

Title:

Memory Foam Mattresses Under Oath...The Truth and Nothing but The Truth

Word Count:

1039

Summary:

When you were a kid, I'll bet you didn't spend endless days dreaming of being a memory foam expert.

Keywords:

Memory Foam Mattresses, Memory Foam

Article Body:

Are you thinking about buying a memory foam mattress?

Are you confused about all the hype and confusing claims made by the different advertisements?

I've set out to clear the air, remove the "smoke and mirrors", and put into one article all the information you need to know.

The term "memory foam" or "visco-elastic memory foam" was coined in the early days of NASA's space program.

Sometimes, a memory foam mattress is referred to as a NASA foam mattress.

During lift-off, astronauts were being subjected to tremendous g-forces that the human body just couldn't handle.

The need for a new material, that would make these conditions tolerable for the astronauts, sprang to mind.

If water, springs, air or any combination of those things had been an alternative, the expense would have been prohibitive.

Visco-elastic foam has unique qualities.

It is able to mold itself to the shape of any object that puts pressure on it and, yet, when the pressure is removed, it returns to its original shape.

The picture that comes to mind is the hand above the memory foam mattress that still has the hand's shape.

Memory foam is an open celled foam, which means that air is free to move from one cell to another.

This collapsing of the cells allows the material to "melt away" from pressure until the entire surface is flat.

It virtually eliminates pressure points.

Another unique feature of a memory foam mattress is temperature sensitivity.

Within a short time of your body lying on the mattress, your body temperature will start to cause the foam to mold to your body.

Any area of your body that has excess heat, such as a fevered injury, will cause the mattress to mold to that area.

The problem with the NASA foam was that it "off gassed", putting off a smell that was overpowering.

It was eventually scrapped by NASA. To my knowledge, it was never actually used on any space mission.

At that point, memory foam was just too expensive to be used for mattresses and the off-gassing was a major concern.

A few medical research companies started experimenting with the material for use in hospitals.

Because it was cost effective for this application, these experiments led to using memory foam in hospital beds.

Through this medical research, memory foam became more and more adaptable to use as a consumer product.

The Memory Foam Mattress Industry Was Born

The memory foam mattress industry started slowly in the early 1990's and then shot into the ma
So much so, that it's difficult to find a magazine, newspaper, or television that doesn't have
With that kind of demand for the product it's no wonder that a lot of people started forming o
And, yes, as in all industries, some companies are born just to make inferior products and, th
So let's clear some of the confusion with a few simple facts.

What Is The Difference Between Good And Bad Memory Foam

Memory foam is graded by it's density. Imagine yourself cutting a huge "dice" (yeah, like the
The weight of that 12" sized cube is how you determine density.

For example, if your "dice" weighed 5.9 lbs. it's considered to have a density of 5.9, or if i
Pretty simple, really, isn't it. Like most things, we all thought density would be determined
You, now, know more about density than most of the sales people in your local mattress store.

It's also a fact that the less dense foams are made mostly of air, not foam. Less foam, less o
For most memory foam mattresses, it's a fact that the human body is best supported by a densit
Any lighter and you don't get the needed support in the hip and shoulder areas.

Another problem is that the lighter foams won't continue to return to their original shape aft
Some of the 5.3+ lb. mattresses are still going strong after 15 years being just as comfortabl
Remember, too, that we discussed temperature sensitivity. Not all foam being advertised as "me
Make sure it has this feature so you get that "fine tuned" comfort.

A better memory foam mattress will contain 3 1/2", or more, of memory foam as a top layer. Any
Those foams aren't meant to be in contact with your body and won't comfortable for you. They a
Just remember density and temperature sensitivity, when you go shopping for your memory foam m

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