



MATTRESS

HEALTH BENEFITS

**A GUIDE TO WHAT THE PERFECT
MATTRESS CAN DO FOR YOUR HEALTH**

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CHAPTER ONE

INTRODUCTION

On average, we lay in bed for about 6-8 hours a night... that means in the long run, we spend about 1/3 of our entire lives on a mattress. That's a lot of time, especially if you are not comfortable. A mattress that doesn't meet your needs can leave you in pain and lacking proper rest. However, a good quality mattress picked with your needs in mind will leave you well rested and reduce the chances of pain.

When choosing a new mattress, it is important to consider the possible health benefits it can provide. Doing so will help you find the perfect mattress to best suit your needs.

Getting a good night's sleep is one of the most important things you can do for your health.



CHAPTER TWO

PREVENTING BACK PROBLEMS



An estimated **80%** of the population will experience a back problem at some point in their lives.



One of the most important mattress health benefits is helping you alleviate, as well as prevent, a wide range of back problems. Memory foam mattresses can alleviate pressure on various pressure points of your back, as well as mold to the shape of your back to prevent discomfort and decrease the amount of movement throughout the night.

Box spring mattresses with proper support can be chosen for you based on your sleep position, which can usually be done in an in-store evaluation. This new technology will help determine exactly how much firmness is needed to accommodate your individual sleeping style. These mattresses can also be made to accommodate two people with different needs and can have different levels of firmness on each side.

Beds such as sleep number and adjustable beds, can help those whose back issues prevent them from being comfortable in a flat position. Sometimes a simple bend in the body can help prevent chronic back pain.

CHAPTER THREE

REDUCING STRESS

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Most adults need **7-9** hours
of sleep per night.

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Discomfort and lack of proper sleep are two things that can increase stress and anxiety in a person. Getting a good night's sleep, free from tossing and turning, can help you wake up feeling calm and rested.

If you have received proper rest, stress levels should be alleviated as well as the need for such things as caffeine to wake you up. Doctors often prescribe sleep medication for a variety of anxiety disorders, since lack of consistent sleep can worsen a person's anxiety.

Back pain and headaches can very often turn into chronic conditions, which will increase the overall stress in a person's life and in turn, will make the pain worse.



CHAPTER FOUR

IMPROVING SLEEP

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Over **20%** of Americans may suffer from chronic sleep loss or untreated sleep disorders.

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One of the most important things a proper mattress can do to improve your overall health is improving your duration of sleep or sleep quality. Often times our sleep pattern is interrupted by pain or discomfort experienced during sleep. This constant tossing and turning interrupts your recovery sleep and will cause you to feel groggy and tired upon waking. Choosing a mattress has a lot to do with recommendations from mattress experts as well as testing the mattress out yourself.

Some people will prefer memory foam type mattresses due to the fact that it molds to their body along with keeping them cool at night. Others prefer the more firm or adjustable mattresses. The most important thing to remember is when choosing a mattress for comfort, make sure the quality is good since you will have the mattress for a long time and do not want one that will wear down too quickly or will end up losing its comfort soon after it is purchased.

CHAPTER FIVE

IMPROVING MEMORY & CONCENTRATION

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You are **4-6** times more likely to be involved in a car crash when you are driving drowsy.

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We teach our children at a young age that it is important to get to bed at the proper bedtime so they will get enough rest to do well in school. All too often we fail to take our own advice and do not take the proper steps to ensure that we get a good night's rest.

Feeling tired and groggy throughout the day will not only hinder your concentration, but your reaction time as well. Activities such as driving and critical thinking can be hindered when you are functioning with less than appropriate sleep.

Sleeping on the appropriate mattress will help you to wake up less frequently during the night, which will ensure that you are getting enough recovery sleep to help get through your tasks the following day

CHAPTER SIX

IMPROVING CIRCULATION



Millions of
Americans suffer from poor
circulation.



Many people who suffer from poor circulation can wake up with stiff joints or swelling issues. To prevent chronic circulatory problems, it is sometimes important to keep feet elevated to a certain position. This is important if you suffer from circulatory problems, are pregnant, or have just had surgery.

An adjustable mattress is a great way to achieve the position necessary without having to fight with pillows that may slip or lose their shape. Also when a mattress has little give, circulation can be interrupted and you can wake up with limbs that are stiff or feel asleep



CHAPTER SEVEN

RELIEVING SLEEP APNEA

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Not sleeping for **24 HRS** is the equivalent of having a blood alcohol level of .10; the legal limit in most states!

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When you suffer from sleep apnea, airway positioning is extremely important to get a good night sleep. Many people will have to use CPAP machines to force the air into their lungs while they are in a lying position.

Choosing the appropriate mattress can help improve this and even make a CPAP unnecessary at night. An adjustable bed can help elevate the head just enough to stay comfortable and keep the airway open and functioning at its peak. This can also help reduce snoring, which is often related to sleep apnea.



CHAPTER EIGHT

RELIEVING ALLERGIES

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Allergies affect **50** million people in the United States.

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While proper head position and an open airway can help you prevent sleep apnea, it can also help you relieve the severity of allergies.

Often times when you suffer from chronic allergies, improper drainage can cause buildup in the nasal passages and throat, resulting in additional phlegm and stuffiness.

Using an adjustable mattress to elevate your head can open your airway, which can facilitate drainage and help you to wake feeling less stuffy.



CHAPTER NINE

FACILITATING WEIGHT LOSS

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Those who sleep **5** hours or less a night are 35% more likely to gain weight than those who sleep 7-9 hours per night.

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Studies have shown that an adequate amount of sleep is important in any weight loss program as it helps raise metabolism and increases the burning of calories.

Getting proper recuperative sleep, will help your body stay regulated, aid in digestion and give you energy to not only help with physical activity, but keep your body functioning as a calorie burning machine all day. To achieve this, it is important that your mattress not only keeps you comfortable, but keeps you sleeping for the entire night.

CHAPTER TEN

CONCLUSION

To determine which mattress health benefits are most important to you, fill out the following checklist and bring it to your nearest Land of Sleep showroom. Our experts will evaluate your answers to determine which mattress will best suit you.

Do you...

___ Suffer from chronic back pain?

___ Wake up multiple times at night?

___ Suffer from Sleep Apnea or Allergies?

___ Often wake up with a sore back and/or neck?

___ Suffer from circulatory problems or conditions that may affect circulation?

___ Suffer from restless leg syndrome?

___ Wake up feeling tired more than two days a week?

___ Suffer from stress related or anxiety disorders?

