

Title:

Constantly Tired? Your Mattress May Be to Blame

Word Count:

270

Summary:

A good night's sleep is a big part of a healthy and energetic lifestyle. When you don't get su

Keywords:

Constantly Tired? Your Mattress May Be to Blame

Article Body:

A good night's sleep is a big part of a healthy and energetic lifestyle. When you don't get su

Sleep experts have long preached the importance of a high- quality innerspring mattress and wa

"Research into sleep habits shows that a healthy sleeper turns between 40 and 60 times a night

That's a lot of motion for one person sleeping on a standard 38-inch-wide twin bed and it's of

So what is the proper mattress for you? AIM recommends following these guidelines when choosin

* Teenagers: Once your child becomes a teenager, consider upgrading to a double-size innerspri

* Single adults: Single adults should aim for a sleep space that is at least 40 inches wide. A

* Couples: Adults will likely find maximum comfort if they have at least 30 inches each. That

"We learn more and more each day about the importance of sleep in daily health and performance

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>