

Natural Memory Foam Mattresses - Why Are They So Healthy?

They give a Comfortable Night's Rest

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

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

They Help Ward Off Dust Mites

Coil mattresses with natural padding really 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 why spring mattresses double in weight after having 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 can be dust mites, but desire to is to lessen them to a 'normal' level.

They're Organic and Natural

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

Natural foam mattresses are manufactured using organic fabrics. When selecting your mattress, ensure that your mattress is organic completely 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 polyurethane foam mattresses are manufactured from natural latex in place of either synthetic or a mixture of natural and synthetic content. Natural latex foam arises 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 up and break down.

Natural polyurethane foam mattresses contain organic fill or batting. This is exactly what is inside a mattress on the springs or latex foam. Organic cotton or wool are batting you may find in a natural or healthy mattress. Easiest mattresses can be firm. Natural latex is really a fairly firm rubbery foam. Fibres soften the top of a spring or natural latex mattress. By topping the mattress, it can help give a convenient night's sleep.

No Toxic Fire Retardants

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

Natural memory foam mattresses don't contain toxic fire retardants.

How to Pick a Memory Foam Mattress

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

When selecting your natural memory foam mattress it is very important to understand what to look for. Here are a few things you need know before you buy:

Foam Density

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

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

But beware when buying as numerous 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 merely 2 or 3 lb density.

What is mmHG?

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

Foam ILD (Indentation Load Deflection)

A mattress ILD ranges from 6 to 40 but most quality polyurethane foam mattresses on the market rate between 10 and 16 ILD. A number of the very best memory foam mattresses have several layers within them. Each has a different mmHg which makes the mattress much more comfortable as the layers work together. The highest quality mattresses will often have multiple layers of foam with various ILDs.

Find Out where in fact the Mattress is Made

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

About the Author

As tests are rarely performed on imported [Topper Memory](#) mattress components, could it be hard to share with what chemicals have already been used before product exportation.

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