

Title:

How To Benefit 4 Ways With A Memory Foam Mattress

Word Count:

659

Summary:

Do you realize how crucial a good night's sleep is to your overall health and mental outlook?

Keywords:

memory foam mattress, memory foam, foam mattress, memory foam mattress pricing

Article Body:

Are you feeling tired or sluggish in the mornings? One reason for this might be the quality of your sleep.

Sleeping on a poor quality mattress not only affects your sleep, but the rest of your day. A poor night's sleep can leave you feeling exhausted and unable to focus on your work.

Could it be that a memory foam mattress might get you a good night's rest?

Advantage # 1: Sensitivity To Weight

You've probably heard that NASA first designed a prototype to memory foam in the early 1970's.

When NASA first designed memory foam, they probably never fully understood how beneficial this material would be.

By its ability to adjust to a person's weight, memory foam mattresses have allowed many people to get a better night's sleep.

One of the first advantages of a memory foam mattress is its sensitivity to weight. This is quite useful for couples.

Usually there is always a difference in the weight between the man and the woman, and if one person is heavier than the other, it can be difficult to find a mattress that works for both.

With memory foam, you wouldn't detect your sleep partner's movement. The mattress will adjust to the weight of the person lying on it.

Advantage # 2: Sensitivity To Temperature

The second advantage of a memory foam mattress is its ability to adjust for temperature sensitivity.

When a person lies down onto the memory foam, the foam material will absorb the heat from your body.

The advantage of having a material that is sensitive to temperature is quite useful in the hospital setting.

It is also quite handy in the case of someone with an injury because the injured area of the body will be cooled.

When purchasing a mattress, some people might be concerned about it becoming too hot, however, memory foam mattresses are designed to stay cool.

Advantage # 3: Adjusts To Your Body To Provide Support

After NASA abandoned the designing of memory foam, the hospital industry took an interest in it.

Another amazing advantage of owning a memory foam mattress is the total support that it provides.

When you lay down on the mattress, the material expands to absorb the force your body is applying.

Therefore, in the end you are left with the ability to achieve full body support by sleeping on a memory foam mattress.

Advantage # 4: Memory Foam Mattresses Are Reasonably Priced

Since its first design, memory foam mattresses have definitely become more affordable, allowing more people to enjoy the benefits of a good night's sleep.

Luckily, this is not the case and good quality memory foam mattress pricing ranges from \$1400

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