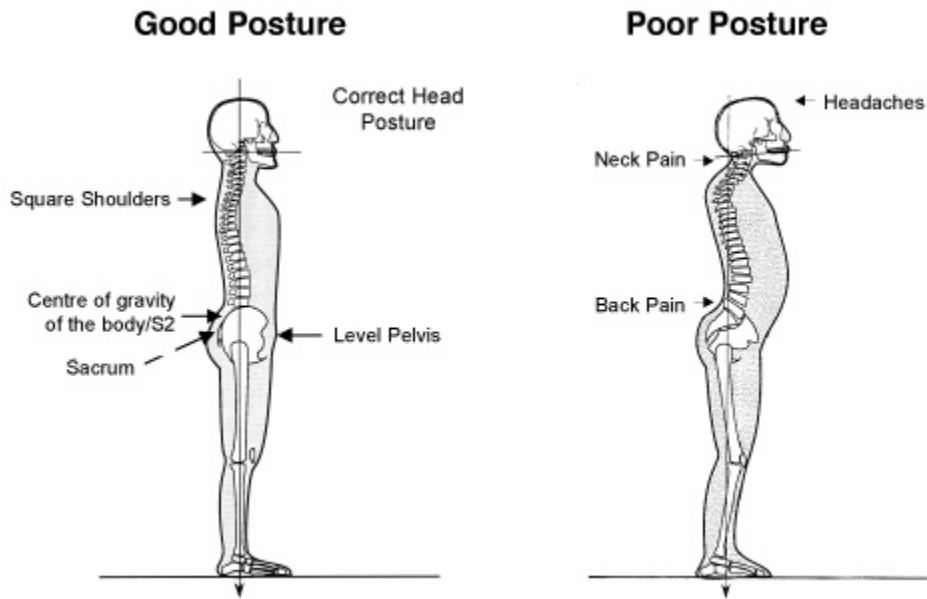
STOMACH SLEEPING: You need a pillow under the pelvic area (but not under your head) when sleeping on your stomach.

BACK SLEEPING: You need a pillow under the knees and a flatter one under your head to support the neck’s (not the head) curves. See the illustrations below.

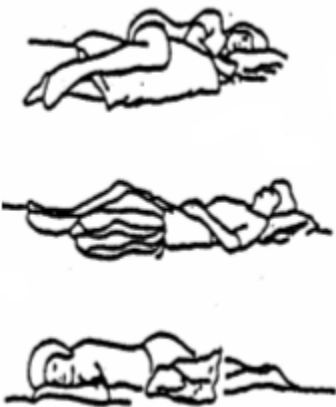
ON NECK HEALTH: When you lay down on a pillow, your ear should remain in line with your shoulder. If your ear is higher than your shoulder, your neck is in ill alignment, which can cause headaches and numbness and weakness in the hands and arms.

ON BACK HEALTH: Avoid sleeping with the spine twisted or bent forward. See the illustrations below.

a. Good sleeping posture should mimic good standing posture



b. Good sleeping postures with use of additional pillows in (top) side sleeping, (middle) back sleeping, and (bottom) stomach sleeping.



I hope this mattress brief helps you find the right bedding fit for you and your family.