Choosing A Bed & Mattress – To Get A Good

Choosing A Bed & Mattress – To Get A Good Nights SleepChoosing a correct bed mattress is an important part in your life. The average person spends one third of his or her life in bed. A bad bed mattress can cause among other problems, back pain or stiffness. While selecting the bed, the key elements that should be kept in mind are comfort, support, size and material.Air mattresses can be uncomfortable in comparison to a foam mattress. Usages of air mattress are generally temporary, for example camping or house guest. Water mattresses are not the most popular because they are very complicated in design and difficult to deal with. Spring mattresses are made up of different layers the top and bottom layers are made from soft cotton. These are supported by coil springs and insulation pads.Types of mattresses:In the market, four types of mattresses are available namely,1.Foam2.Spring3.Air4.WaterGenerally people use spring mattresses. However foam mattresses are now becoming more and more popular. A Foam mattress follows the shape of your body without creating extra pressure at important points. It provides better support for your back. Foam mattresses are made up of different types of layers of foam. The top layer is made up of soft memory foam. Further down layers are stiffer for support.Size of mattresses:Bed mattresses are available in five sizes,King size.Queen size.Full (double) size.Single size.Crib sizeWidth and length vary for each type of bed. Double size is an ideal size of bed mattress for couples.Listed below are some examples of bed and mattress measurements:King Size Beds78 wide x 80 long198 X 203 CMCalifornian King Size Beds72 wide x 84 long183 X 214 CMQueen Size Beds60wide x 80 long152 X 203 CMFull Size or Double Beds54 wide x 75 long137 X 191 CMTwin Size Beds39 wide x 75 long99 X 191 CMLong Twin Size Beds39 wide x 80 long99 X 203 CMWhile buying a mattress make sure you buy the right size. There are also various designs and types of mattresses available in the market.Material of mattresses:Many mattresses are produced from polyvinyl chloride covered with cotton or *K&K household vent cleaning* polyester layers. Organic wool, organic cotton, and pure latex are also used to make natural mattresses. Because of fire, dust and mold resistance organic wool is an excellent choice. Natural latex is a new product in the bedding industry. Latex is resistant to bacteria, dust and mold. Latex covered with wool is also fire resident.

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