

## How to choose the perfect mattress

Sleep... Restful, refreshing sleep. For many, it can be as elusive as... a dream. A good night's rest is not just about quantity of hours spent in the horizontal position. It's also about quality of sleep. Picking the right mattress can increase the odds of getting deep, restorative shut-eye TIME. There are several factors that contribute to getting a good night's rest. Here are three of them:

### A) THE RIGHT MATTRESS FOR YOUR BODY TYPE

The mattress has to be firm enough to support the body's weight. At the same time, it must conform to the body's contours. The goal is a perfect balance between support and softness. In other words, mattress should not be too hard nor too soft.

Here's a simple test to gauge whether or not a mattress has the right firmness. Bring a small pillow with you when you go mattress-shopping. Lie down on your back on your mattress of choice. Place the pillow under your head and neck. Try to stay still for at least 10 minutes, paying close attention to how your back feels. If, after a few minutes, you get an irresistible urge to move, or your lower back feels even slight discomfort, the mattress model is wrong for you. It simply isn't giving you the support you need. Time to test another mattress. And another. Repeat this test until you find one that feels right for you (and right for your back's needs). Keep in mind that, as you test different models, your body doesn't care about price, sales, or brands. Your body responds to comfort. Or lack of comfort.

Do not let the sales-staff pressure you into making a quick decision. You need to take the time needed to conduct these tests so you can invest in the right mattress for your needs.

### B) MOISTURE-REGULATION

Our bodies sweat while we sleep. This natural process does not create any problems as long as the moisture does not stay close to the body. A synthetic material, however, traps humidity in, and can make sleeping uncomfortable. A natural fibre, on the other hand, helps regulate body temperature, keeping you warmer when it's cold and cooler when it's hotter. Cotton-covered mattresses and bed linens made of natural fibres such as cotton and linen are breathable. That means that moisture can evaporate away from the body so that you stay dry and comfortable.

### C) THERMOREGULATION

As night falls, the body's temperature decreases and continues to drop during our sleep cycles. This drop in temperature can create discomfort: some people wake up shivering. Others feel like they're too warm. The reason this happens is that, after falling asleep in between those cosy blankets, the body can heat up again too quickly, creating an impression of being too hot. If your body temperature doesn't fluctuate, you will toss and turn less and have a deep and restful sleep.

Wool can help keep temperature even: that's because wool is a natural thermo regulator. It is a natural insulator that also wicks moisture away from the body. The air pockets in wool trap heat while letting the air circulate near your body. Body heat is regulated.

More and more sleep-related products contain wool. We can find on the market mattresses with wool encasements, wool mattress pads and covers, and 100% wool comforter and pillows.

Quality sleep is essential to physical and mental health. Nonetheless, sleep issues are poorly understood and the subject of popular misconceptions. Getting good sleep and taking action like replacing an inadequate or “tired out” mattress are too often neglected. Yet, taking care of our quality of sleep is key to our well-being.

There are many aspects to our lives over which we have little control: air and noise pollution and stress, among other factors, have a negative impact on all of us. However, we do have control over what kind of mattress we choose to sleep on. Considering we spend one third of our lives sleeping, doing it right is non-negligible.

The surface we sleep on makes a huge difference. One recent experiment has shown that size of mattress matters less than its quality: a small, yet very comfortable mattress provides the same kind of sleep quality as a huge mattress that is too hard or too soft. Another study showed that your partner can impact your sleep. Every second time a partner in a sleeping pair moved, the other moved within 30 seconds. And each time a person moves—he or she experiences up to a 50% loss in sleep depth. Basically, the more we move, the less quality of sleep we get.

Sleep is a fragile, complex phenomenon. It is vital to our well-being and survival. It's essential to create the best sleep conditions possible: a comfortable bed and pillows, bed linens made of natural fibers, and a dark, quiet room. Another bit of advice: it's a good idea to avoid intensive activities and stimulants such as caffeine before going to bed.

Sleep tight!