

Title:

The Seven Year Itch

Word Count:

837

Summary:

How old is your mattress? Do you know what you are sleeping on? Make sure that the bed bugs do

Keywords:

four poster,bed,beds,mattress,traditional,canopy,oak,country,furniture

Article Body:

My company makes four poster beds and I was talking to my mattress supplier the other day, a c

A good quality pocket sprung mattress has a lifespan of five to seven years, no more. Not ten

Apparently the average adult perspires about half a pint of fluid every night. If you think th

The new alternative is the memory (visco-elastic) foam mattress. The idea is that you sink int

People confuse me when they are willing to spend thousands purchasing a comfortable car, but w

Research has shown that tossing and turning though the night is due to discomfort. We are movi

How old is the mattress?<br>

How comfortable is it?<br>

Does it give you good support?<br>

Do you wake up with stiffness, aches or pains?<br>

Do you sleep better in a bed other than your own, a hotel bed, for example?<br>

What is it worth to get a good night's sleep?

Your mattress must be comfortable. Your bed should envelope you. It should to fit you like a m

It is worth assessing your mattress and base a couple of times a year. Pop into your bed store

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