

Just how to Pick a Memory Foam Mattress

Natural Memory Foam Mattresses - Why Are They So Healthy?

We spend a next of our lives sleeping. So it's important to choose the right mattress. An excellent mattress will ensure a good night's rest so we wake up refreshed and ready for the busy day ahead. Natural polyurethane foam mattresses (this means memory foam mattresses produced from natural latex) certainly are a healthy selection for numerous reasons.

They offer a Comfortable Night's Rest

Did you know in the current European market, polyurethane foam mattresses far outsell traditional spring mattresses?

Natural foam mattresses are a popular alternative to inner-spring mattresses because they give such fantastic comfort and support. They distribute weight evenly which greatly reduces pressure points and improves circulation to provide you with a better night's sleep.

They Help Ward Off Dust Mites

Coil mattresses with natural padding are a cheaper option, but certainly not the healthiest. Why? The spring system acts being an incubator for dust mites, mould and mildew. This is the reason spring mattresses double in weight after a decade. Skin, dust and dust mite feces collect in this damp and dark area.

An all-natural latex mattress is ideal while there is no open area for dust mites to accumulate or reproduce. There will always be dust mites, but the aim is to lessen them to a normal level.

They're Organic and Natural

Did you realize a fraction of the world's pesticides are used for cotton crops? To create just one T-shirt, a fraction of a pound of pesticides are used. That's why choosing organic makes an enormous difference for the health and environment.

Natural polyurethane foam mattresses are manufactured using organic fabrics. When selecting your mattress, ensure that your mattress is organic all the way through from top, fill and back. Choose unbleached organic cotton with organic fill and organic dyes and stay away from harsh chemically treated fabrics.

Natural memory foam mattresses are made from natural latex instead of either synthetic or a blend of natural and synthetic content. Natural latex foam originates from rubber tree sap that has been frothed up and baked. It's so appealing because it's healthy, has a life-span of 20 plus years and maintains its consistency, unlike synthetics which dry out and break down.

Natural memory foam mattresses contain organic fill or batting. It's this that is in the mattress on the springs or latex foam. Organic cotton or wool are batting you will find in an all natural or healthy mattress. Most natural mattresses are quite firm. Natural latex is a fairly firm rubbery foam. Fibres soften the top of a spring or natural latex mattress. By topping the mattress, it helps supply a more comfortable night's sleep.

No Toxic Fire Retardants

Did you know every mattress sold in the United States will need to have enough fire retardant to withstand a two foot wide blow torch open flame for 70 seconds?

Natural memory foam mattresses do not contain toxic fire retardants.

Memory foam mattresses are so popular while they contour the body, so they really reduce spinal pressure and provide excellent comfort and support.

When choosing your natural memory foam mattress it is important to know what to check for. Listed here are two things you'll need know before you buy:

Foam Density

Despite popular belief, foam density has more related to durability - its lifespan - rather than the feel of a mattress. A five pound per cubic foot foam mattress will outlast a three pound memory by on average a decade.

Most top quality mattresses have a five to seven pound density foam.

But beware when buying as much companies boast a 5 lb polyurethane foam but don't state this only makes up the very first inch of the mattress. Oftentimes the remaining layers are only 2 or 3 lb density.

What is mmHG?

This is the unit of measurement used to begin a mattress' reaction against pressure. Blood circulation becomes a concern in the 30 mmHg range. In the Healthcare Industry a regular of 32mmHg or lower is regarded as pressure relieving. When you yourself have less pressure points, this means less tossing and turning and therefore a better night's sleep.

Foam ILD (Indentation Load Deflection)

A mattress ILD ranges from 6 to 40 but most quality memory foam mattresses available on the market rate between 10 and 16 ILD. A number of the most effective memory foam mattresses have several layers within them. Each includes a different mmHg which makes the mattress convenient since the layers work together. The highest quality mattresses normally have multiple layers of foam with different ILDs.

Find Out where in actuality the Mattress is Made

Many mattress companies say their product is made in US or Canada, when really their product was imported from foreign countries and assembled in Canada or the US. That is to save lots of costs.

As tests are rarely performed on imported mattress components, could it be hard to inform what chemicals have now been used before product exportation.

About the Author

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