

*It's OK, even recommended, to ask colleagues what their thoughts are when choosing **Luxury Mattresses**. This is especially true the more arduous or pivotal the decision you need to make and its impact on your business.*

*Ever since Stone Age humans started spreading layers of insect-repelling ash into bedding piles of medicinal plants and foliage 200,000 years ago, people have been trying to find bedding to serve the needs of every type of sleeper. Today there are several types of mattresses to choose from, each crafted to suit specific sleeping positions, body types and other individual differences. A cooling mattress can help you stay at a comfortable temperature throughout the night, especially if you overheat as you sleep. While many factors — like physical conditions and summer heat — can contribute to night sweats and a mattress won't make them magically disappear, the right bed can certainly help alleviate hot sleeping. Mattress delivery is often free, but some companies charge around £30. For example, United Carpets and Beds have a general delivery charge of £30 on mattresses, no matter what your overall spend might be. They will also charge for the removal of your old bed and packaging of your new bed or mattress. The layers of the mattress are meant to work together to support the shape of your spine. The comfort layers should conform to encourage proper spinal alignment without excessive sinking. Similarly, the support core should provide a stable base to support the heavier parts of the body and keep the spine on an even plane. Be sure to consider what mattress type best suits your needs. You might enjoy the support of an innerspring mattress, the contouring of memory foam, the bounce of latex, or perhaps a hybrid mattress that offers a blend of all three. If you're twisting, tossing and turning, you most probably are lying in the wrong bed. The constant moving is a sign that you are not comfortable and no matter how much you move, you cannot find the right position. A cheap, low-quality mattress will do that to you. Do yourself a favor and start saving up for something better. We are not saying that you have to spend a small fortune to stop tossing and turning.*



*The filling is one of most important things to note when looking at how to choose a mattress. Whilst some synthetic fibres and materials may generate comfort, they can also lead to a significant reduction in breathability and heat regulation. We strongly recommend considering the inner materials when choosing a mattress – natural fillings such as cotton, hemp and wool will breathe significantly better than polyester fibre, polyurethane foam and memory foam. The best mattress size for you depends on your room size, budget, and whether you sleep alone or with a partner, child, or pet. Lying flat on your back is the best way to maintain the natural curvature of your spine and evenly distribute your weight across your body as you sleep. There is also more flexibility in your spine and reduced risk for injury. Although, it helps to find a mattress that gives you a little extra support under your lower back to relieve lower back pain. Zero Gravity foam is a new type of foam that gives a feeling of weightlessness providing support without pressure. Many see it as a hybrid of latex and memory foam, but as with most new products, while initial reports have been favourable, there's no definitive vote of confidence just yet. It also comes at a price premium. For optimal sleep, its worth paying extra for that [Super King Mattress](#) for your home.*

## **Give Your Mattress A Hug**

*As a mattress is designed to contour to you, it will also contour to the base. Whilst it may look in good shape today – ask yourself if the base will last another ten years – an old base can ruin a new mattress very quickly. A wooden or metal slatted base will firm a mattress*

significantly, so it is always best to look for a sprung option if possible. It is recommended that the gap between the slats is no more than 7cm wide to ensure maximum performance of the mattress. Mattress type impacts the price-point more than any other factor. The price range of foam mattresses, for example, varies significantly from the price ranges of latex or hybrid models. Thicker mattresses generally distribute weight better and are a better investment. This makes it easier to spot a good quality mattress – longer springs are more supportive than shorter springs, and thicker memory foam distributes your weight better. Shopping in store is a good way to see the quality and thickness of your new mattress before you buy. When it comes to good back health – don't cut corners! No bed will last forever, but when you invest in one that is made of high quality materials and can offer you the back support you need, you'll be sure to get your money's worth. The best mattresses keep your body well supported with no discomfort or pressure on the hips, shoulders, ribcage or ankles. A quality mattress will conform to the curve of your spine, keeping it well aligned with the rest of your body and distribute your body weight across your frame. All of which will help ensure a good night's sleep. Instead of saving money by skipping the quality, it's worth spending a little more on a [Luxury Mattress](#) for a good night's sleep.

There are seemingly endless mattress options on the market today, so you may be wondering how much you can expect to spend. However, the answer will depend on what type of mattress you choose. The four most common mattress types are foam, innerspring, latex and hybrid. Even athletes favor high-quality beds because it helps ease body ache while also encouraging restful sleep. The right mattress will provide excellent support for your body, making you feel refreshed and relaxed when you wake up. A mattress is too firm if instead of enhancing your comfort during sleep, it leads to increased tossing and turning. While an extremely soft mattress can also lead to sleep discomfort, adjusting to sleeping on a firm one can prove extra challenging. Hybrid Mattresses represent some of the most impressive mattresses money can buy. Combining a pocket sprung core layered with advanced cooling materials like Flotex and Revo® foam for the best of both worlds. They are deep, breathable, and luxurious in every sense of the word. Ideal for those looking for that 5-star hotel experience in the home. Focusing on the most important details may make it easier to determine whether a particular mattress will be comfortable for you. While you may think you need to visit a store to test out a [Vispring Mattress](#) there are many reasons why it may be fortuitous to buy online instead.

## **Get The Best Supporting Mattress For You**

Waterbeds are good for circulating warmth, allowing for deeper sleep and muscle relaxation. Waterbed mattresses can help with body weight distribution, which can benefit those with chronic back pain. Unfortunately, waterbeds are very heavy, difficult to move, and may involve draining and refilling for transporting elsewhere. Due to their limited demand, they can also be expensive, making the investment a poor choice for those looking for a more convenient mattress. When it comes to choosing a new mattress, you want to ensure ultimate comfort and relaxation, so you can happily and peacefully get your required zzz's every night tucked away in your bedroom. Vegan materials are available for mattresses,

such as coir (coconut husk, which has similar rebound properties to horsehair), flax (usually a good insulator layer and often replaces cashmere), natural latex from the sap of a rubber tree (used as a comfort or replacement wool layer), bamboo fibre (a soft luxury fibre used in the top comfort layers), hemp (a firmer layer used as an insulator) and cotton (softer than polyester and also used as a comfort layer). Adjustable air mattresses allow you to customize the firmness level in different areas of your bed as needed. The firmness of the mattress is adjusted through the use of air chambers in the central support core. The air chambers either inflate or deflate when a pump (remote control, manual or app-powered) is activated according to your setting. As the number goes up, your mattress will become firmer. You can have quality sleep only with a quality mattress. Today's mattress manufacturers continue to produce mattresses in many sizes for different purposes and using the highest quality materials. In-depth competition in the market naturally increases the quality of the mattress. There are two mattress types that are currently dominating the market, memory foam and pocket sprung mattresses. Don't forget, it's essential that you always try a [Pillowtop Mattress](#) before buying it.

Having a cheap mattress to sleep on isn't always a bad thing. If you can find a mattress made out of high-quality materials, then you know you're able to purchase the mattress at a bargain. An affordable mattress is a lifesaver for students who don't have the budget to get a pricey mattress. If you're sleeping in a dormitory and making ends meet as a college student, you can most definitely afford a mattress that meets your allowance. The cheaper your memory foam mattress, the higher the chances that the mattress will go flat over time. A flat or sagging mattress is not only uncomfortable. It is also bad for your health. A mattress that 'hammocks' instead of supporting your body is bad for your spine. For many years, cheap mattresses were regarded as sub-standard. However, today, they are just as good as more expensive options, providing you with all the comfort and support you need. From pillow top mattresses through to orthopaedic, extra-firm choices. Everything that goes into producing a good quality mattress makes it more expensive than a bed sold online at a discount price. From well-researched design and the highest construction standards to the best materials, a premium mattress can't be mass-produced. Don't pick a mattress based on the way it looks. Remember that you'll take it home and cover it with sheets, blankets and pillows, so it doesn't matter if it's blue, gray or striped -- you're not going to see it very often. This may seem obvious, but it can be easy to forget when you're in the store and all the beds are bare and uncovered. Instead, pick your mattress based on the way it feels. It may be worth considering whether your [Pocket Sprung Mattress](#) meets your needs.

## **Important Considerations**

For anyone that prefers an organic mattress made of natural materials, it's important to make sure the entire mattress follows strict organic standards and not just one component. Sometimes brands use an organic cover and call it an organic mattress, which can lead to greenwashing by making it seem more eco-friendly than it actually is. Many mattress stores and websites offer financing, which gives you the ability to pay for your new mattress over time. If you have excellent credit then you can even get 0% financing offers, which means

that you won't pay anything extra for the privilege of paying over time. Because the springs are what make the mattress supportive, it is important to take their construction into consideration. Ask the salesperson (or refer to the placard if there is one) what the coil count is. A standard twin-size mattress should have at least 300, a queen should have 375, and a king should have 450. You can get more facts regarding Luxury Mattresses at this [Good Housekeeping](#) link.

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