

US Mattress Went out of business so the website is gone. Here are the articles I wrote for them.

# Sleeping Better When Traveling Across Time Zones

Updated May 12, 2022



## Travel and Sleep

For most people, traveling to a place that is far from home is an exciting thing to do. Some people travel to vacation at a new and exciting place, some visit distant relatives, while others travel frequently for work. No matter who you are, flying long distances to different time zones can bring challenges when it comes to getting a good night's sleep. Luckily there are ways to fight sleepiness when traveling.

## Change in Light

Light exposure has a strong impact on your circadian rhythm or internal clock. According to [Verywell Health](#), traveling to a new time zone changes your exposure to light which causes misalignment of your body's circadian rhythms. The direction of travel will make affect sleep deprivation. Traveling east is harder than traveling west because it is easier to shift to a later time.

The further you travel, the harder it will be to adjust to the local time of the new location. Traveling across the country will be one thing, traveling across oceans and continents will be another. The faster you travel, the harder the transition will be. Driving in a car will be easiest because you are going much slower while air travel will be most difficult.

## Adjusting to New Time Zones

Sometimes there is nothing you can do to avoid the symptoms of jet lag. Here are some tips to make traveling easier.

### Adjust Sleep Schedule

After you find out how big the time shift is, adjust your [sleep schedule](#) accordingly. If possible go to bed earlier or stay up longer to slowly change your circadian clock so you can sleep at the appropriate time. Avoid sleeping on the plane to make sure that you are tired when you go to bed. In some cases, a [short nap](#) can help with the effects of jet lag after a long flight. Do this in reverse when preparing to return home to get better sleep.

### Soak Up The Sun

To make yourself feel more awake, try to get 15 to 30 minutes of morning light exposure as soon as you wake up. Taking a walk or going out for breakfast will help. The bright light will help you feel more alert. When stepping off the plane avoid driving or doing any unsafe activities until the jet lag wears off.

### Sleep Medication

Over-the-counter sleeping pills such as melatonin may help you adapt to a new time zone. Sleep aids should be a last resort. It should also be used sparingly so you do not become dependent on it.

## Traveling with Sleep Apnea

If you suffer from [sleep apnea](#), you might be traveling with a CPAP machine. [CPAP Supplies](#) offers some tips on traveling and flying with a machine.

### Traveling with Your CPAP

Make sure your equipment is dry before you pack to avoid mold. Make sure you have backup supplies such as a sleep mask in case something is damaged or goes missing. Carry a prescription in case something goes wrong with your machine.

Travel with bottled water in case you cannot get distilled water soon enough Tap water contains minerals that can build up in your machine.

## **Flying with Your CPAP**

To protect your machine from damage, it is always best to take your CPAP on the plane and not put it in your luggage. When taking it through airport security, pack the machine in a clear bag so that it can easily pass through an x-ray scanner. You can request that the TSA agent uses new gloves if your CPAP undergoes an Explosive Trace Detection test.

Do not put your CPAP in your carry-on bag. Since it is medical equipment, airlines cannot legally consider it a carry-on item. Carry CPAP documents in case of a rare event where the flight crew is unfamiliar with the machine. See the link above for additional help.

## **Conclusion**

Traveling across time zones can harm your sleep quality. Take the proper steps to make sure your internal body clock is as closely aligned to the new time zone as you can get it. If you suffer from sleep apnea or some other sleep disorder, take care of your supplies when traveling or taking them through airport security.

## **About the Author Steven Bieber**

Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

# **Latex vs Memory Foam Mattresses**

Updated October 29, 2022



## Which One is Better?

When shopping for a new mattress, it may be difficult to know which mattress is best for you. The two types of mattresses that are often compared to each are latex and memory foam. This page will describe the two types of mattresses and describe their key differences.

## Memory Foam



Memory foam mattresses are made from polyurethane foam and are used to provide cushion and contour to your body. This type of mattress typically provides good motion isolation if you sleep with a partner. A good memory foam mattress will provide good pressure relief for both back sleepers and side sleepers, and cradle your pressure points. It also tends to be the best choice for combination sleepers as well as a high-density type of mattress. Memory foam mattresses come in three different types.

## **Traditional**

This was the first type of memory foam to enter the market. As mentioned above, their purpose is to mold your body. The biggest issue with the original memory foam is that it is not breathable and retains heat. This will create problems for hot sleepers. Some mattresses may give off an off-gassing smell which can take time to go away.

## **Open-Cell**

Mattresses made from open-cell memory foam are made with similar ingredients as traditional memory foam. Open-cell memory foam uses internal pockets to allow airflow which helps keep the heat levels down, providing you with a cooler night's sleep. This is memory foam's response to the innerspring mattresses.

## **Gel Memory Foam**

For this mattress type, gel-based microbeads are pumped into the foam. Instead of letting air pass through the mattress, the gel works to absorb body heat. The best memory foam mattresses use a combination of quality materials. There are several types of memory foam mattresses, click below to order a memory foam mattress online.

**Shop Memory Foam**

**Latex Mattress**



A latex mattress uses a natural material made from rubber tree sap, making them eco-friendly. Compared to memory foam, latex provides a gentle cushion instead of giving the feeling of a hug. The latex foam will softly cradle areas that put more pressure on the mattress like hips and shoulders.

Natural latex mattresses are the perfect mattress for the environment because they do contain natural materials, the trees that are used are not cut down, and they are biodegradable. Latex mattresses are also free from allergens because it is naturally hypoallergenic and repels harmful microorganisms like dust mites.

Latex mattresses also have an open-cell structure to allow airflow. A latex mattress is known for being the best mattress for durability its long lifespan of 12-20 years due to its high-quality materials. Mattress with higher durability tends to have at least a 10-year warranty or reliable return policy.

The only downside is latex typically has the highest cost among other mattresses. Click the link below if you are ready to sleep on a luxury mattress. To learn about different types of latex such as synthetic latex, Dunlop latex, and Talalay latex, check out our page on different mattress foams.

[\*\*Shop Latex\*\*](#)

## Main Differences

Seeing the benefits of latex and memory foam, it may be difficult to choose between the two. Listed below are some of the main differences between them.

### Motion Transfer

A memory foam mattress has a better response time to help reduce motion transfer. You will not disrupt your sleeping partner if you toss and turn at night. A latex mattress does not perform as well because it is much more bouncy. You will be more likely to disturb your partner if you move too much at night.

### Conformity

As you know, memory foam beds conform to your body. Latex is more solid which means it will simply compress and bounce back. It will return to its original shape faster. It will outline your body instead of molding itself to you.

You sink into memory foam more because it has a more sponge-like feel to it. Latex feels much more solid which gives it its spring-like bounce.

### Heat Reduction

In general, a latex mattress performs better with transferring heat and is a cooler mattress. Traditional memory foam mattresses may trap heat, but most modern mattresses have some sort of cooling technology such as a cooling gel.

### Durability

In most cases, both mattresses will last a relatively long time. A memory foam mattress can last eight to ten years while a latex bed can last much longer as mentioned above. For more information regarding [durability](#), check out our page.

## Conclusion

These are some of the main differences between latex and memory foam mattresses. Memory foam mattresses are cheaper, isolate motion better, and provide a much more

hug feel when you lay on the mattress. A latex mattress does a better job of maintaining a neutral temperature without any added cooling technology and has a much longer lifespan. What you choose depends on your overall sleeping preferences and your financial situation.

Hopefully, this page helps you compare memory foam and latex mattresses. If you would like to compare memory foam mattresses to innerspring, check out our [page](#). You can explore our site for any more [mattress information](#) you may need.

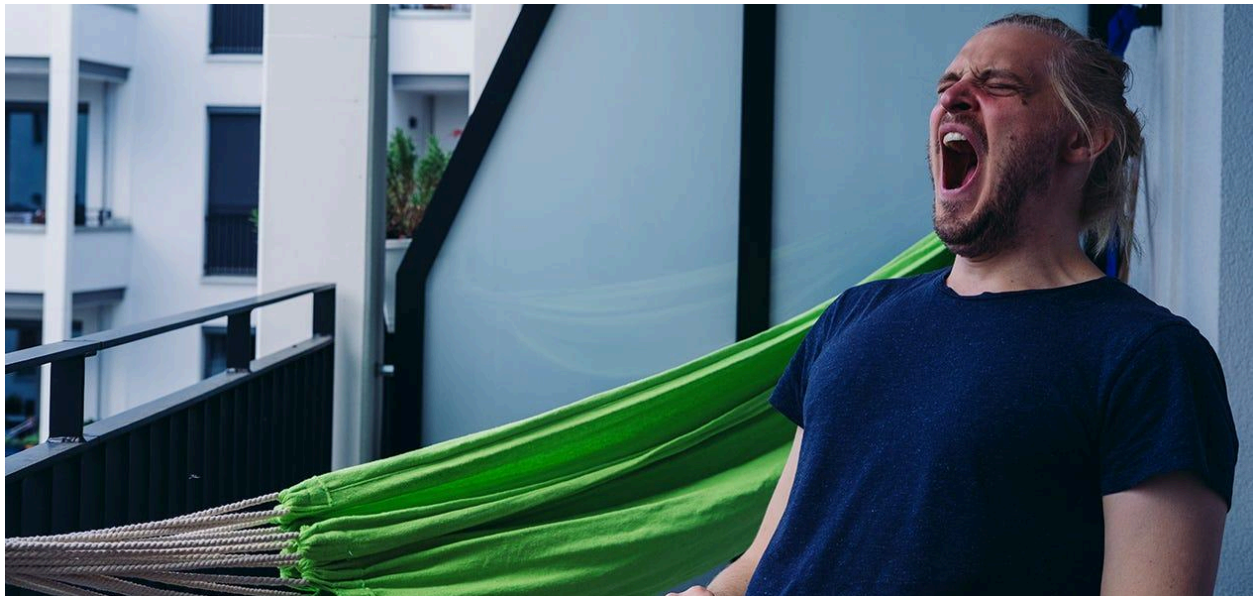
For more help deciding which material will make the best mattress for you, call our team of experts at 1-800-455-1052.

## About the Author Steven Bieber

Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

# How Abolishing Daylight Savings Affects Sleep

Updated December 14, 2022





## The End of Daylight Savings?

On Tuesday, March 15 of 2022 the U.S. Senate passed legislation with unanimous support to end Daylight Savings Time (DST) to establish a permanent standard time. The bill is called the Sunshine Protection Act, and it would not take effect until 2023. As of December 14, this bill has not yet passed the House of Representatives.

Daylight savings was first used in [World War I](#) and World War II to extend the workday and save energy. After WWII it was up to the states to decide when to do the clock changes so Congress passed the Uniform Time Act in 1969 to avoid misalignment and make sure every state was practicing spring ahead and fall back on the same dates. Arizona, Hawaii, Puerto Rico, Guam, and other territories have already abolished daylight savings.

Putting an end to DST would have a healthy impact on our sleep and overall well-being. Daylight savings has been known to have negative effects on our sleep and overall health.

## Daylight Savings Causes Poor Sleep

Shifting the clock for even [one hour](#) can make it difficult to wake up and fall asleep. This is an issue for people who have to adjust quickly to keep up with their sleep schedule for work. The loss of an hour of sleep can lead to sleep deprivation and a loss of efficiency at work. For certain [jobs](#), it can increase the risk of workplace injuries. The sudden shift hurts our circadian rhythm, it can take a few days to a week to fully adjust.

## Health Hazards

DST can lead to long-term [health effects](#). Studies show that DST is linked to an increase in depression. It can lead to a slower metabolism and weight gain. The week after the shift to DST, there is a higher risk of cardiovascular disease with a 24% higher risk of heart attacks.

The stroke rate increases as well as mental health issues. There is also reportedly a spike in depression. This will be worse for people with pre-existing [sleep disorders](#).

## Increase in Fatal Car Accidents

Researchers have reported a consistent rise in fatal traffic accidents during the week of spring forward. The time change causes a 6 percent increase in motor vehicle crashes. The sudden shift makes it difficult to get enough sleep and causes people to feel drowsy or jet-lagged. Driving while feeling this way is similar to driving under the influence of alcohol or other substances.

## Benefits of Ending Daylight Savings



There are several reasons to abolish daylight savings. All of the sleep disruptions that occur the week after would no longer be a problem. People would no longer need to try to establish a new sleep pattern or internal clock to make it through their workweek.

You would be much safer from car and workplace accidents. Both you and the people around you would be better rested, making it easier to function on the road. Lives would be saved year after year.

A lot of people would be much healthier. No one would have to contend with the stress on their hearts that the one-hour shift causes. It would also help with mental health issues like depression and other problems that cause [sleep loss](#). Experts recommend a permanent standard time over a permanent daylight savings time.

## Sleeping Tips

Here are some sleep tips and other help provided by sleep experts that will help you overcome your sleep problems from DST, return to a healthy sleep schedule and restore your wellness. Hopefully, you will not need these much longer.

**Seek Natural Light** - The Sun's bright light will help set your internal clock which will help control things like your sleep-wake cycle. Getting some Sun on the first Sunday morning will help stop melatonin production to reduce drowsiness.

**Gradually Transition** - Go to bed 15 minutes early each day several days before the time change.

**Take Naps** - Taking short [naps](#) after the change will help with daytime sleepiness. Avoid long naps though as this could make it more difficult to sleep at night.

**Exercise** - Workouts are a good way to help you sleep better. This is useful any time of the year. For more information check out our page on [exercise and sleep](#).

To enjoy quality sleep after DST, try to get back to your regular sleep schedule as soon as possible. This will ensure that you can function properly and maintain healthy sleep habits and a healthy lifestyle. Check out our page on [sleep essentials](#) for more help.

## Conclusion

Daylight savings has no real health benefits for our sleep and overall health. A survey from the American Academy of Sleep Medicine (AASM) reported that [63%](#) of Americans support the elimination of seasonal time changes. Eliminating the time change once and for all will allow everyone to continue to enjoy better sleep all year round.

## About the Author Steven Bieber



Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

# Sleeping Tips for New Parents

Updated May 11, 2022



## Childcare and Sleeplessness

Bringing a new baby into your home is one of the greatest feelings that someone can experience. While they bring happiness, babies also bring several new challenges such as changing diapers, frequent feedings and trying to calm them when they are crying. One of the main challenges parents face is sleep deprivation from taking care of their child when it wakes up in the middle of the night. This page will give tips to new parents so they can enjoy quality sleep.

## Sleep When the Baby Sleeps

If the baby does get enough sleep at night it will sleep during the day. When your little one falls asleep, that is your chance to catch up on sleep. According to [John Hopkins](#)

[Medicine](#), the baby naps anywhere from 2 to 4 hours, adding up to a total of 16 to 18 hours of sleep each day.

When your newborn sleeps, catching up on sleep should be your biggest priority. While your baby is sleeping, don't bother with chores such as cleaning or paying bills. Chores can be done while the baby is awake, go take a nap. If your house is messy, close family and friends will understand.

## **Split Nighttime Responsibilities**

Share the wake-up responsibilities of nighttime feeding, changing diapers, or simply taking care of a crying baby. If the mother is breastfeeding, the father can carry the baby to her so she doesn't have to get out of bed each time. To make life easier on yourselves, place the crib or bassinet near the bed so you do not have to go too far to tend to your child. The [American Academy of Pediatrics \(AAP\)](#) warns to avoid bed-sharing which can be a bad sleep habit and can lead to sudden infant death syndrome (SIDS)

## **Ask for Help**

Sometimes it takes a village to raise a child. Don't be afraid to reach out to family members to take care of your baby. Grandparents make great low-budget babysitters when you need a break.

To help yourself, take full advantage of parental leave. Both parents can take time off work at the same time, or one parent can take it first (usually the mother) and the spouse can take it several weeks later to help mom transition back to work.

## **Practice Sleep Hygiene**



Practicing good sleep hygiene is [essential](#) to a good night's sleep. If possible maintain a consistent sleep schedule. It may be tempting to use caffeine during the day but this can interfere with your sleep cycle and cause more [sleep loss](#).

It is also important to help your baby develop proper sleep habits. According to Hopkins Medicine, babies start to sleep for longer periods at night starting at 3 months of age. The baby will sleep anywhere from 4 to 6 hours. Two-thirds of babies sleep through most of the night by the time they are 6 months, but this will vary with each child.

To help your baby develop healthy sleep habits, doctors suggest putting babies down for the night when they're drowsy. Experts also warn against rocking the baby to sleep because it could become a habit, teach babies to fall asleep in bed on their own. Eventually, you will need to let your child self-soothe or let the baby [cry it out](#) so they can fall back to sleep on their own, allowing everyone to get better sleep.

## Conclusion

Taking care of a newborn brings new challenges that can lead to poor sleep. To help yourself, sleep when the baby sleeps and ask for help. Work as a team, split responsibilities.

Try to maintain good sleep habits for yourself while training your baby to sleep at night in its crib. Make sure that the baby's crib has a proper [mattress](#) in it. You should always

reach out to your pediatrician or healthcare provider if you continue to struggle with your newborn baby.

## About the Author Steven Bieber

Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

# Top Sleep Questions Answered

Updated May 13, 2022



## Answering Your Sleep Questions

If you struggle to obtain quality sleep, you may have questions that you desperately need to be answered. Healthy sleep is important to properly function in day-to-day life. Continue reading to find answers to some of the most common questions about sleep.

## How Important is Sleep Hygiene?

Proper sleep hygiene is [essential](#) for healthy sleep. Sleep hygiene is practicing healthy sleep habits. The main key to getting quality sleep is to maintain a consistent sleep schedule. When you follow a sleep schedule, it's also helpful to your circadian rhythm,

which acts like your body's internal clock. It tells us when it's time to go to bed and when it's time to wake up.

One of the best ways to maintain healthy sleep is to create a sleep environment that helps you fall asleep. The ideal sleep temperature for sleep is 60-67°F. Taking a warm shower or bath will help you unwind because it will lower your [core temperature](#).

## What are The Most Common Sleep Disorders?

Some of the most common [sleep disorders](#) are obstructive sleep apnea, insomnia, and restless sleep syndrome. Failure to get enough sleep or waking up in the middle of the night can lead to high blood pressure, obesity, and daytime sleepiness. Talk to a sleep expert if you are suffering from poor sleep as a result of one of a sleep disorder.

## What Can I Eat or Drink Before Bed?

There are multiple [foods and drinks](#) that can help you sleep. Certain meals such as fish or miso soup provide vitamins and nutrients that help you sleep. If you need a late-night snack, yogurt or bananas are great options.

If you want to enjoy a cup of tea, avoid anything with caffeine because the side effects cause [sleep loss](#) and sleep deprivation. Chamomile tea contains relaxants that help you fall asleep. Warm milk and tart cherry juice are also known to help.

## What Are REM and Non-REM Sleep?

The two types of rapid eye movement sleep are non-REM and [REM sleep](#). The steps of non-REM sleep are the act of falling asleep, your mind slowing down, and your body entering the recovering mode, also known as deep sleep. REM sleep is when your muscles relax but your heart rate increases, causing the most intense dreams. Both stages of sleep are important for our health.

## Are Naps Good For You?

This depends on the person and the type of nap. Napping for longer than 30 minutes can make you feel groggy or fatigued. The optimal length is about 10 to 20 minutes, this



is sometimes known as a “power nap.” When done correctly a [nap](#) can have great health benefits.

## When Should I Change My Mattress?

The average lifespan of a mattress is usually about 7-10 years. You should buy a new mattress when your mattress is no longer providing you with the comfort it once did. If you wake up in pain or the mattress is sagging, it is time to consider a [new mattress](#). Click the link for more tips and for ways to expand the life of your mattress.

## How Do I Manage Nighttime Anxiety?

At some point in your life, you may have had trouble trying to fall asleep because of [nighttime anxiety](#). One way to treat this is to write down your worries in a journal or make a list of everything you need to accomplish. Other methods may include relaxation techniques or sleep medicine such as melatonin pills.

## Conclusion

No matter what your sleep problem is, there is always a solution. The best solution for most sleep problems is to maintain healthy sleep habits. Check out our [sleep better](#) page for more advice to help you get a good night’s sleep. Always reach out to a sleep specialist if you need more tips for better sleep.

### About the Author Steven Bieber

Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

# Talapedic Mattress Review

Updated December 14, 2022



The Talapedic mattress collection has five mattresses that are upper end latex beds. Talapedic mattresses are made from high-quality materials that provide pristine comfort if you are willing to pay for them.

### Pros and Cons of Talapedic

PROS	CONS
<ul style="list-style-type: none"><li>• Premium materials and construction</li><li>• Cooling technology so you sleep better</li><li>• Minimal motion transfer</li><li>• A wide range of model comforts appeal to most people</li><li>• Great for all sleeping positions</li></ul>	<ul style="list-style-type: none"><li>• More expensive than average mattresses</li><li>• Made from mostly the same materials</li></ul>

[Shop Now](#)

## Talapedic Mattress Collection Overview

As I mentioned at the top, this Collection has five mattresses, and all five mattresses share three common elements;

First, they're all built with **Talalay latex** as the back support system. This will offer some of the same benefits as memory foam without the feeling of sinking into the mattress.

Secondly, these mattresses have a **White Wave Mattress** top. This is a removable top that can be washed. It provides a thin layer between you and the comfort layers below.

And third, they all have additional layers of Talapedic latex in the comfort layer. One layer of the latex is pressure-relieving while the other uses Active Fusion which combines the premium latex with phase change material which absorbs body heat to give you a cool night's sleep.

The mattresses range in height from 8" to 13" representing the number of materials included in their construction. They're made with premium materials that make them luxury mattresses.

[Shop Now](#)

## Talapedic Mattresses

Mattress Name	Quick Overview	
---------------	----------------	--



Beautiful Plush

Collection: **Talapedic**  
Comfort: **Medium**  
Comfort Scale: **6**  
Mattress Height: **12"**  
Warranty: **15 Years**  
Guarantee: **120 Days**

**CHECK  
PRICE**



Nutrition Cushion Firm

Collection: **Talapedic**  
Comfort: **Medium**  
Comfort Scale: **5**  
Mattress Height: **11"**  
Warranty: **15 Years**  
Guarantee: **120 Days**

**CHECK  
PRICE**



Nature Plush

Collection: **L-Class**  
Comfort: **Firm**  
Comfort Scale: **3.5**  
Mattress Height: **10"**  
Warranty: **15 Years**  
Guarantee: **120 Days**


**CHECK  
PRICE**



Pamper Firm

Collection: **Talapedic**  
Comfort: **Frim**  
Comfort Scale: **3.5**  
Mattress Height: **8"**  
Warranty: **15 Years**  
Guarantee: **120 Days**

**CHECK  
PRICE**

	<p>Collection: <b>Talapedic</b>          Comfort: <b>Plush</b>          Comfort Scale: <b>7.5</b>          Mattress Height: <b>13"</b>          Warranty: <b>15 Years</b>          Guarantee: <b>120 Days</b></p>	<p><b>CHECK PRICE</b></p>
<p>World's Best Plush</p>		

**Shop Now**

### Talapedic Mattress Specs

<b>Product Name</b>	Talapedic Beautiful Plush	Talapedic Nutrition Cushion	Talapedic Nature Plush	Talapedic Pamper Firm	Talapedic World's Best Plush
<b>Price</b>	Check Price	Check Price	Check Price	Check Price	Check Price
<b>Brand</b>	Talapedic	Talapedic	Talapedic	Talapedic	Talapedic
<b>Mattress Comfort</b>	Medium	Medium	Firm	Firm	Plush

<b>Comfort Scale Number</b>	6	5	3.5	3.5	7.5
<b>Height</b>	12	11	10	8	13
<b>Comfort Padding Layers</b>	<ul style="list-style-type: none"> <li>• 3" Pressure Relieving Layer</li> <li>• 3" Comfort Layer with Active Fusion</li> </ul>	<ul style="list-style-type: none"> <li>• 2" Pressure Relieving Layer</li> <li>• 3" Comfort Layer with Active Fusion</li> </ul>	<ul style="list-style-type: none"> <li>• 2" Pressure Relieving Layer</li> <li>• 2" Comfort Layer with Active Fusion</li> </ul>	<ul style="list-style-type: none"> <li>• 2" Pressure Relieving Layer with Active Fusion</li> </ul>	<ul style="list-style-type: none"> <li>• 3" Pressure Relieving Layer</li> <li>• 4" Carbon Infused Comfort Layer</li> </ul>
<b>Warranty</b>	<ul style="list-style-type: none"> <li>• Non-prorated</li> <li>• No Flip, No Rotate</li> <li>• 15-year warranty against manufacturer's defects</li> </ul>	<ul style="list-style-type: none"> <li>• Non-prorated</li> <li>• No Flip, No Rotate</li> <li>• 15-year warranty against manufacturer's defects</li> </ul>	<ul style="list-style-type: none"> <li>• Non-prorated</li> <li>• No Flip, No Rotate</li> <li>• 15-year warranty against manufacturer's defects</li> </ul>	<ul style="list-style-type: none"> <li>• Non-prorated</li> <li>• No Flip, No Rotate</li> <li>• 15-year warranty against manufacturer's defects</li> </ul>	<ul style="list-style-type: none"> <li>• Non-prorated</li> <li>• No Flip, No Rotate</li> <li>• 15-year warranty against manufacturer's defects</li> </ul>
<b>Back Support System</b>	<ul style="list-style-type: none"> <li>• 6" Talalay Latex</li> </ul>	<ul style="list-style-type: none"> <li>• 6" Talalay Latex</li> </ul>	<ul style="list-style-type: none"> <li>• 6" Talalay Latex</li> </ul>	<ul style="list-style-type: none"> <li>• 6" Talalay Latex</li> </ul>	<ul style="list-style-type: none"> <li>• 6" Talalay Latex</li> </ul>

<p><b>Quilt Top of Mattress</b></p>	<ul style="list-style-type: none"> <li>• White Wave</li> <li>• Removable Cover</li> </ul>	<ul style="list-style-type: none"> <li>• White Wave</li> <li>• Removable Cover</li> </ul>	<ul style="list-style-type: none"> <li>• White Wave</li> <li>• Removable Cover</li> </ul>	<ul style="list-style-type: none"> <li>• White Wave</li> <li>• Removable Cover</li> </ul>	<ul style="list-style-type: none"> <li>• White Wave</li> <li>• Removable Cover</li> </ul>
<p><b>USM Score</b></p>	<ul style="list-style-type: none"> <li>• Pressure relief: 8</li> <li>• Spine alignment: 8</li> <li>• Cooling: 7</li> <li>• Edge Support: 7</li> <li>• Motion transfer: 7</li> <li>• Durability: 10</li> </ul>	<ul style="list-style-type: none"> <li>• Pressure relief: 8</li> <li>• Spine alignment: 8</li> <li>• Cooling: 7</li> <li>• Edge Support: 7</li> <li>• Motion transfer: 7</li> <li>• Durability: 10</li> </ul>	<ul style="list-style-type: none"> <li>• Pressure relief: 8</li> <li>• Spine alignment: 8</li> <li>• Cooling: 7</li> <li>• Edge Support: 7</li> <li>• Motion transfer: 7</li> <li>• Durability: 10</li> </ul>	<ul style="list-style-type: none"> <li>• Pressure relief: 8</li> <li>• Spine alignment: 8</li> <li>• Cooling: 7</li> <li>• Edge Support: 7</li> <li>• Motion transfer: 7</li> <li>• Durability: 10</li> </ul>	<ul style="list-style-type: none"> <li>• Pressure relief: 8</li> <li>• Spine alignment: 8</li> <li>• Cooling: 7</li> <li>• Edge Support: 7</li> <li>• Motion transfer: 7</li> <li>• Durability: 10</li> </ul>

\*USM Score is calculated 1-10, 1 being the worst and 10 being the best. We evaluate mattresses based on our in-house pressure tests, customer feedback, and how it compares to the market. The price score is evaluated from \$-\$\$\$\$, with one \$ being a budget value mattress and \$\$\$\$ a luxury mattress that costs several thousand dollars or more.

## More on Talapedic Features

### 1. White Wave Cover

Removable, and washable cover that provides a thin layer between you and the comfort layers'

### 2. Talalay Latex comfort layer



A of latex to provide relief to your pressure points and a layer of latex made with Active Fusion to absorb body heat.

### 3. Base Towel Talalay Latex Support System

6" of latex in the support system to help relieve soreness and back pain.

## Delivery Method

Talapedic mattresses can be purchased from approved stores and online retailers. Front door delivery is free or you can pay a fee to have the delivery team setup your mattress and remove your old one.

## Type of Construction



The Talapedic mattresses are all latex mattresses. Talapedic latex is made from putting tree sap into a vacuum chamber after being poured into the mold, and the mold is flash frozen before being steam baked. The five models have a range of comforts **from a Firm to Plush**.

## Warranty

To show their confidence in their latex mattresses, Talapedic offers a 15-year warranty for their mattresses. This is 50% longer than the average mattress company

## More about the Talapedic Latex Mattresses

Formerly known as Pure Talay Bliss, these are high-end latex mattress options that will provide you with over a decade of top-quality comfort. Latex is popular for providing comparable pressure relief and body contouring like memory foam or the coil system of an innerspring mattress, but with more responsiveness to avoid the "quicksand feeling" some dislike about memory foam mattresses. Talapedic Latex mattresses use advanced Talalay latex to provide an exceptional combination of comfort and support. These Talalay mattresses come in a variety of comforts to suit all sleeping types, so everyone can enjoy the unrivaled quality of Talapedic.

Talapedic mattresses are OEKO-Tex certified which means it is free of harmful levels of toxic substances. They are antibacterial and antimicrobial to ensure a clean sleeping environment. They are also eco-friendly. A new mattress from Talapedic also gives a 15-year warranty to show their confidence in their product.

## Talapedic Mattresses FAQs

1. **Do I need to flip my Talapedic mattress?**

No, these mattresses are built from the bottom up and are not designed to be flipped. If you like to rotate your mattress every so often, you can do that.

2. **Can I finance my Talapedic mattress?**

Absolutely! On the US-Mattress site, you can finance a Talapedic mattress with Synchrony HOME, Affirm, or Paypal.

3. **How does the 120-night trial period work?**

Try the mattress for at least 30 days, and up to 120 nights. If you don't like it, you get your money back. You'll have to pay a \$139 processing fee and a restocking fee equal to 20% of the purchase price (the restocking fee will not exceed \$500).

4. **Can I test the Talapedic Mattress in stores?**

Yes! If you're located in Michigan, [find a US-Mattress store near you](#) to test a Talapedic mattress. Otherwise, call a local mattress store to check if they have the Serta Arctic mattresses in their store for you to test.

## Who is the Talapedic Mattress Collection Best For?

There are certain things to consider when buying a mattress, most importantly if it'll provide you with the proper support and pressure relief to help you get a great night of

sleep. These beds perform very well in those two main areas but there are some other qualities to assess when deciding whether to buy one or not.

Who is Talapedic best for?	Who is Talapedic not ideal for?
<p data-bbox="207 422 732 506"><b>A Talapedic mattress may be right for you if:</b></p> <ul data-bbox="256 554 748 919" style="list-style-type: none"><li data-bbox="256 554 748 590">● You like the feel of latex</li><li data-bbox="256 596 748 674">● You overheat easily and want a mattress with cooling ability</li><li data-bbox="256 680 748 835">● You value quality and have a decent-sized budget - these beds cost a few thousand dollars</li><li data-bbox="256 842 748 919">● You sleep with a partner - very good motion transfer reduction</li></ul>	<p data-bbox="789 422 1341 506"><b>A Talapedic mattress is not the best option if:</b></p> <ul data-bbox="837 554 1333 877" style="list-style-type: none"><li data-bbox="837 554 1333 590">● You're on a tight budget</li><li data-bbox="837 596 1333 674">● You like a responsive, bouncier feel</li><li data-bbox="837 680 1333 800">● You sit on the edge of your bed a lot - doesn't have additional edge support</li><li data-bbox="837 806 1333 877">● You want an extremely firm mattress</li></ul>

## Conclusion

The **Talapedic Mattress** collection is **comprised of five mattress types** that come in a wide range of comfort feels. The range of mattresses has comfort that will appeal to most people, so you can count on finding a mattress in this group that fits your sleeping preference. They are some of the best mattresses for back sleepers, stomach sleepers, and side sleepers.

All the Talapedic latex mattresses are made with quality materials that make them expensive choices. They have a layer of **latex made from Active Fusion** that helps keep you cool while you sleep. Cooler temperatures not only help you sleep better, but this advancement also alleviates a problem common with foam mattresses where heat

build-up creates an uncomfortably hot sleeping environment. **Secondly, all these mattresses have 6" of latex for support.** This layer of Talalay latex is great for supplying the support where your body needs it most.

Although these beds are more expensive, a new mattress from Talapedic will provide quality sleep to anyone who is willing to make the investment.

[Shop Now](#)

### About the Author Steven Bieber



Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

## Bedgear Performance M3 Mattress Review

Updated May 19, 2022



The **Bedgear Performance M3** Mattress is a unique mattress because of the way it is the only dual-sided modular design mattress. To learn more about the specs and features of this mattress, continue reading.

## Comfort Scale Rating

The Bedgear M3 mattress is unique because it does not come with a built-in comfort level. This mattress has four different **coil systems** that you can change out for a firmer or softer level of support. The independent suspensions come in four comfort level options, a 0.0 coil system which is a 2 on our [Comfort Scale](#) (a 1 is hard, 10 is softest), or ultra-firm.

The next option is 1.0 which would score a 4 which is medium firm. The third option is a 2.0 which would be a 5, this is classified as medium. The last coil system option is a 3.0. This would classify as a 7 or ultra-soft. Different sides of the bed can have different **firmness levels** so you and your partner's sleeping preferences are met. If you want a new mattress that puts an end to comfort compromise, this is the one for you.

## Expert Video Review

Here's our quick Bedgear M3 Mattress Video Review. It highlights the features, benefits, and our impression.

## Pros & Cons

PROS	CONS
<ul style="list-style-type: none"><li>● Customizable comfort levels</li><li>● Great for hot sleepers</li><li>● Easy assembly</li><li>● Quality materials in the comfort layers</li><li>● Good motion isolation</li></ul>	<ul style="list-style-type: none"><li>● Assembly required</li><li>● Won't work for those with a tight budget</li></ul>

[View Bed](#)

## Pressure Test Results







We will pressure test the Bedgear M3 mattress to see if the bed provides good support, pressure relief, and comfort for large, medium, and petite-sized people. Using models of each size we map their bodies while lying down on their side and back sleeping positions for a clear image of how well this mattress will perform for most people. ([Learn how we test.](#))

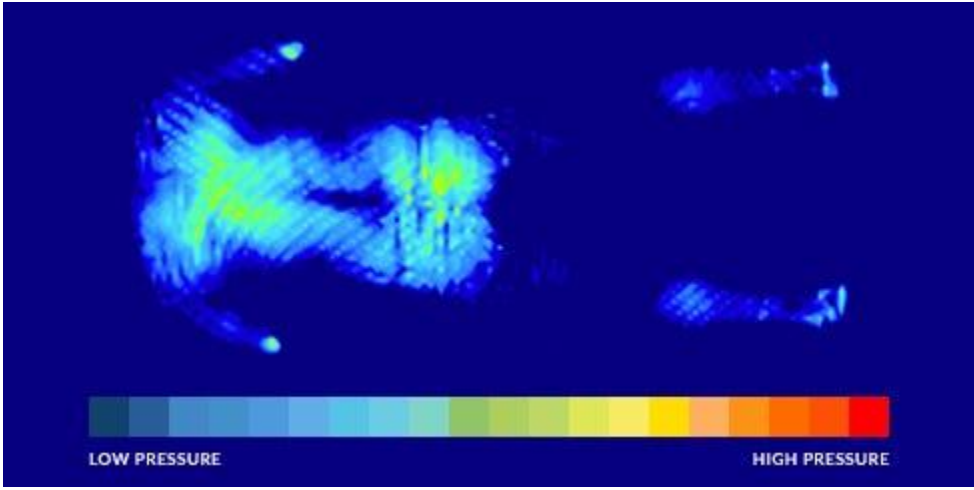
Until we are able to test this model, you can view an example of what the pressure results will look like when they become available.

### Example Pressure Test Results

**Personalized Recommendations - [Learn More](#) »**

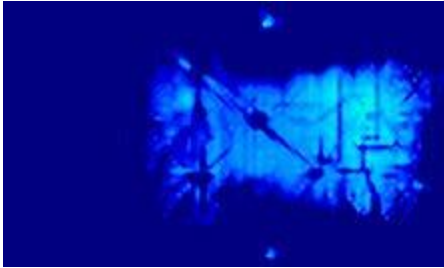
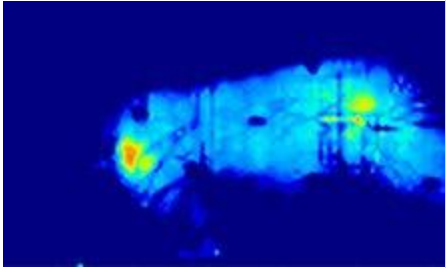
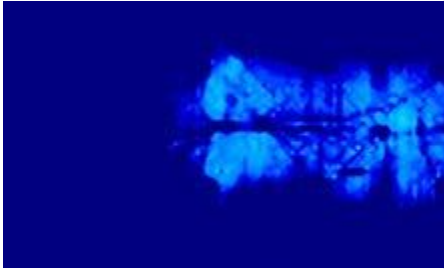
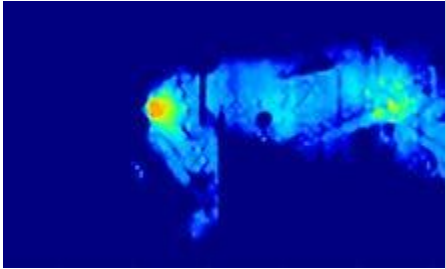
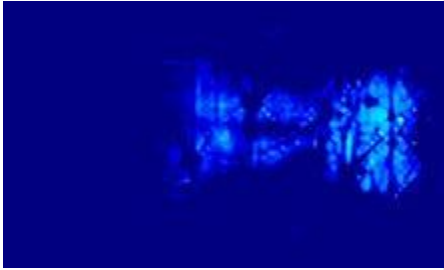
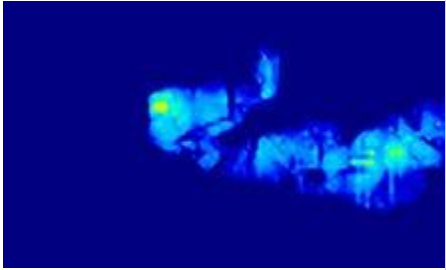
Use our pressure test result to see if this is the right mattress for you!

	Petite	Average	Large
Back Sleeper			
Side Sleeper			



-  Recommended
-  Good
-  Not Recommended

	BACK SLEEPER	SIDE SLEEPER
--	--------------	--------------

<p><b>LARGE PEOPLE</b> Largest 10% of adults 210-273 lbs</p>	 <p>Avg Pressure: 18 mmHg - Area: 467 inches<sup>2</sup></p>	 <p>Avg Pressure: 21 mmHg - Area: 530 inches<sup>2</sup></p>
<p><b>AVERAGE PEOPLE</b> Middle 50% of adults 134-218 lbs</p>	 <p>Avg Pressure: 17 mmHg - Area: 397 inches<sup>2</sup></p>	 <p>Avg Pressure: 19 mmHg - Area: 494 inches<sup>2</sup></p>
<p><b>PETITE PEOPLE</b> Smallest 10% of adults 111-135 lbs</p>	 <p>Avg Pressure: 15 mmHg - Area: 294 inches<sup>2</sup></p>	 <p>Avg Pressure: 18 mmHg - Area: 331 inches<sup>2</sup></p>

## The Main Bedgear M3 Features in Detail

Read about some of the layers inside the Bedgear M3 mattress to get an idea of what this mattress will feel like. For a full list of the materials, check out the specifications chart at the end of the review.





## Ver-Tex Fabric

**Cool-to-the-touch** material is woven with near-metallic fibers that conduct heat away from the body and act as an impenetrable barrier against moisture.

## Air-X Fabric

Airflow material that acts as a **three-dimensional** channel to vent warm air from the core of your mattress.

## React Foam

Contours to you for weightless support. Made with **breathable materials**, this softer foam won't trap heat or feel stuffy.

## Boost Foam

Provides a gentle, satisfying lift--while allowing air to pass through to **prevent overheating**.

## Modular Support

Featuring interchangeable support systems, the M3 provides the ability to **choose your level of support** based on your needs, and change them if necessary.

## Warranty

The Bedgear mattress has a 10-year warranty against factory defects.

## Bedgear Mattress FAQs

1. **Do I need to flip my Bedgear mattress?**

No, Bedgear mattresses are built from the bottom up and are not designed to be flipped. If you like to rotate your mattress every so often, you can do that.

2. **Can I finance my Bedgear mattress?**

Absolutely! On the US-Mattress site, you can finance a Bedgear mattress with Synchrony HOME, Affirm, or Paypal.

3. **How does the 120-night trial period work?**

Try the mattress for at least 30 days, and up to 120 nights. If you don't like it, you get your money back. You'll have to pay a \$139 processing fee and a restocking fee equal to 20% of the purchase price (the restocking fee will not exceed \$500).

4. **Can I test the Bedgear in stores?**

Yes! If you're located in Michigan, [find a US-Mattress store near you](#) to test the Bedgear mattress. Otherwise, call a local mattress store to check if they have the Bedgear mattress in their store for you to test.

## Mattress Assembly

The Bedgear M3 mattress comes in four boxes. Assembly does not take long, see the video for help.

## Conclusion

The Bedgear Performance M3 mattress allows you to enjoy a good night's sleep for you and your partner no matter what your sleeping preferences are. You can easily give yourself a soft or firm mattress for a perfect sleep experience.

This mattress is great for **temperature regulation**. The different comfort layers of foam are breathable and are made to vent our hot air instead of trapping it inside.

The **pocketed coil technology** on this bed is definitely a plus. Coils that move independently will make this bed great at reducing motion transfer, so you can sleep soundly even if you share the bed. The support will be gentle yet will provide spinal alignment. Paired with several layers of memory foam, you'll feel comfortably supported throughout the night.

Not only are the cushioning layers super comfortable, but they are also made to last. The layer of Boost foam is **latex** which is one of the best comfort padding layers on the market for durability. It is also eco-friendly. The washable, zip-off top cover makes it easy to disassemble, meaning it is one of the best mattresses for cleaning.

**Buy Now**

### **Bedgear Performance M3 Specifications:**

<b>Product Name</b>	Bedgear Performance M3
<b>Queen Price</b>	\$1,999
<b>Brand</b>	Bedgear
<b>Mattress Comfort</b>	Ultra firm-ultra soft
<b>Comfort Scale Number</b>	2-7
<b>Coil Count</b>	TBA
<b>Coil Gauge</b>	TBA

<b>Height</b>	12"
<b>Comfort Padding Layers</b>	<ul style="list-style-type: none"><li>• Ver-Tex Fabric</li><li>• Air-X Fabric</li><li>• 2.5" React+Foam</li><li>• .5" Micro-Curl</li><li>• 1" Boost Foam</li></ul>
<b>Warranty</b>	<ul style="list-style-type: none"><li>• <a href="#">10-year warranty</a> against manufacturer's defects</li><li>• No Flip, No Rotate</li><li>• Non-prorated</li></ul>
<b>Back Support System</b>	<ul style="list-style-type: none"><li>• Individually Wrapped Coil</li></ul>
<b>Quilt Top of Mattress</b>	<ul style="list-style-type: none"><li>• Ver-Tex Fabric Cover: Jacquard, Mesh</li><li>• Easy to Clean</li></ul>
<b>Edge Support</b>	<ul style="list-style-type: none"><li>• Full Foam Encased Edge</li></ul>

<b>Recommended For Side Sleepers Who Weigh</b>	<ul style="list-style-type: none"><li>• TBA</li></ul>
<b>Recommended For Back Sleepers Who Weigh</b>	<ul style="list-style-type: none"><li>• TBA</li></ul>

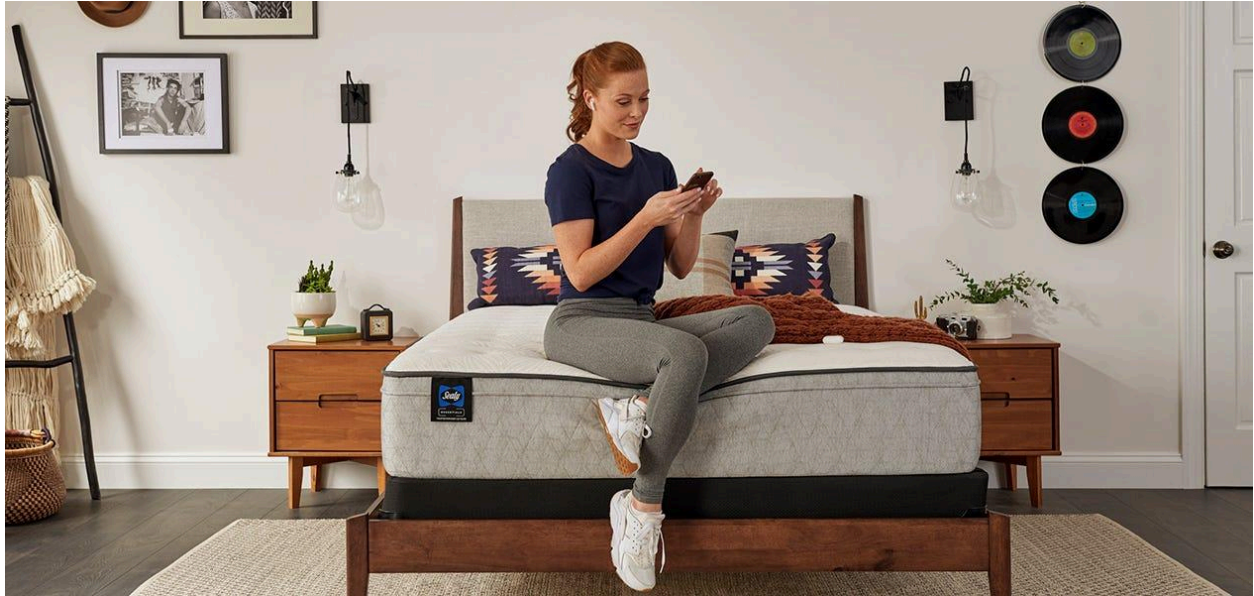
**View Bed**

**About the Author Steven Bieber**

Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

# Sealy Posturepedic Santa Paula Mattress Review

Updated February 18, 2023



The **Santa Paula** is a mattress model offered in the Sealy Posturepedic mattress collection. It has eight different innerspring models available in **multiple different types of comfort to fit anyone's comfort needs**. Innovative comfort materials like SealyCool Air Gel Foam, SealySupport Gel Foam, and a Gel Foam Center in the comfort layers combine to make these mattresses an excellent choice for most people. So much so that the [Santa Paula Medium Pillowtop mattress](#) earned the **#1 Best Overall spot** on our [Top Ten Sealy Mattresses of 2022](#) list!

This mattress brand will showcase the quality of Posturepedic technology. We've reviewed the fifth version of Sealy's Santa Paula models for your consideration below:

## Comfort Scale Rating

The Cooper Mountain comes in eight different comfort levels from **firm to very soft**. The firmest one is rated a **3** on our [Comfort Scale](#). The plushest Santa Paula is rated an **8**, so it would feel like laying on a big pile of pillows. This mattress set has pillow top mattresses as well as euro tops to provide whatever comfort your pressure points need. Whether you like a firm feel or a plush feel, this collection has everything you need.

## Pros & Cons

PROS	CONS
------	------

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>● Gel Foam Center 1/3rd material is great for back support</li><li>● Sealy is a trusted brand in the mattress market</li><li>● Many layers of cooling memory foam in all models</li><li>● Coil system minimizes motion transfer</li><li>● Wide variety of options</li><li>● Quality materials</li></ul> | <ul style="list-style-type: none"><li>● Most options are expensive</li><li>● Memory foam in all models means there will be an off-gassing smell for the first few weeks</li><li>● Not as luxurious as other Sealy Models</li></ul> |
|---|--|

[\*\*Shop Now\*\*](#)

## Expert Review Video

Check out the video review for the Santa Paula mattress. This is for the soft comfort option, the others are linked below.

Watch the video reviews for the other comfort options:







- [Santa Paula Firm](#)
- [Santa Paula Medium Euro Top](#)
- [Santa Paula Medium](#)
- [Santa Paula Medium Pillow Top](#)
- [Santa Paula Firm Euro Top](#)

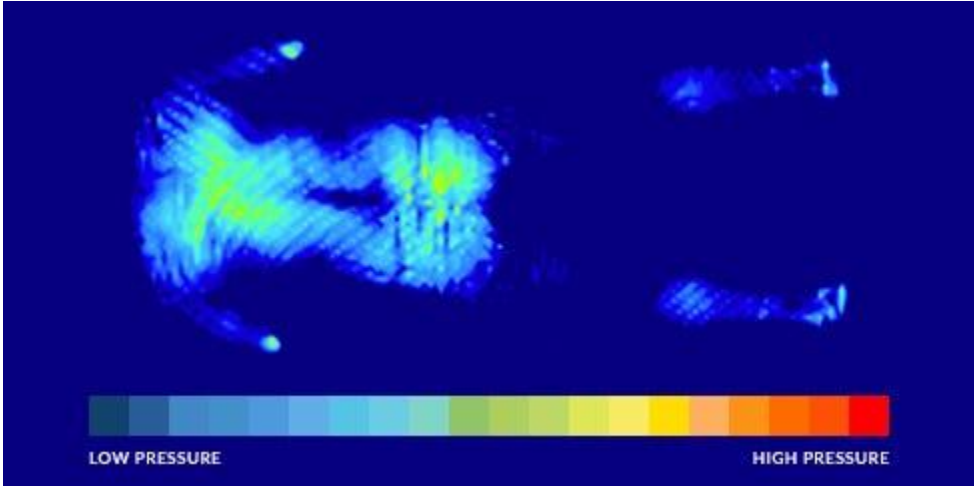
## Pressure Test Results

We will soon test this bed with Xsensor and update this review with the results, for each of the comfort levels. Take a look at this example of a high-performing mattress, for now, to see what you can expect:

### Personalized Recommendations - [Learn More »](#)

Use our pressure test result to see if this is the right mattress for you!

	Petite	Average	Large
Back Sleeper			
Side Sleeper			

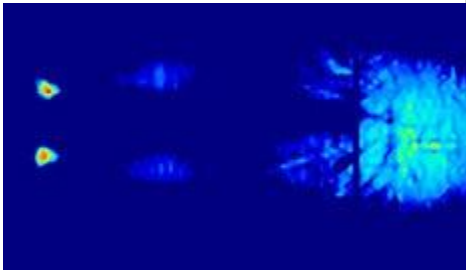
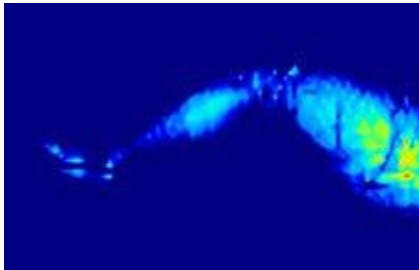
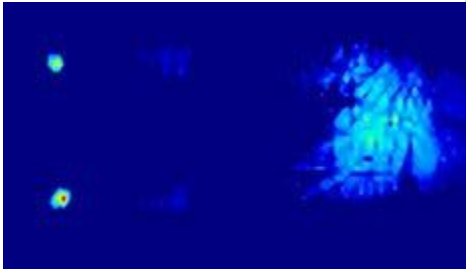
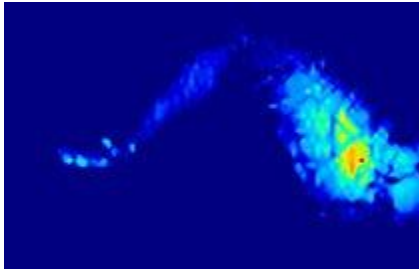
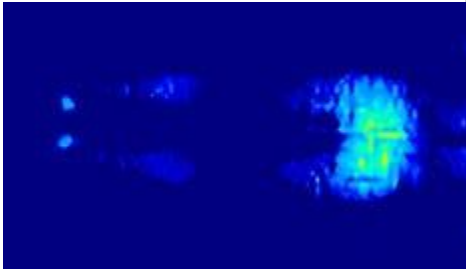
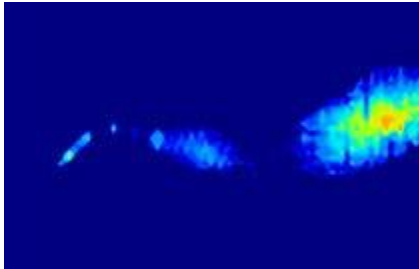


-  Recommended



-  Good

-  Not Recommended

	BACK SLEEPER	SIDE SLEEPER
<p><b>LARGE PEOPLE</b> Largest 10% of adults 210-273 lbs</p>	 <p>Avg Pressure: 19.58 mmHg - Area: 565 inches<sup>2</sup></p>	 <p>Avg Pressure: 23 mmHg - Area: 553 inches<sup>2</sup></p>
<p><b>AVERAGE PEOPLE</b> Middle 50% of adults 134-218 lbs</p>	 <p>Avg Pressure: 18 mmHg - Area: 424 inches<sup>2</sup></p>	 <p>Avg Pressure: 20 mmHg - Area: 438 inches<sup>2</sup></p>
<p><b>PETITE PEOPLE</b> Smallest 10% of adults 111-135 lbs</p>		

	Avg Pressure: 17 mmHg - Area: 382 inches <sup>2</sup>	Avg Pressure: 21 mmHg - Area: 331 inches <sup>2</sup>
--	--	--

[Shop Now](#)

## The Santa Paula Features in Detail

The features and materials of the Santa Paula beds come together to serve up a contouring and cooling mattress. Check out the details for the main features, though this list does not include every material.

### SurfaceGuard with MoistureProtect

A moisture-wicking cover to help you stay cool and **antibacterial tech to help keep your mattress protected.**

### SealyCool Air Gel Foam

SealyCool Air Gel Foam delivers **cushioning and flexibility, plus additional airflow** from its unique design for a more comfortable night's sleep.

### SealyCool Gel Memory Foam

Cushioning foam with gel added for additional **flexible and durable support.**

### Sealy Stable Edge Pro

Barrel-shaped coils ensure you get the right support where you need it. Encased to allow each coil to move independently, for more **targeted support and reduced motion transfer.**

### SealySupport Gel Foam

High-density, foam core with gel provides conforming back support and **lasting durability.**

## Warranty

All Cooper Mountain V mattresses come with a **10-year warranty** against factory defects. US-Mattress also offers a comfort guarantee of 120 nights to try out your new mattress.

## Sealy Posturepedic Mattresses FAQs

1. **Do I need to flip my Posturepedic mattress?**

No, Posturepedic mattresses are built from the bottom up and are not designed to be flipped. If you like to rotate your mattress every so often, you can do that.

2. **Can I finance my Posturepedic mattress?**

Absolutely! On the US-Mattress site, you can finance a Posturepedic mattress with Synchrony HOME, Affirm, or Paypal.

3. **How does the 120-night trial period work?**

Try the mattress for at least 30 days, and up to 120 nights. If you don't like it, you get your money back. You'll have to pay a \$139 processing fee and a restocking fee equal to 20% of the purchase price (the restocking fee will not exceed \$500).

4. **Can I test the Posturepedic in stores?**

Yes! If you're located in Michigan, [find a US-Mattress store near you](#) to test the Posturepedic mattress. Otherwise, call a local mattress store to check if they have the Posturepedic mattresses in their store for you to test.

## Conclusion

The Santa Paula V mattress is a quality piece of the Posturepedic collection from Sealy with **eight different models** to choose from. These mattresses are built with so many different comfort options that there's a model that will fit virtually everyone's needs. This collection of Santa Paulas represents the fifth variation of this model as well as its most advanced in terms of **high-quality materials**.





These are some of the best mattresses for their price regardless of whether you like a firm mattress or a plush mattress. All mattresses are compatible with an adjustable base. The foam and springs will contour to your body similar to the way a memory foam mattress will.

The latest Santa Paula collection offer materials such as SealyCool Air Gel Foam which **promotes airflow through the mattress** and SurfaceGuard Technology which **wicks moisture away** from your body. One of my favorite features from this year's collection is the SealyCool Gel Foam in the center third of the mattress which offers additional comfort and contouring to relieve pressure on your joints. The variety of innerspring mattresses means that there is a mattress for back sleepers, stomach sleepers, and side sleepers. No matter what your sleeping position is, you are covered in this collection.





With such a wide range of options available to choose from offered on Santa Paula mattresses, **I would recommend these mattresses to everyone**. You're getting excellent value for the price that you're paying and these beds are backed by a 10-year warranty as well. All mattresses work with an adjustable base.

## The Different Comfort Options Available from Santa Paula

<b>Medium</b>	<b>Soft</b>	<b>Firm</b>	<b>Soft Pillow Top</b>
---------------	-------------	-------------	------------------------

			
<p>On the firmer side of medium comfort, good for back sleepers.</p>	<p>A softer bed nearing the middle of our comfort scale, a good compromise for sleep partners!</p>	<p>The firmest option at a 2 on our comfort scale, this model will appeal to those who like a really hard bed.</p>	<p>The softest option of all, like sleeping on a cloud, good for side sleepers with average or smaller body sizes.</p>
<p><b>SEE THE MEDIUM</b></p>	<p><b>SEE THE SOFT</b></p>	<p><b>SEE THE FIRM</b></p>	<p><b>SEE THE SOFT PILLOW TOP</b></p>

<p><b>Medium Pillow Top</b></p>	<p><b>Soft Euro Top</b></p>	<p><b>Medium Euro Top</b></p>	<p><b>Firm Euro Top</b></p>
---------------------------------	-----------------------------	-------------------------------	-----------------------------

			
A traditional pillowtop with medium comfort, great for pressure relief and body contouring.	Soft, but not too soft, great option for people who sleep in different positions throughout the night.	Right in the middle of our comfort scale, great for sleep partners with different comfort preferences.	Extra material for great back support, a firmer feel that will appeal to larger-sized back sleepers.
<b>SEE THE MEDIUM PILLOWTOP</b>	<b>SEE THE SOFT EUROTOP</b>	<b>SEE THE MEDIUM EUROTOP</b>	<b>SEE THE FIRM EUROTOP</b>

## Sealy Posturepedic Santa Paula Mattress Specifications:

<b>Product Name</b>	Posturepedic Santa Paula Mattress
<b>Queen Price</b>	<a href="#">Check Prices</a>
<b>Brand</b>	Sealy
<b>Mattress Comfort</b>	Firm through Soft Pillow Top

<b>Comfort Scale Number</b>	2 - 8
<b>Height</b>	12" - 14"
<b>Queen Coil Count</b>	660
<b>Coil Gauge</b>	15
<b>Comfort Padding Layers</b>	<ul style="list-style-type: none"> <li>● SealyCool Gel Foam Firm</li> <li>● SealyCool Gel Foam Soft</li> <li>● SealyCool Gel Foam Medium</li> </ul>
<b>Warranty</b>	<ul style="list-style-type: none"> <li>● No Flip</li> <li>● Non-prorated</li> <li>● 10-year warranty against manufacturer's defects</li> </ul>
<b>Back Support System</b>	<ul style="list-style-type: none"> <li>● 911 Sealy Response Pro Encase Coil</li> <li>● SealySupport Gel Foam</li> <li>● SealyCool Gel Foam Center 1/3</li> </ul>
<b>Quilt Top of Mattress</b>	<ul style="list-style-type: none"> <li>● SurfaceGuard Technology with MoistureProtect</li> <li>● SealyCool Air Gel Foam</li> </ul>

## Edge Support

- StableSupport Gel Foam

[Shop Now](#)

## About the Author Steven Bieber



Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

# Good and Bad Habits When Surviving on Poor Sleep

Updated May 27, 2022





## Rough Night?

As you may know, it is important to maintain a consistent sleep schedule to ensure quality sleep. No matter how good your sleep habits are, you will have to survive after a night of sleep deprivation. Whether you were up with a crying baby, studying late, or you just couldn't fall asleep, sometimes life just happens.

Whatever the case may be, now you need a way to power through that day of work or critical test. You need to find a way to help yourself until you can make it back home. This page will provide some do's (and don'ts) of surviving without enough sleep. All of these solutions will provide short-term help and are not a sufficient substitution for a good night's sleep.

## Stay Hydrated

Dehydration can cause sleepiness. Drinking extra water will give you the best chance to stay feel more awake. If nothing else, getting up to go to the bathroom more will make you more active. This topic is covered further in our page on [winter and sleep](#).

## Take a Nap

If possible, try to take a 20-minute nap to recharge. This may not be possible for everyone. Taking a nap that lasts longer than 30 minutes could lead to grogginess. For more help on taking a nap, check out our page on the [benefits of napping](#).

## Stay Active

Taking a walk outside will stimulate alertness in the brain. Sunlight will provide your body with natural cues to make you feel awake according to [WebMD](#). If you are tired, keep your physical activity light, and make sure not to push yourself too much. Even a small amount of exercise can improve sleep.

## Caffeine Consumption



Drinking caffeine in moderation can help keep you feel awake. 100 mgs to 200 mgs of caffeine can provide a stimulant effect that can last three to four hours. Drinking anymore will likely not provide any more help. Too much caffeine will have negative effects which will be discussed later.

## **Keep it Simple**

Don't be afraid to push any non-urgent tasks to another date. Simplify your day so you can accomplish your tasks with quality without pushing yourself too hard. Experts also recommend not making any important decisions if you are overtired.

## **Avoid Excessive Caffeine**

As discussed earlier, a small amount of caffeine can help make you feel more alert. It may be tempting to drink large amounts of caffeine, tea, or energy drinks throughout the day, but this could backfire. Caffeine can stay in your system for 8 to 10 hours which means it can cause [sleep loss](#) later at night. Check out our page for dietary help on what to [eat and drink](#) to improve sleep.

## **Avoid Engaging in Dangerous Activities**

If possible stay away from operating heavy machinery, or driving. You should also avoid any other dangerous activity. Engaging in certain activities while sleep-deprived can put yourself and others in danger.

## Don't Overeat



Eating large meals will make you feel tired. Keep your meals light throughout the day to give yourself more energy. This could mean eating several light meals to keep your energy up.

Snacking late at night is also not a healthy sleep habit. Laying down with a full stomach can lead to heartburn, as well as obesity.

## Oversleeping

After a day of being tired, you may be tempted to go to bed much earlier or sleep extra long the next morning. This could affect your circadian rhythm or internal clock. Sleeping a little extra is okay, but sleeping all day can do more harm than good.

Oversleeping can cause a lack of sleep the next day.

## Conclusion

Everyone has to power through a day after a sleepless night. The best way to make it through is to pace yourself and make healthy eating choices. Keep moving to stay alert.

Avoid drinking too much caffeine because this will just lead to more sleep problems in the future. Avoid any activity that requires excessive mental focus because you could

endanger yourself and/or others. Sleeping a little extra will help you recover, but too much will have a negative effect on your sleep schedule.

For better sleep, maintain a healthy bedtime routine. Make sure you have proper sleep hygiene to make sure you are obtaining 8-10 hours of sleep each night. Bad sleep habits and the inability to get a good night's sleep can lead to [sleep disorders](#) and a weakened immune system.

Talk with your health care provider if you think you may have a sleep disorder such as sleep apnea or insomnia. Without a good night's rest or treatment, you could be at risk of heart disease, high blood pressure, and certain mental health problems.

### About the Author Steven Bieber



Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

# How Drinking and Smoking Affects Sleep

Updated May 12, 2022



## Bad Habits Affect Sleep

As you may know, there are several bad habits that can cause [sleep loss](#). Two especially bad habits are drinking too close to bedtime and smoking. This page will discuss how the use of alcohol and cigarettes causes sleep problems and some tips to improve your quality of sleep.

### Smoking

According to the American Sleep Association ([ASA](#)) “the thousands of toxic chemicals in cigarettes are known to cause cancer, heart disease, anxiety, and depression, as well as many other health issues.” Nicotine is the addictive substance inside cigarettes that causes sleep disturbances.

The ASA also explains that nicotine has stimulant effects that work in similar ways to caffeine and that smoking before bed is similar to drinking a cup of coffee.

When nicotine begins to leave your body, you will start to feel the need for more. When someone smokes, they become dependent on nicotine. Some people may experience withdrawal while trying to fall asleep, or while sleeping. This will cause difficulty falling asleep or staying asleep, disrupting your sleep cycle.

Over time, your addiction can cause insomnia. Another [sleep disorder](#) that you can develop is sleep apnea. The irritants in cigarettes may cause swelling in the tissue in your nose and mouth. This will cause obstructive sleep apnea (OSA) because the airways are obstructed.

Along with causing health issues, you can harm yourself if you smoke in bed. You could set fire to yourself or your bed, causing injury. Smoking can also put you at an increased risk for mental health problems.

The best thing you can do to make sure you get enough sleep is quit smoking. If quitting cold turkey does not work for you, there are alternatives like gum, patches, and therapy. Talk to your doctor to figure out what is best for you.

## Drinking

Some people use a nightcap or an alcoholic drink before bed to fall asleep. [Alcohol](#) consumption does have sedative effects allow healthy people to fall asleep quicker and sleep more deeply for a while, but it reduces rapid eye movement or [REM](#) sleep. It will help you fall asleep but it will reduce melatonin production which will cause problems for deep sleep later in the night and disrupt your sleep pattern for both adults and adolescents. There are negative effects of alcohol are that it can suppress breathing and can precipitate sleep apnea and also cause daytime sleepiness.

Some people who struggle with insomnia symptoms may turn to alcohol as a sleep aid, but this will cause you to develop a dependence on alcohol. Relying on alcohol to fall asleep will increase your chances of sleepwalking, sleep talking, and problems with your memory the next day. Whether you are drinking mildly or binge drinking, you will have more sleep disruption based on the amount of alcohol you drink.

If you struggle with drinking alcohol, talk to your healthcare provider to find out what can help. Move away from alcohol and switch to doctor-recommended sleep medicine. Practicing better [sleep habits](#) will help move you towards quality sleep without any sleep aids.

## Conclusion

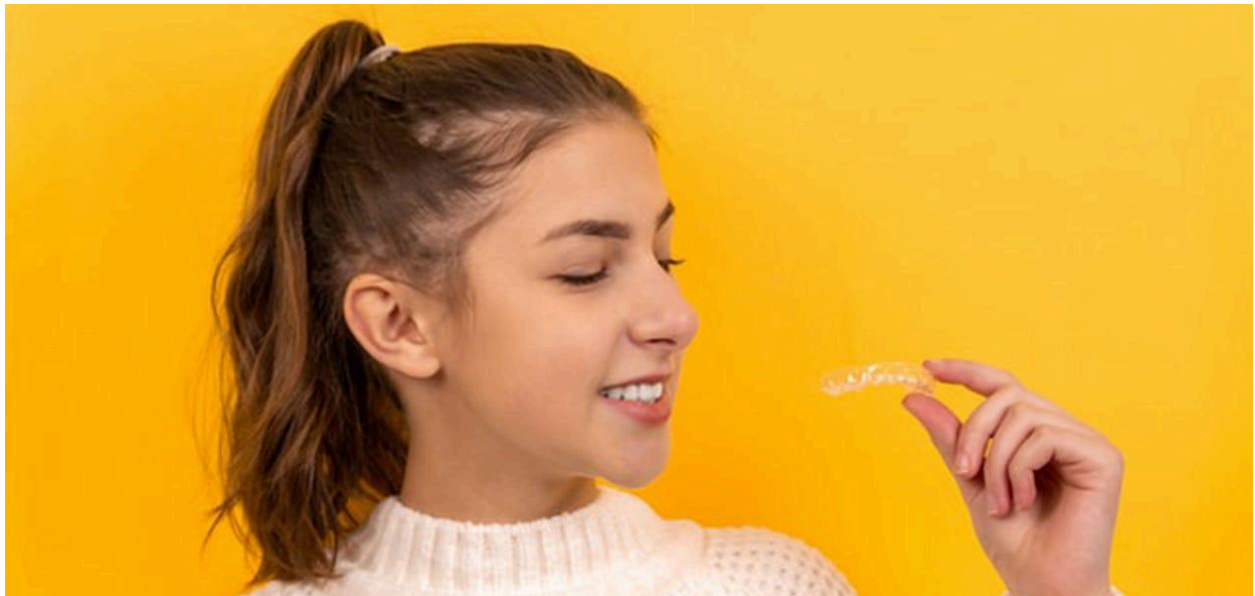
Drinking and smoking (especially too close to bedtime) can cause poor sleep. Smoking can cause insomnia and sleep apnea while your alcohol intake can worsen sleep quality. Talk to your doctor to take the necessary steps to quit whatever your bad habit is to improve your sleep health.

### About the Author Steven Bieber

Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

# How to Stop Teeth Grinding During Sleep

Updated May 12, 2022



## What Causes Teeth Grinding?

It is normal to clench your teeth involuntarily when feeling angry or stressed. According to [Mayo Clinic](#), bruxism is the condition in which you grind, gnash, or clench your teeth. Unconsciously clenching your teeth while you are awake is called awake bruxism while grinding teeth during sleep are known as sleep bruxism.

It may be hard to know at first if you are grinding your teeth in your sleep. One of the biggest dangers of sleep bruxism is that you can apply up to **250** pounds of force when you grind your teeth. This can damage your teeth if left untreated.

Sleep bruxism is worse for people who struggle with a sleep disorder such as gastroesophageal reflux disease (GERD) and/or obstructive sleep apnea (OSA). Other **factors** such as drinking, **smoking**, caffeine usage, depression, and snoring have been known to contribute to sleep bruxism. It could also be a side effect of antidepressants.

## Is Sleep Bruxism Common?

The good news is sleep bruxism is most common in **children**. It occurs in approximately 33% of children and 8% of adults. For most people, this condition will simply pass as your child grows older. If episodes occur too frequently, it becomes a much greater concern.

## Symptoms of Sleep Bruxism

As mentioned, the main symptoms of bruxism are teeth clenching and grinding during sleep. Many people are told by their sleeping partners that they grind their teeth when they sleep. Other signs of bruxism are jaw, neck, and tooth pain. Damage to teeth is also a good indicator.

People do not usually experience episodes of sleep bruxism every night, and they're only a few episodes on nights they occur. Sleep Bruxism mostly occurs early in the sleep cycle stages 1 and 2 of non-**REM** sleep.

## Consequences of Sleep Bruxism

If sleep bruxism goes untreated, it can cause extended tooth damage. You may eventually need expensive dental crowns, fillings, or implants. You could develop Temporomandibular joint and muscle (**TMJ** disorders) which are problems that affect jaw muscles and joints that connect your lower jaw.

## Diagnoses and Treatment Options



Sleep bruxism is either diagnosed by a dentist or a sleep doctor. Your doctor can recommend stress reduction treatment such as relaxation techniques and [sleep hygiene](#). Other options are certain pain and sleep medication, and wearing a mouthguard or nightguard when you sleep. Other techniques that can provide relief are using ice or heat on your jaw and avoiding irritation such as gum and hard foods.

Wearing a retainer at night will also protect your oral health. If you have jaw pain or a sore jaw, you can use over-the-counter muscle relaxants until you can get proper health care.

## Conclusion

Sleep bruxism is normally rare with adults. If left untreated it can cause severe damage to your teeth and is usually the result of an underlying cause. Talk to your doctor or dentist to figure out what the best options are for treatment.

### About the Author Steven Bieber

Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

# Shift Work Sleep Disorder

Updated May 11, 2022



## What is Shift Work Sleep Disorder?

Shift work sleep disorder (SWSD) is a circadian rhythm sleep disorder that affects shift workers who work non-traditional hours according to [Cleveland Clinic](#). A traditional workday is 9 a.m to 5 p.m. According to [The Balance Careers](#), the top three jobs that involve night shift work are emergency room doctor, air traffic controller, and physician assistant.

Work schedules that have overnight or early morning shifts go against the average person's internal body clock or circadian rhythms. This can easily result in difficulty falling asleep or staying asleep which will lead to excessive sleepiness or other impairment. This page will discuss more symptoms of SWSD, the danger of the disorder, and how to manage its effects.

## Consequences of SWSD

There are several different consequences that occur when workers experience SWSD.

### Accidents

A lack of energy can play a factor in workplace accidents. Highly fatigued workers were [70%](#) more likely to be involved in accidents than workers who had better sleep. Feeling [fatigued](#) impairs selective attention in terms of concentration performance and the

number of errors. When people are tired, they simply cannot think straight, which can cause someone to make a bad decision that results in injury.

### **Mood Problems**

People who suffer from poor sleep will see an increase in [negative moods](#).

Sleeplessness is a common symptom of mood disorders such as depression and anxiety. Negative moods will make it difficult to fall asleep which means your sleep quality could slowly start to spiral downward.

### **Loneliness**

When you are working outside of regular work hours, it can cause problems with your social life. For some, it can be hard to find time to socialize with people outside of work or attend certain events. This can make someone feel lonely and can eventually lead to depression.

### **Health Problem**

People suffering from SWSD have a higher risk of having cardiovascular problems such as heart disease, high blood pressure, and heart attack. It can also cause gastrointestinal problems like heartburn. There are several other consequences of sleep loss.

### **Alcohol Dependence**

Some people may turn to alcohol to help them fall asleep. The use of alcohol will reduce rapid eye movement (REM) sleep. This will only worsen sleep and daytime sleepiness. There are better options for what to [drink](#) before bed.

## **Dealing With SWSD**



To help fight sleep deprivation, make sleep your number one priority. Make sure you maintain a proper sleep schedule, even on days off because it is [essential](#) for your quality of sleep. Make sure you have a dark and quiet sleep environment. The [American Academy of Sleep Medicine](#) recommends at least hours of sleep per day.

If you are a night shift worker and live with other people, ask them to minimize sleep disturbances so you can sleep. Minimize exposure to bright light from the Sun on the way home from a night shift to keep the light exposure from activating the internal clock as advised by Cleveland Clinic.

To keep an eye on the problem, keep a sleep diary to monitor any sleep problems over time. If possible try to limit the number of night shifts in a row and avoid pushing yourself to work extra hours. Stay on a consistent shift work schedule to get enough sleep if your employer allows and avoid rotating shifts.

Prioritize catching up on extra hours of sleep on days off. Taking [naps](#) is a great way to give yourself extra sleep. If all else fails, see a sleep doctor for help with more sleeping tips or sleep aids like melatonin. You should always see your healthcare provider when any [sleep disorder](#) such as insomnia or sleep apnea affects your sleep too much.

## What Employers Can Do

If you are an employer, you should consider the effect that a poor work schedule can have on your employee. Keeping your employees on a consistent work schedule will be the best way for them to maintain quality sleep. If a rotating work schedule is unavoidable, make sure it is not too random and gradually shifts so your employees can adjust. [UCLA Health](#) recommends that you make sure the schedule rotates clockwise so it follows this pattern: day shift, evening shift, night shift, morning shift, and then day shift instead of counter-clockwise which follows this pattern: day shift, morning shift, night shift, evening shift, then day shift.

## Conclusion

More than 22 million Americans work non-traditional shifts that can eventually lead to sleep problems. Shift work sleep disorder can lead to accidents in the workplace as well as a variety of health problems. Make sure that you are taking the proper steps to look out for your personal well-being. If you are an employer, consider the health of your employees, they are not robots.

### About the Author Steven Bieber

Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

# Winter's Affect on Sleep

Updated May 12, 2022



## Sleepiness During the Winter

When it is colder outside, you may find it harder to get out of bed in the morning. You may also find yourself more tired during the day. The cold weather and shorter days have ways of making you tired and struggling to find energy. This page will discuss these challenges and how to fix them.

## Dehydration

A study from the University of New Hampshire found that the chance of dehydration increases during the winter months. People do not feel as thirsty when the temperature drops and they might drink as much water. Over time, dehydration will make you feel fatigued and will contribute to feeling tired throughout the day.

There is more dry air when it is cold compared to warmer air. Another factor that can dry you out is wearing winter attire can increase the effort of moving to cause you to sweat more than you realize. Drink water to stay hydrated, coffee, soda, or hot chocolate do not help with hydration, they can actually make it worse. Sleeping with a humidifier can also help you sleep during the winter season.

## Signs of Dehydration

[Intermountain Healthcare](#) offers 8 signs of winter dehydration to watch out for. These symptoms include:

1. **Thirst** - the most obvious sign, if you are thirsty, your body needs water.
2. **Dark-colored urine** - aim for light yellow or close-to-clear color.
3. **Sweating or urinating less frequently** - People usually urinate between 6 to 10 times a day and sweat during physical activity or exercise, if this isn't you, you're dehydrated.
4. **Fatigue** - Water is essential for your body to function, feeling sluggish is a sign of dehydration.
5. **Dry Mouth** - Indicates that your salivary glands aren't producing enough saliva.
6. **Dry skin** - Signs of dry skin include itchiness, dullness, fine lines, and wrinkles.
7. **Headaches** - Pain is caused when your brain temporarily contracts from fluid and pulls away from the skull.
8. **Sugar craving** - Dehydration causes your body to struggle to break down glycogen and fails to release glucose to your bloodstream. This will result in a craving for sweets, chocolate, or anything high in sugar.

## Shorter Days

During the wintertime, there are fewer daylight hours than in the summer. The lack of light exposure can have cause problems with our internal body clock or circadian rhythm. The lack of light tells your body to produce melatonin, the sleep hormone that makes you tired which will cause problems with your sleep-wake cycle.

Another reason we get less light is that we are indoors more often in the winter. An article on [Patient.info](#) says that going outside even when it is grey and rainy will give you more light than the artificial light you get from being in the house or the office. Experts suggest pushing yourself to take a walk and spend more time outdoors if you feel tired during the day.

## Seasonal Affective Disorder

After the seasonal changes bring in the cold temperatures, some people suffer from a mood disorder known as seasonal affective disorder or SAD. Other names for this are seasonal depression or winter blues. Symptoms may include weight gain, tiredness, and oversleeping.

To treat SAD, doctors may advise light therapy which involves using a device known as a light therapy box. This device will produce a bright light that will mimic natural light and hopefully boost your energy level.

## Trouble Falling Asleep

The optimal sleeping temperature is 68-72 degrees Fahrenheit. If you are trying to fall asleep with the room temperature way below that, you may face difficulty falling asleep. Be careful not to have too many blankets on or the thermostat up too high as this can worsen certain sleep disorders like insomnia and disrupt the quality of your sleep.

To sleep better, make sure your sleep environment is comfortable. For a good night's sleep, make the heat is just right or you have enough sheets to keep your body temperature at the optimal level. For more help on setting a proper sleeping environment check out our article on [sleep essentials](#).

## Cold Air

The cold air by itself does not make you tired. If you are dressed warmly you will be fine. If you are not dressed warm enough, you may start to shiver in the cold air.

According to [Healthline](#), shivering can boost your body's surface heat production by about 500 percent. Shivering cannot help you forever, after a couple of hours your muscles run out of glucose (sugar) to fuel your body. This will make your muscles too tired to contract and relax.

Running out of energy makes you tired. If you have trouble breathing in the cold air, you may have cold-induced asthma which will make you feel tired.

## Conclusion

The cold weather on its own does not make you tired but some of its side effects can. Being dehydrated for too long can cause fatigue. Lack of exposure to daylight will disturb your circadian rhythm and make you want to fall asleep before bedtime. Shivering from the cold air can wear you down.

The easy fix is to dress warm and stay hydrated. If your bedroom is too cold consider some of our [winter shopping](#) products to keep yourself warm. For more help, visit our page on [sleep loss](#) if you have trouble falling asleep.

**[About the Author Steven Bieber](#)**



Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

# Poor Sleep Among College Students

Updated May 11, 2022



## Why Do Students Struggle with Sleep?

College can be a new experience for most people. For many, it is the first time away from home and it is a chance to start a new chapter in life. Some students may struggle to adapt to the new challenges that college brings along.

According to an article found on the [National Center for Biotechnology for Information \(NCBI\)](#) website conducted by Shelley. D Hershner and Ronald D. Chervin in the Neurology department at the University of Michigan, 50% of college students in a questionnaire reported daytime sleepiness while 70% attain insufficient sleep. This page will discuss the prevalence of college students failing to obtain good sleep and ways to improve sleep hygiene.

## Poor Studying or Work Habits

Instead of studying or staying on top of their work, some students will try to pull an all-nighter (24 hours or more of sleep deprivation). This will lead to poor studying and poorly done work which will ultimately result in poor academic performance. Without proper REM sleep, a student's ability to retain crucial information because it is the stage that stimulates the areas of your brain that are essential in learning. Without a proper sleep schedule, some university students will see their grades and GPA fall. For more on REM sleep, visit our page on [sleep science](#).

To improve studying habits, The University of St. Augustine for Health Sciences (USAHS) offers [some advice](#) on what students can do better.

### **Proper Environment**

Setting up a proper study environment is crucial to the learning process. If your environment is not working for you, switching your study environment to a coffee shop or library can increase recall performance. Eliminate distractions and listen to calm music, anything with lyrics could possibly be distracting.

### **SQ3R (or SQRRR) Method**

Above is an acronym that stands for Survey Question Read Recite Review. Instead of reading the entire book you should survey it first and make notes on headings, subheadings, images, or charts. The next step is to write down important questions about the chapter.

Next, you should read the chapter to look for answers. Recite the information by trying to answer questions from the second step. To make sure you understand the chapter, re-read portions you did not understand.

### **Retrieval Practice**

Retrieval practice is the concept of remembering an answer later. Recalling an answer improves learning better than looking it up. These tips can help implement the process into your study routine.

- Practice Tests - quiz yourself with a practice test or other questions without looking at notes.
- Make your own questions - create questions you think would be a test.
- Flashcards - these are a great way to practice the retrieval technique.

For several more study tips, check out the link above for more help from USAHS.

## Poor Consumption Habits

While enjoying their time away from home, some college students might not make the best decisions when it comes to choosing what they eat or drink. Some of these choices result in poor sleep while others use certain drinks as a substitute for sleep.

### Alcohol

The NCBI article from above said that four out of five college students drink alcohol with 40% of men and women reporting “binge drinking” or the consumption of an excessive amount of alcohol in a short period of time. One study found that some students use alcohol as a sleep aid. Alcohol use can result in poor quality sleep. Avoid drinking alcohol close to bedtime. Experts warn that excessive drinking can lead to obstructive sleep apnea (OSA)

### Caffeine

Caffeine in the form of coffee, energy drinks, or other stimulants is the preferred tool students use to carry out their all-nighters. They will also use it in the morning if they did not sleep enough to carry themselves through the day. Caffeine can lead to poor sleep quality and can lead to insomnia, anxiety, and other sleep disorders. For tips on what to eat and drink before going to bed, check out our page on [beverages, foods, and vitamins that help you sleep](#).

## Excessive Screen Time

The use of phones or other technology before bed can result in a lack of sleep. Many young adults said they leave their phones on while they sleep. Using your phone late at night can cause anxiety or depressive symptoms and may result in sleep loss. Put your phone away at least 30 minutes before falling asleep. Check out our page on [cell phone habits and poor sleep](#) for more information.

## Stress

For young adults, college is an increase in responsibilities. The transition from high school to college can be overwhelming for some first-year students. Over time stress can build from the new challenges which will cause a lack of sleep.

Chronic high stress will interfere with your ability to study or focus in class. It will also lead to mental health issues such as depression or anxiety. Stress can also lead to other health problems such as chest pains or stomach issues. To manage stress and improve your sleep, increase your physical activity and try breathing exercises.

For more on how to manage stress check out our page on [stress management](#).

## Tips to Improve Sleep Problems

### Take a Nap

To recover lost hours of sleep, taking a nap can improve your well-being. Be sure not to nap too long because it can keep you from getting enough sleep at night. Visit our page to learn more about taking naps.

### Establish Proper Sleep Patterns

When possible, make sure you are going to sleep at consistent times. Students who understand the importance of sleep and engage in healthy sleep habits. Consistent and healthy sleep behaviors correlate with better sleep duration and a better quality of life.

### Sleep Environment

When living on campus, students sleep in dorms on a mattress they are not used to. Students can face a variety of sleep disturbances that can affect sleep. Keeping your environment free of distractions can help sleepers avoid sleep impairment.

## Conclusion

College can bring in new challenges which can lead to sleep issues. The lack of sleep can stem from a number of issues. Make some changes to help yourself out.

Improve your work or study habits to avoid cramming or pulling all-nighters. Avoid using caffeine as a substitute for sleep because this will only worsen your problems. Put your

phone down when getting ready for bed. For more help on what causes sleep loss and what can help improve sleep habits, check out our page on [sleep loss](#).

### About the Author Steven Bieber

Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

## Gender and Sleep Disorders

Updated May 11, 2022



### Sleeping Disorders in Men vs. Women

Most of the general population will struggle with poor sleep as a result of a sleep disorder at some point in their lives. Around 70 million Americans suffer from chronic sleep problems. To learn about some of the most common sleep disorders that people suffer from, check out our page on [common sleep disorders](#). It will also give tips on how to improve sleep health and manage sleep disorders.

Sleep disorders do not affect everyone equally. Men and women suffer from different sleep problems differently. This page will explain the gender differences in some of the more prevalent sleep disorders.

## **Insomnia More Common in Women**

People who struggle with insomnia have difficulty falling asleep, or they wake up and cannot fall back to sleep. Excessive daytime sleepiness also correlates with sleep deprivation as a result of insomnia. There is acute and chronic insomnia, our sleep disorder page above explains the difference. Women are more likely to struggle with insomnia symptoms over their lifespan than men.

According to [U of M Health](#), women are 3 times more likely to have insomnia, The page discusses why women are more susceptible to insomnia.

### **Hormones**

At different times of the month, women will sleep poorly due to the changes in estrogen and progesterone in their menstrual cycle. Hormonal milestones such as pregnancy or menopause will cause alterations to sleep architecture. During menopause, women will spend less time in the REM stage of sleep. The prevalence of insomnia increases as women get older, creating further disruptions to their circadian rhythm.

### **Mood Disorders**

Women are more likely to suffer from anxiety and depression. Of course, this will make them more vulnerable to poor sleep duration from insomnia.

### **Caregiving**

Women are more likely to take care of older adults and young adults. Too much time taking care of others can affect sleep time which will affect their well-being. If dealing with a child, make sure you and your partner are taking turns( if possible) taking care of it to make sure you are both getting a good night's sleep.

## **OSA More Common in Men**

Obstructive Sleep Apnea is the most common form of sleep apnea that occurs when throat muscles relax. This causes your diaphragm and chest to work harder, resulting in

disordered breathing. An article on the [National Center for Biotechnology Information \(NCBI\)](#) website says that epidemiology has consistently shown that OSA is more common in men than in women.

While the article admits that the topic is poorly understood, sleep research does suggest that it could be a result of the differences in fat distribution, length, and collapsibility of the upper airway, as well as other differences in men.

Another article on [WebMD](#) suggests that sleep apnea is simply harder to diagnose in women because the symptoms are different. It also argued that early research into sleep apnea was targeted towards men so the common symptoms were tailored towards men.

Women do not report some of the more typical symptoms such as snoring because they are deemed socially unacceptable. They will report non-specific symptoms such as headache, fatigue, depression, or other symptoms. Sudden weight gain and obesity are also predictors.

Body mass index can also be used but it is mostly for men and does not work for everyone. See a sleep doctor if you suspect you are suffering from sleep apnea. One simple fix could be an [adjustable base](#).

## Restless Legs Syndrome in Women

Restless legs syndrome (RLS) is a strong urge to move your legs, generally accompanied by uncomfortable sensations. These may include aches, burning, tingling, or crawling sensations on your legs. [Sleepdisorders.net](#) says that women are twice as likely to get it as men.

### Difference in Iron

When your iron level decreases, it will lead to poor sleep quality as a result of RLS, women have a lower iron level than men giving them a risk factor for this sleep disorder. For help finding foods with iron, check out our page about food, and [vitamins](#) to help you sleep. A healthy intake of iron will help with RLS symptoms.

### Health Conditions Linked to RLS

Another reason RLS is more common with women is the health conditions that cause it are more common with women. Women are more likely to have mental health issues like anxiety, depression, and migraines. Medications to treat these health problems are also more likely to provoke RLS. Pregnancy will also affect women's health and will cause RLS.

## Conclusion

In general, women will experience more disruption to their sleep patterns than men despite the fact that women have an overall higher sleep efficiency. This page simply discussed some of the most common sex differences in the prevalence of sleep disorders that each gender will face. Women are more likely to struggle with anxiety and depression which will lead to a variety of sleep problems. Sleep apnea is reported more often in men but it may not be as uncommon in women because of the difference in symptoms.

If any sleep disorder is causing persistent sleep disturbances and is affecting shift work or other parts of your daily life, consult a sleep doctor immediately. They may be able to provide sleep medicine or other types of interventions to help provide you with better sleep and improve your quality of life.

### About the Author Steven Bieber

Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

# Serta Arctic Mattress Review

Updated December 14, 2022





The **Serta Arctic Mattress** collection has four mattresses that were selected as **the Most Innovative Mattresses of 2023**, the **#3 spot on our Best Mattresses of 2023 list**. The comfort levels range from firm to medium.

For a complete review of the Serta Arctic models please read our expert analysis below:

## Serta Mattress Collections

The Arctic mattress line is one of several collections from Serta:

1. [iComfort Hybrid](#) (mid-upper)
2. [iComfort](#) (mid-upper)
3. [Serta Hotel](#) (mid-range)
4. [Serta Perfect Sleeper](#) (value to mid-range)
5. **Arctic** (premium)

## Pros and Cons of Serta Arctic

PROS

CONS

<ul style="list-style-type: none"><li>● Premium materials and construction, including CustomFit HD Memory Foam</li><li>● Excellent contouring &amp; support with 8" 1025 Hybrid Support and 7" Serta Foam Core</li><li>● Advanced cooling technology so you sleep better</li><li>● Minimal motion transfer</li><li>● Trusted brand</li></ul>	<ul style="list-style-type: none"><li>● More expensive than average mattresses</li><li>● Not very firm or very soft feeling models if you like those</li></ul>
--	--

[Shop Now](#)

## Type of Construction

Some Serta Arctic mattresses are memory foam mattresses while some are hybrid mattresses. They also feature cooling technology in the comfort layer, making them some of the best mattresses for hot sleepers.

## Serta Arctic Overview

All four mattresses in this collection share 2 important features shared on all Arctic mattresses.


All of the mattresses use **1.5" Reactex System Cooling Foam** This has three different cooling layers at the top of the mattress. A quality mattress with this cooling power will provide a great sleep experience.


Also, these mattresses use a **2" CustomFit HD Memory Foam**. This high-density foam will conform to your body's pressure points. This will allow you to sleep comfortably all night long.



The memory foam mattresses use a **7" Serta Foam Core** as the support system. This will provide edge-to-edge support through the night.

The hybrid models use an **8" 1025 Hybrid Support** in the support system. This is an advanced innerspring system that will contour to your body. They also use **BestEdge Foam Encasement** to keep comfort consistent throughout the bed.

## Serta Arctic Mattresses

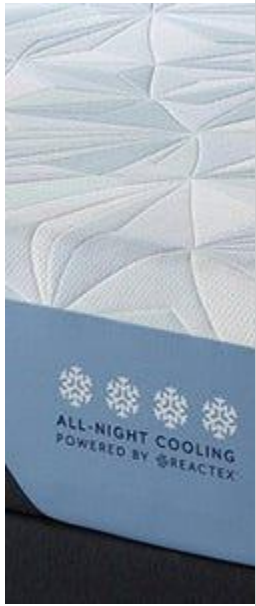



Mattress Name	Quick Overview	Video Review	
 <p data-bbox="215 1665 318 1749">Arctic Memor</p>	<p data-bbox="459 1115 581 1619">Collection : <b>Arctic</b>            Comfort: <b>Medium</b>            Comfort Scale: <b>5</b>            Mattress Height: <b>13.5"</b>            Warranty: <b>10 Years</b>            Guarantee: <b>120 Days</b></p>		<p data-bbox="1292 1287 1401 1440"><b>CHECK K PRICE</b></p>

<p>y Foam Plush</p>			
 <p>Arctic Hybrid Medium</p>	<p>Collection : <b>Arctic</b> Comfort: <b>Medium</b> Comfort Scale: <b>4</b> Mattress Height: <b>13.5"</b> Warranty: <b>10 Years</b> Guarante e: <b>120</b> <b>Days</b></p>	<p>Coming Soon</p>	<p>CHEC K PRICE</p>

 <p data-bbox="215 863 321 1146">Arctic Premier Memory Foam Firm</p>	<p data-bbox="459 428 581 936">Collection : <b>Arctic</b>          Comfort: <b>Firm</b>          Comfort Scale: <b>3</b>          Mattress Height: <b>14.5"</b>          Warranty: <b>10 Years</b>          Guarantee: <b>120 Days</b></p>		<p data-bbox="1292 600 1403 751">CHECK K PRICE</p>
	<p data-bbox="459 1278 581 1787">Collection : <b>Arctic</b>          Comfort: <b>Medium</b>          Comfort Scale: <b>5</b>          Mattress Height: <b>14.5"</b>          Warranty: <b>10 Years</b>          Guarantee: <b>120 Days</b></p>		<p data-bbox="1292 1455 1403 1606">CHECK K PRICE</p>

Arctic Premier Hybrid Plush			
-----------------------------	--	--	--

## Serta Arctic Mattress Specs

<b>Product Name</b>				
	Arctic Memory Foam Plush	Arctic Hybrid Medium	Arctic Premier Memory Foam Firm	Arctic Premier Hybrid Plush
<b>Price (Queen-size)</b>	<a href="#">Check Price</a>	<a href="#">Check Price</a>	<a href="#">Check Price</a>	<a href="#">Check Price</a>
<b>Brand</b>	Serta	Serta	Serta	Serta

<b>Mattress Comfort</b>	Medium	Medium	Firm	Medium
<b>Comfort Scale Number</b>	5	4	3	5
Height	13.5	13.5	13.5	13.5
<b>Comfort Padding Layers</b>	<ul style="list-style-type: none"> <li>• 2" CustomFit HD Memory Foam</li> <li>• 1" EverCool Fuze Gel Memory Foam</li> <li>• 2" Serta Balanced Support Foam</li> </ul>	<ul style="list-style-type: none"> <li>• 2" CustomFit HD Memory Foam</li> <li>• 1" EverCool Fuze Gel Memory Foam</li> </ul>	<ul style="list-style-type: none"> <li>• 1" Peak Support Ultra HD Memory Foam</li> <li>• 2" CustomFit HD Memory Foam</li> <li>• 2" Serta Balanced Support Foam</li> <li>• 1" Serta Base Foam</li> </ul>	<ul style="list-style-type: none"> <li>• 1.5" Deep Reaction Max Gel Memory Foam</li> <li>• 2" CustomFit HD Memory Foam</li> <li>• 1" Serta Micro Hybrid Coil</li> </ul>

<p><b>Warranty</b></p>	<ul style="list-style-type: none"> <li>• Non-prorated</li> <li>• No Flip, No Rotate</li> <li>• 10-year warranty against manufacturer's defects</li> </ul>	<ul style="list-style-type: none"> <li>• Non-prorated</li> <li>• No Flip, No Rotate</li> <li>• 10-year warranty against manufacturer's defects</li> </ul>	<ul style="list-style-type: none"> <li>• Non-prorated</li> <li>• No Flip, No Rotate</li> <li>• 10-year warranty against manufacturer's defects</li> </ul>	<ul style="list-style-type: none"> <li>• Non-prorated</li> <li>• No Flip, No Rotate</li> <li>• 10-year warranty against manufacturer's defects</li> </ul>
<p><b>Back Support System</b></p>	<ul style="list-style-type: none"> <li>• 7" Serta Foam Core</li> </ul>	<ul style="list-style-type: none"> <li>• 8" 1025 Hybrid Support</li> </ul>	<ul style="list-style-type: none"> <li>• 7" Serta Foam Core</li> </ul>	<ul style="list-style-type: none"> <li>• 8" 1025 Hybrid Support</li> </ul>
<p><b>Quilt Top of Mattress</b></p>	<ul style="list-style-type: none"> <li>• 1.5" Reactex System Cooling Foam</li> </ul>	<ul style="list-style-type: none"> <li>• 1.5" Reactex System Cooling Foam</li> </ul>	<ul style="list-style-type: none"> <li>• 1.5" Reactex System Cooling Foam</li> </ul>	<ul style="list-style-type: none"> <li>• 1.5" Reactex System Cooling Foam</li> </ul>
<p><b>Edge Support</b></p>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• BestEdge Foam Encasement</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• BestEdge Foam Encasement</li> </ul>



USM Score				
	<ul style="list-style-type: none"> <li>• Pressure relief: 8</li> <li>• Spine alignment: 8</li> <li>• Cooling: 9</li> <li>• Edge Support: 6</li> <li>• Motion transfer: 7</li> <li>• Durability: 8</li> </ul>	<ul style="list-style-type: none"> <li>• Pressure relief: 8</li> <li>• Spine alignment: 10</li> <li>• Cooling: 8</li> <li>• Edge Support: 7</li> <li>• Motion transfer: 7</li> <li>• Durability: 8</li> </ul>	<ul style="list-style-type: none"> <li>• Pressure relief: 8</li> <li>• Spine alignment: 8</li> <li>• Cooling: 9</li> <li>• Edge Support: 6</li> <li>• Motion transfer: 7</li> <li>• Durability: 8</li> </ul>	<ul style="list-style-type: none"> <li>• Pressure relief: 8</li> <li>• Spine alignment: 10</li> <li>• Cooling: 8</li> <li>• Edge Support: 7</li> <li>• Motion transfer: 7</li> <li>• Durability: 8</li> </ul>

\*USM Score is calculated 1-10, 1 being the worst and 10 being the best. We evaluate mattresses based on our in-house pressure tests, customer feedback, and how it compares to the market.

### More on Serta Arctic Features



## **A. Reactex System Cooling Foam**

Serta's exclusive Reactex® System consists of three layers of cooling technology. Each cooling layer has more cooling capacity than the previous layer, so heat is pulled away from your body and deeper into the mattress. The result is a cooling mattress that provides comfortable sleep all night long.

1. Super cooling cover pulls heat away from your body and down into the next layer.
2. The cooling liner absorbs heat and pulls it down deeper into the mattress.
3. Finally, the specialty cooling memory foam has the greatest cooling capacity and pulls heat even further away from your body.

## **B. CustomFit HD Memory Foam**

Premium, high-density memory foam conforms to your body for comfortable support all night long.

## **C. Serta Foam Core (Memory Foam Mattresses)**

Provides durable support for any sleep position. With consistent support from edge to edge, you'll be comfortably supported all night long.

## **D. 1025 Hybrid Support (Hybrid Mattresses)**

An advanced innerspring system with individually wrapped coils that work independently to conform to every curve of your body and provide durable support.

**Shop Now**

## **Delivery Method**

Serta Arctic mattresses can be purchased from approved stores and online retailers. They're shipped uncompressed and are delivered by home delivery services. Delivery is free to your front door and offers in-home setup and delivery for a fee.

## **More about Serta**



**Serta is one of America's oldest, largest, and most trusted mattress brands.** Serta launched its iconic Perfect Sleeper brand in 1931. Today Serta is **the largest mattress brand in the USA.** It's a part of the Serta Simmons Bedding company which operates **36 American factories.** They also have a broad international presence.

There are hundreds of mattress brands available in stores and online. But most of them are just marketing and reselling beds produced by others. **Serta actually is a manufacturer, designing and producing its own mattresses.** They leverage their lengthy experience and large size to drive innovation and bring high-quality beds to market.

**Serta has sold tens of millions of mattresses** while maintaining a high-quality track record and level of sales success. And they have **many loyal repeat customers.** On the internet, there are review sites that gather and present what they purport to be ratings. However, they have a limited number of reviews. They don't fully reflect the experience of the millions of satisfied owners.

## **Arctic Mattresses FAQs**

### **1. Do I need to flip my Serta Arctic mattress?**

No, Arctic mattresses are built from the bottom up and are not designed to be flipped. If you like to rotate your mattress every so often, you can do that.

2. **Can I finance my Serta Arctic mattress?**

Absolutely! On the US-Mattress site, you can finance a Serta mattress with Synchrony HOME, Affirm, or Paypal.

3. **How does the 120-night trial period work?**

Try the mattress for at least 30 days, and up to 120 nights. If you don't like it, you can exchange it for a different mattress. You'll have to pay a \$139 processing fee and a restocking fee equal to 10% of the purchase price (the restocking fee will not exceed \$250).

4. **Can I test the Serta Arctic mattresses in stores?**

Yes! If you're located in Michigan, [find a US-Mattress store near you](#) to test the Serta Arctic mattress. Otherwise, call a local mattress store to check if they have the Serta Arctic mattresses in their store for you to test.

## Who is the Arctic Mattress Collection Best For?

There are certain things to consider when buying a mattress, most importantly if it'll provide you with the proper support and pressure relief to help you get a great night of sleep. These beds perform very well in those two main areas but there are some other qualities to assess when deciding whether to buy one or not.

**Who is Serta Arctic best for?**

**Who is Serta Arctic not ideal for?**

**An Arctic mattress may be right for you if:**

- You like a true memory foam feel
- You like a good innerspring support system
- You overheat easily and want highly advanced cooling tech
- You value quality and have a decent-sized budget - these beds cost a few thousand dollars
- You sleep with a partner - very good motion transfer reduction
- You want to go with an established brand

**An Arctic mattress is not the best option if:**

- You're on a tight budget
- You like a responsive, bouncier feel
- You sit on the edge of your bed a lot - doesn't have additional edge support
- You want an extremely firm or soft mattress

## Conclusion

The Arctic Mattress collection provides a high-quality selection of mattresses. **It has Reactex System Cooling Foam** as well as other cooling gel, which helps to keep the mattress cool so you can sleep better (a cool bed is important to better sleep, a hot mattress can make it hard for you to sleep.)

These four mattresses give you **a choice from firm to medium**. The high-quality comfort layers and Serta exclusive cooling system can help you understand and justify their higher prices.

The Serta Arctic Mattress collection will deliver some of the best sleep possible for side sleepers and back sleepers because the cushioning layers cradle your body to help with back pain, and other aches and pains. Their comfort levels make these mattresses a great compromise choice for couples. No matter your choice, a new mattress from this collection will provide all-night cooling.

[Shop Now](#)

### About the Author Steven Bieber



Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

## Serta EZ Tote Mattress Review

Updated November 14, 2022



The **Serta EZ Tote Mattress** collection has **three bed-in-a-box mattresses**. All three mattresses are extra firm. The prices for these mattresses are considered entry-level, they are very affordable.

## Serta Mattress Collections

The EZ Tote mattress line is one of several collections from Serta:

1. [Serta iComfort Hybrid](#) (premium)
2. [Serta iComfort](#) (premium)
3. [Serta Hotel](#) (mid-range)
4. [Serta Perfect Sleeper](#) (value to mid-range)
5. [Serta Arctic](#) (premium)
6. **Serta EZ Tote** (value)

## Type of Construction


EZ Tote Mattresses are all memory foam mattresses. They all have **gel memory foam** as their comfort layer.

## EZ Tote Overview

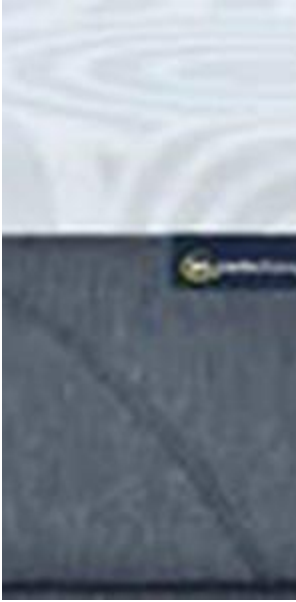

All three mattresses in this collection are built with similar features.

All of the mattresses are **gel memory foam** mattresses. They use a **foam core** as their back support system. Because they all scored very firm on our comfort scale, they will provide strong support, and Serta's cooling gel will help provide you with a cool night's sleep. If you are ready to replace your old mattress with a new Serta Mattress, check out the rest of this review for more information.


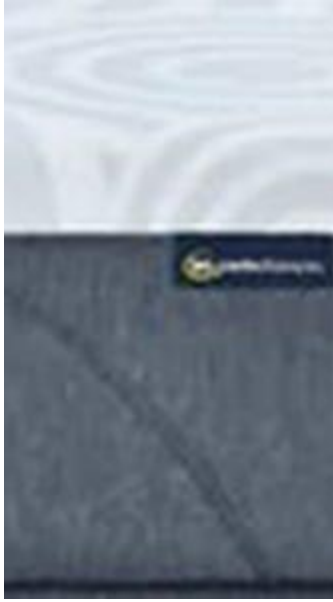

## EZ Tote Mattresses

Mattress Name	Quick Overview	Video Review	
 <p data-bbox="248 1268 456 1352">EZ Tote Sheer Slumber</p>	<p data-bbox="626 749 818 1220">Collection: <b>EZ Tote</b>            Comfort: <b>Firm</b>            Comfort Scale: <b>1</b>            Material: <b>Memory Foam</b>            Mattress Height: <b>8"</b>            Warranty: <b>10 Years</b>            Guarantee: <b>120 Days</b></p>	<p data-bbox="915 989 1110 1020">Coming Soon</p>	<p data-bbox="1214 982 1341 1066"><b>CHECK PRICE</b></p>



	<p>Collection: <b>EZ Tote</b>          Comfort: <b>Firm</b>          Comfort Scale: <b>1</b>          Material: <b>Memory Foam</b>          Mattress          Height: <b>10"</b>          Warranty: <b>10 Years</b>          Guarantee: <b>120 Days</b></p>	<p>Coming Soon</p>	<p><b>CHECK PRICE</b></p>
	<p>Collection: <b>Chime</b>          Comfort: <b>Plush</b>          Comfort Scale: <b>6</b>          Material: <b>Memory Foam</b>          Mattress          Height: <b>12"</b>          Warranty: <b>10 Years</b>          Guarantee: <b>120 Days</b></p>	<p>Coming Soon</p>	<p><b>CHECK PRICE</b></p>

**Serta EZ Tote Mattress Specs**

<b>Product Name</b>			
	EZ Tote Sheer Slumber	EZ Tote Nestled Night	EZ Tote Sheep Retreat
<b>Price</b>	<a href="#">Check Price</a>	<a href="#">Check Price</a>	<a href="#">Check Price</a>
<b>Brand</b>	Serta	Serta	Serta
<b>Mattress Comfort</b>	Firm	Firm	Firm
<b>Comfort Scale Number</b>	1	1	1
<b>Height</b>	8	10	10

<p><b>Comfort Padding Layers</b></p>	<ul style="list-style-type: none"> <li>• Gel Memory Foam</li> </ul>	<ul style="list-style-type: none"> <li>• HexCloud Gel Memory Foam</li> </ul>	<ul style="list-style-type: none"> <li>• Gel Memory Foam</li> <li>• Transitional Support Foam</li> </ul>
<p><b>Warranty</b></p>	<ul style="list-style-type: none"> <li>• Non-prorated</li> <li>• No Flip, No Rotate</li> <li>• 10-year warranty against manufacturer's defects</li> </ul>	<ul style="list-style-type: none"> <li>• Non-prorated</li> <li>• No Flip, No Rotate</li> <li>• 10-year warranty against manufacturer's defects</li> </ul>	<ul style="list-style-type: none"> <li>• Non-prorated</li> <li>• No Flip, No Rotate</li> <li>• 10-year warranty against manufacturer's defects</li> </ul>
<p><b>Back Support System</b></p>	<ul style="list-style-type: none"> <li>• Foam Core</li> </ul>	<ul style="list-style-type: none"> <li>• CradleGel Foam</li> </ul>	<ul style="list-style-type: none"> <li>• Foam Core</li> </ul>
<p><b>Edge Support</b></p>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>

<p><b>USM Score</b></p>	<ul style="list-style-type: none"> <li>• Pressure relief: 4</li> <li>• Spine alignment: 6</li> <li>• Cooling: 7</li> <li>• Edge Support: 5</li> <li>• Motion transfer: 8</li> <li>• Durability: 7</li> </ul>	<ul style="list-style-type: none"> <li>• Pressure relief: 4</li> <li>• Spine alignment: 6</li> <li>• Cooling: 7</li> <li>• Edge Support: 5</li> <li>• Motion transfer: 8</li> <li>• Durability: 7</li> </ul>	<ul style="list-style-type: none"> <li>• Pressure relief: 4</li> <li>• Spine alignment: 6</li> <li>• Cooling: 7</li> <li>• Edge Support: 5</li> <li>• Motion transfer: 8</li> <li>• Durability: 7</li> </ul>
-------------------------	--	--	--

\*USM Score is calculated 1-10, 1 being the worst and 10 being the best. We evaluate mattresses based on our in-house pressure tests, customer feedback, and how it compares to the market. The price score is evaluated from \$-\$\$\$\$, with one \$ being a budget value mattress and \$\$\$\$ a luxury mattress that costs several thousand dollars or more.

## Pros & Cons

<p><b>PROS</b></p>	<p><b>CONS</b></p>
<ul style="list-style-type: none"> <li>• Provides strong, firm feel</li> <li>• Great budget mattresses</li> <li>• Advanced cooling technology so you sleep better</li> <li>• Helps with motion transfer</li> <li>• Works with an adjustable base</li> <li>• Trusted brand</li> </ul>	<ul style="list-style-type: none"> <li>• Not the best mattress for side sleepers.</li> <li>• All models are 'bed-in-a-box', they can take up to 2 days to fully return to normal size once opened</li> <li>• An overall low range of materials</li> </ul>

[Shop Now](#)

## More on EZ Tote Features



### A. Gel Memory Foam

Gel Memory foam is good for cooling as well as contouring to your pressure points.

### B. Serta Foam

Provides durable support for any sleep position. With consistent support from edge to edge, you'll be comfortably supported all night long.

## Delivery Method

Serta EZ Tote mattresses can be purchased from approved stores and online retailers. They're shipped right to your door in a box. Shipping can take 2-3 weeks.

## More About Serta



**Serta is one of America's oldest, largest, and most trusted mattress brands.** Serta launched its iconic Perfect Sleeper brand in 1931. Today Serta is **the largest mattress brand in the USA.** It's a part of the Serta Simmons Bedding company which operates **36 American factories.** They also have a broad international presence.

There are hundreds of mattress brands available in stores and online. But most of them are just marketing and reselling beds produced by others. **Serta actually is a manufacturer, designing and producing its own mattresses.** They leverage their lengthy experience and large size to drive innovation and bring high-quality beds to market.

**Serta has sold tens of millions of mattresses** while maintaining a high-quality track record and level of sales success. And they have **many loyal repeat customers.** On the internet, there are review sites that gather and present what they purport to be ratings. However, they have a limited number of reviews. They don't fully reflect the experience of the millions of satisfied owners.

## **EZ Tote Mattresses FAQs**

### **1. Do I need to flip my EZ Tote mattress?**

No, EZ Tote mattresses are built from the bottom up and are not designed to be flipped. If you like to rotate your mattress every so often, you can do that.

2. **Can I finance my EZ Tote mattress?**

Absolutely! On the US-Mattress site, you can finance a Serta mattress with Synchrony HOME, Affirm, or Paypal.

3. **How does the 120-night trial period work?**

Try the mattress for at least 30 days, and up to 120 nights. If you don't like it, you get your money back. You'll have to pay a \$139 processing fee and a restocking fee equal to 20% of the purchase price (the restocking fee will not exceed \$500).

4. **Can I test the EZ Tote mattresses in stores?**

Yes! If you're located in Michigan, [find a US-Mattress store near you](#) to test the Serta EZ Tote mattress. Otherwise, call a local mattress store to check if they have the Serta EZ Tote mattresses in their store for you to test.

## Who is the EZ Tote Mattress Collection Best For?

There are certain things to consider when buying a mattress, most importantly if it'll provide you with the proper support and pressure relief to help you get a great night of sleep. These beds perform very well in those two main areas but there are some other qualities to assess when deciding whether to buy one or not.

Who is EZ Tote best for?	Who is EZ Tote not ideal for?
<p data-bbox="207 1129 773 1213"><b>An EZ Tote mattress may be right for you if:</b></p> <ul data-bbox="256 1262 773 1633" style="list-style-type: none"><li>● You like a true memory foam feel</li><li>● You overheat easily and want some cooling tech</li><li>● You want a budget mattress</li><li>● You sleep with a partner - very good motion transfer reduction</li><li>● You want a firm mattress</li><li>● You want to go with an established brand</li></ul>	<p data-bbox="829 1129 1295 1213"><b>An EZ Tote mattress is not the best option if:</b></p> <ul data-bbox="878 1262 1344 1675" style="list-style-type: none"><li>● You want a more plush mattress or even a medium firm mattress</li><li>● You like a responsive, bouncier feel</li><li>● You sit on the edge of your bed a lot - doesn't have additional edge support</li><li>● You want an innerspring mattress or a hybrid mattress</li></ul>

## Conclusion

The EZ Tote Mattress collection provides a decent selection of mattresses. **It has gel memory foam** which helps to keep the mattress cool so you can sleep better (a cool bed is important to a good night's sleep, a hot mattress can make it hard for you to sleep.)

These three mattresses are all **very firm**. Their simplicity makes them great budget mattresses.

The Serta EZ Tote mattresses provide good sleep because the cushioning layer cradles your body to help with back pain, and other aches and pains. A new mattress in this collection would make a convenient option for a guest room, dorm room. or other temporary uses.

[Shop Now](#)

### About the Author Steven Bieber



Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.



# Best Mattress for Sitting

Updated May 26, 2022



## Working From Home?

During the pandemic, many people have been forced to work from home. Some people have been able to set up a home office to give themselves a comfortable environment. Others have chosen or they have been forced to work while sitting on their bed.

If this is what you have done, you need a mattress that can support you comfortably throughout the day. Durability will be a high priority because if you sit on your bed during the day and sleep on it at night, you will wear it out faster than someone who only uses it for sleeping.

Sitting on a mattress that is old or not built for long-term sitting can cause back pain or other types of discomfort. If you need a new mattress, this page will discuss which mattresses will provide the most comfort and long-term support. It will also help you choose the best mattress for sitting if you are working from home, watching TV or if you are gaming.

## Memory Foam



Memory foam mattresses are used to provide cushion and contour to your body to support your body weight. This type of mattress typically provides good motion transfer or motion isolation if you sleep with a partner. It also tends to be the best choice for combination sleepers as well as high-density foam. They are typically built with layers of foam.

Depending on your preferences, there are different firmness options with a variety of firmness levels. Whether you prefer to sit on a firmer mattress, soft, or medium-firm mattress for a middle option. Newer memory foam mattresses are better for hot sleepers than old-fashioned all-foam mattresses because of their cooling materials.

Memory foam is great for sitting and not only contours to your body but provides a lift to keep you from feeling trapped inside your mattress. Memory foam mattresses do not provide traditional edge support that an innerspring mattress would with a coil around the perimeter. Memory foam's contouring and pressure relief capabilities provide the mattress with its own edge support capabilities.

Memory foam will protect you if you sit on the edge or in the middle from back pain, tender hamstrings, and sore glut muscles that a poor chair or mattress may leave you with. Memory foam will hold your pressure points and leave an indent wherever you sit. This type of mattress has solid durability and will last approximately 10 years.

## Shop Memory Foam

### Latex



A latex mattress uses a natural material made from the sap of a rubber tree. Compared to memory foam, latex provides a gentle cushion instead of giving the feeling of a hug. The natural latex foam will softly cradle areas that put more pressure on the mattress like hips and shoulders.

Latex mattresses will allow you to sink in a little to provide support and hold you in place while you sit. A mattress with latex, at least in the top layer, will provide this support. You could also look into a [hybrid mattress](#). Just make sure it has latex or memory foam in the comfort layers for support. This type of mattress also does not have built-in edge support but will still support you if you sit at the edge of the bed. For more about [edge support](#), check out our page.

Latex is known for being the best mattress for durability its long lifespan of 12-20 years due to its high-quality materials. Mattress with higher durability tends to have at least a 10-year warranty or reliable sleep trial period. The only downside is latex typically has the highest cost among other mattresses.

## Shop Latex

## Innerspring



Innerspring is a cheap option for those shopping on a budget; however, buying a mattress that is too cheap will likely result in an uncomfortable sleeping experience. If you sit close to the edge, the innerspring mattress, as well as hybrids, typically provide the best edge support because of the sturdy coils that provide reinforcement throughout the perimeter of the mattress to allow you to get in and out of bed in a way that is more comfortable.

Pocketed coils are a mattress feature that provides more comfort than other innerspring mattresses. Pocketed coils allow airflow to push out body heat to provide your mattress with temperature regulation.

Innerspring mattresses might not provide enough support compared to latex or memory foam for long-term sitting because they usually are not made with as durable of material. To learn more about which mattress is most durable check out our page on [mattress durability](#). An innerspring mattress with memory foam layers or a memory foam mattress topper will provide a soft sleep surface. A pillow-top mattress will also provide a softer feel.

## Shop Innerspring

### Adjustable Base

If you wish to be able to sit up in any style of mattress, invest in one of our adjustable bases. This will allow you to prop yourself upright if you are watching TV or are working from home. This will help provide lumbar support no matter the mattress or mattress brand you choose.

## Shop Adjustable Bases

### Conclusion

Memory foam and latex are the top pick overall the most reliable for sitting up in bed for a long period of time. Even if they do not have built-in edge support, they will still hold you in place. In the end, it is up to your personal preference and body type. Whether you prefer a soft mattress or a mattress with a firm feel make sure you find the right mattress that holds you up and provides support to your lower back.

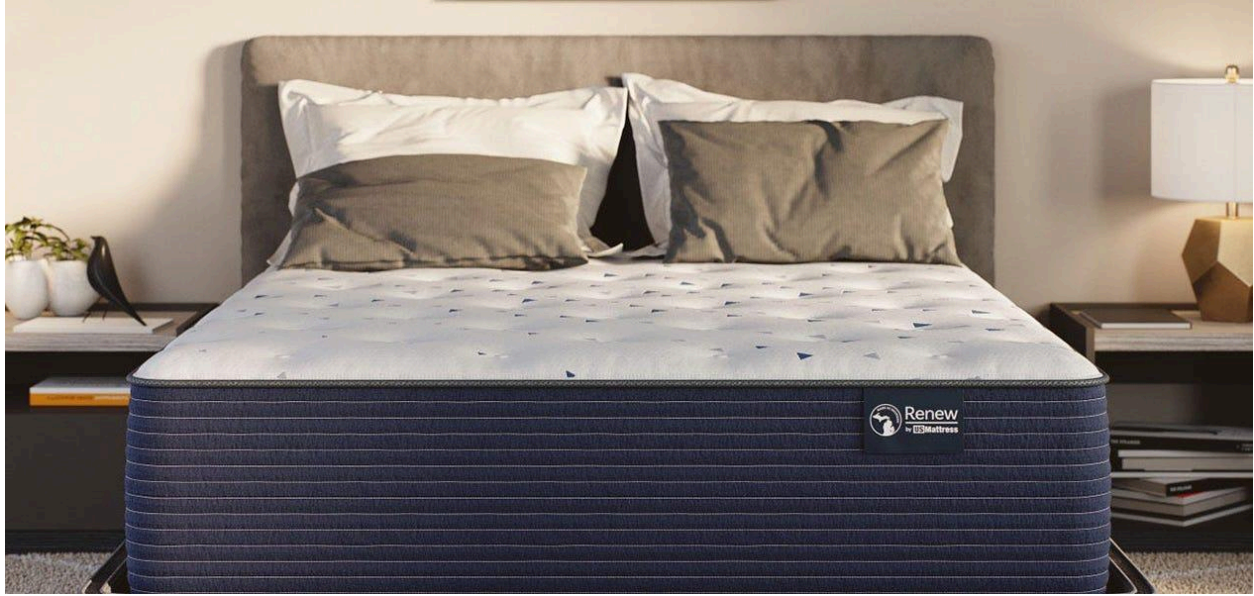
#### About the Author Steven Bieber



Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

## Renew Mattress Review

Updated December 14, 2022



Looking for a new mattress? [Renew mattress](#) is a high-quality mattress made by US-Mattress. These are high-quality mattresses that provide quality comfort and a cool night's sleep with our Cool Renew Gel Memory Foam. In fact, the Renew Pleasant Firm Mattress earned the #6 spot on our [Top Ten Mattresses of the Year](#) as the **Best Extra Firm Mattress**.

## Overview of the Renew Mattress

The Renew mattresses are a US-Mattress exclusive. They provide **support from an Advanced Dynamic Coil System** and **several layers of premium foams**, making them very conforming and supportive beds. They have **edge support, cooling qualities**, and a **CoolTemp fabric cover** that provides a cool sensation while falling asleep. We provide a 10-year warranty from factory defects, as a way to show our confidence in the mattress's durability.

## Pros and Cons of the Renew Mattresses

PROS	CONS
------	------

<ul style="list-style-type: none"><li>• The advanced cooling technology keeps you cool throughout the night</li><li>• Coils will provide contouring and durable support for pressure points</li><li>• The motion transfer will be minimal thanks to the individually wrapped coils</li><li>• Gel foam in almost all of the models - very durable and pressure-relieving material</li><li>• Better value than comparable competitor models</li></ul>	<ul style="list-style-type: none"><li>• Only innerspring beds, no hybrid or foam models</li><li>• New brand, not as well known, so there aren't as many customer reviews as bigger name brands</li></ul>
---	--

## Available Sizes

Each Renew mattress has 6 size options:

- **Twin** (39" x 75")
- **Twin XL** (39" x 80")
- **Full** (54" x 75")
- **Queen** (60" x 80")
- **King** (76" x 80")
- **California King** (72" x 84")

## Comfort Scale Rating

There are three different comfort options for the Renew mattress. Whether you like a soft or firm mattress, Renew has you covered. This mattress will help provide the best sleep no matter what your sleeping position is. Usually firmer options are better suited to stomach and back sleepers, while softer options are best for side sleepers. Beds with


a more neutral feel, such as the [Renew Restored Plush](#), work well for most people and would be a great choice for combination sleepers.

- **Firm:** rated a **2** on our 10 point [Comfort Scale](#)
- **Medium:** rated a **5** on our 10 point [Comfort Scale](#)
- **Plush Pillow Top:** rated a **7** on our 10 point [Comfort Scale](#)


Check out these high-value mattresses, only available at US-Mattress!


**Shop Now**

## Renew Mattresses

Mattress Name	Quick Overview	Video Recommendation	
 <p>Renew Restored</p>	<p>Comfort: <b>Mid-Range</b>            Comfort Scale: <b>5</b>            Material: <b>Innerspring</b>            Mattress Height: <b>15.25"</b>            Warranty: <b>10 Years</b>            Guarantee: <b>120 Days</b></p>		<p>Exclusive to US-Mattress!</p> <p><b>CHECK PRICE</b></p>



<p>ed Plush</p>			
 <p>Renew Restor ed Plush Pillow Top</p>	<p>Comfort: <b>Conforming Softness</b> Comfort Scale: <b>7</b> Material: <b>Innerspring</b> Mattress Height: <b>16.5"</b> Warranty: <b>10 Years</b> Guarantee: <b>120 Days</b></p>	<p>"</p>	<p>Exclusiv e to US-Matt ress!</p> <p><b>CHEC</b> <b>K</b> <b>PRICE</b></p>

	<p>Comfort:  <b>Firm</b>          Comfort Scale: 2          Material:  <b>Innerspring</b>          Mattress          Height:  <b>15.25"</b>          Warranty: <b>10</b>  <b>Years</b>          Guarantee:  <b>120 Days</b></p>	<p>Exclusiv          e to          US-Matt          ress!</p>
<p>Renew          Pleasa          nt Firm</p>		<p><b>CHEC</b>  <b>K</b>  <b>PRICE</b></p>

[\*\*Shop Now\*\*](#)

## Construction of the Renew Mattress

The Renew mattresses are innerspring beds, the coil system is a supportive yet conforming one made with individually wrapped pocketed coils. There are several layers of premium foam to provide comfort and additional support. Most of the mattresses are topped off with a CoolTemp Fabric which provides a cool surface to allow you to fall asleep. Below are the most common materials used in the comfort layers of the mattresses.

## Key Features of the Renew

### 1. CoolTemp Fabric

Cool to the Touch technology on the top layer sleep surface designed to give you a **cool sensation** while falling asleep.

## 2. Pillow Renew Foam

Premium polyurethane foam with a softer feel. Provides pressure relief and helps reduce tossing and turning.

## 3. Cool Renew Gel Memory Foam

Breathable foam that provides all the pressure-relieving benefits of memory foam with the cooling power of a gel. This gel also provides airflow to the mattress as the gel provides 4 inches of cushioning support. Help reduce tossing and turning, provides great back support, and sleeps cooler than other comfort materials.

## 4. Dynamic Response Coil System

Encased to allow each coil to move independently, for more targeted support and reduced motion transfer.

## 5. Rightstart Edge

Foam Encased Edge Support keeps comfort consistent, no matter where you sleep.

## Renew Mattresses Collection Comparison & Key Features

Product Name	Renew Restored Plush	Renew Restored Plush Pillow Top	Renew Pleasant Firm
Coil Count	1000	1000	825
Coil Gauge	15.5	15.5	14.75

<b>Height</b>	15.25"	16.5"	15.25"
<b>Features</b>	<ul style="list-style-type: none"> <li>• <b>CoolTemp Fabric</b></li> <li>• <b>Cool Renew Gel Memory Foam</b></li> <li>• Medium Renew Foam</li> <li>• Pillow Renew Foam</li> </ul>	<ul style="list-style-type: none"> <li>• <b>CoolTemp Fabric</b></li> <li>• <b>Cool Renew Gel Memory Foam</b></li> <li>• Pillow Renew Foam</li> <li>• Innerpanel</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Moisture Wicking Fabric</b></li> <li>• <b>Firm Renew Foam</b></li> <li>• Cool Renew Gel Memory Foam</li> <li>• Firm Renew Structure Foam</li> </ul>
<b>Warranty</b>	<ul style="list-style-type: none"> <li>• <a href="#">10-year warranty</a> against manufacturer's defects</li> <li>• Non-prorated</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">10-year warranty</a> against manufacturer's defects</li> <li>• Non-prorated</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">10-year warranty</a> against manufacturer's defects</li> <li>• Non-prorated</li> </ul>
<b>Back Support System</b>	<ul style="list-style-type: none"> <li>• Dynamic Response Coil System</li> </ul>	<ul style="list-style-type: none"> <li>• Dynamic Response Coil System</li> </ul>	<ul style="list-style-type: none"> <li>• Dynamic Response Coils System</li> </ul>
<b>Edge Support</b>	<ul style="list-style-type: none"> <li>• Rightstart Edge</li> </ul>	<ul style="list-style-type: none"> <li>• Rightstart Edge</li> </ul>	<ul style="list-style-type: none"> <li>• Rightstart Edge</li> </ul>

**Shop Now**

## Delivery Method

Renew mattresses ship to your door in for free in typically about 2 to 3 weeks. If you need in-home setup and removal of an old mattress, that is available for a fee.

## Warranty

All Renew mattresses have a 10-year warranty against factory defects.

## Renew Mattresses FAQs

- 1. Do I need to flip my Renew mattress?**  
No, Renew mattresses are built from the bottom up and are not designed to be flipped. If you like to rotate your mattress every so often, you can do that.
- 2. Can I finance my Renew mattress?**  
Absolutely! On the US-Mattress site, you can finance a Renew mattress with Synchrony HOME, Affirm, or Paypal.
- 3. How does the 120-night trial period work?**  
Try the mattress for at least 30 days, and up to 120 nights. If you don't like it, you get a refund. You'll have to pay a \$139 processing fee and a restocking fee equal to 20% of the purchase price (the restocking fee will not exceed \$500).
- 4. Can I test the Renew mattresses in stores?**  
Yes! If you're located in Michigan, [find a US-Mattress store near you](#) to test the Renew mattress. Otherwise, call a local mattress store to check if they have the Renew mattresses in their store for you to test.

## Conclusion

Renew is one of the best mattresses and is made with **high-end materials**. They're great at motion isolation, which is essential if you sleep with an active partner. The Dynamic Coil Response System will provide durable support that contours to your body. You'll sleep cool with the Cool Renew Gel Memory Foam, so these beds are good for those who tend to sleep hot. And the layers of premium memory foams do an **excellent job of relieving pressure**, as we saw in our testing.

These beds are relatively low cost so they're **ideal for almost everybody's budget**. The Renew mattress is a US-Mattress exclusive that provides a high-quality mattress. You will sleep on a long-lasting mattress that will provide nothing but comfort for a fair price.

[Shop Now](#)

### About the Author Steven Bieber



Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

## Mattress Durability

Updated December 12, 2022



## What Makes a Mattress Durable?

A high-quality mattress should be able to hold its shape and support for several years. One of the biggest factors that determine the durability of a mattress is the material from which it is made. Mattresses that give out after a few short years are made with cheap materials and mattresses that last 10 or more years are made with much higher quality materials; however, these will cost more.

This page will discuss some of the other factors that contribute to mattress durability. It will discuss some things you can do to make your mattress last longer. It will also discuss the four most durable mattress types.

## Making Your Mattress Last Longer

Once you buy your mattress, there are elements that are out of your control when it comes to durability. The material type and density will play a large role in how many years you get from your mattress. There are a few things you can do to make your mattress last longer. Here are some tips that can help you

### Rotate Your Mattress

Eventually, every mattress develops body impressions. As the comfort materials in a mattress are compressed over time, they slowly lose the ability to return to their original shape. In a similar way that new shoes feel stiff at first, and then slowly form to your

feet, your mattress will slowly conform to the shape of your body. By **rotating your mattress every three months (especially during the first year), you can promote even wear of the comfort materials**. Distributing wear over more areas of the mattress will help to ensure that your mattress remains free from excessive body indentations.

### **Use a Mattress Protector**

This is essential! Using a waterproof mattress protector keeps sweat, dirt, and more out of your mattress. The foams will break down prematurely without a protector, the salt in sweat shreds them right up. A protector keeps your mattress much fresher for the time that you have it. [Bedgear](#) makes really great mattress protectors with one of the strongest warranties available. [Shop protectors »](#)

### **Clean Your Bedsheets**

Your bedsheets can provide a thin barrier that can protect your mattress. Your sheets soak up sweat and other bodily fluids. Wash your sheets once every two weeks to keep them clean. You should also wash the mattress cover and the mattress itself with a vacuum. Keeping your mattress clean will help it preserve its shape and comfort. For help cleaning your mattress, check out our article, [How to Clean Your Mattress](#).

### **No Food**

Some people enjoy having some sort of food or drink while laying in bed. Unfortunately, this can lead to having crumbs beneath the sheets. This can turn your bed into a breeding ground for bacteria, fungi, and bugs.

### **Be Wary of Pets**

While there are mental health benefits to sleeping with your pet, they can shed, slobber, or have accidents on the bed. If your pet does not have any issues, they should be fine, if they do consider making them sleep in their own bed.

### **Avoid Bed Bugs**

Keeping your mattress and sheets clean is the best way to keep bed bugs away. You would also benefit from buying a bug-proof mattress encasement or mattress protector. To look for bed bugs, check for red stains, dark dots, eggshells, and live bugs.

## **Most Durable Mattress**



As mentioned earlier, certain types of mattress materials will provide different types of durability. Quality materials will provide a higher quality mattress. Here is a list of four different mattress types based on the durability they provide.

Over time, memory foam can sag or leave body impressions and lose support. Most foam mattresses will last about 10 years if you take proper care of them. The main types are traditional, plant-based, and gel memory foam. A higher-quality memory foam mattress can last up to 15 years. This type of mattress foam will leave slight indentations which are normal, just watch for extreme sagging or larger indents.

## **Shop Memory Foam**

### **Innerspring**

This type of mattress uses pocketed coils to contour to pressure points which tends to have a shorter lifespan. These are also the cheapest type of mattresses on average. To learn more about prices and mattress quality check out our page [The Real Cost of a Mattress](#). Innerspring mattresses typically last around six years. They can last 10 if the mattress is flippable.

Innerspring mattresses come in Eurotop and pillow top. These will provide different comfortability but Eurotop is more durable. Always check the mattress topper when buying a new mattress.

## **Shop Innerspring**

### **Latex**

A latex mattress is considered the most durable type of mattress. It has an average lifespan of 15 years. Because of its durability, it is typically more expensive than others.

The best type of latex is natural latex because it is the most durable. Watch out for synthetic variations because they have shorter lifespans. There are hybrids of natural and synthetic available, they are cheaper but do not last as long as all-natural.

## Shop Latex

### Hybrid

This type of mattress typically combines an innerspring support system with foam or latex. There are a wide variety of hybrid mattresses so you should always check what kind of materials are in the mattress. On average hybrids last no longer than 10 years.

## Shop Hybrid

## Finding a Durable Mattress

One of the best things to look at when finding the best mattress is the construction of the mattress. Density is very important when shopping for a memory foam mattress. Low density wears out much faster than high density.

For latex, density is not as important, but it still plays a factor. For hybrid mattresses, it is important to check the material as mentioned earlier. If the material is mostly latex, it likely has high durability, if it's mostly foam, check the density. For a hybrid with innerspring, pay attention to the coil gauge. The thickest is 12 and the thinnest is rated 18. A 12 gives the maximum support for people who need it.

## More Factors to Consider

Here are some additional factors to consider when deciding to buy your next mattress. Here are other important factors to consider when choosing a mattress.

## **Body Type and Weight**

If you are a larger person, you may wear your mattress down faster than someone who is smaller. You will need firmer support. Depending on your size, you should pay attention to the thickness of the mattress. The bigger you are, the thicker and denser your mattress should be.

For smaller people, a mattress with a low density will work better. A mattress with memory foam in the comfort layer will conform best to a small person's body. A smaller person has an advantage because they can buy a thinner mattress without wearing it out.

## **Firmness**

Depending on your sleep position, you will need a different type of mattress. A mattress's firmness levels are ranked 1-10 on a comfort scale. 1 being firmest and 10 being softest. Side sleepers will need a decent amount of cushion. A soft mattress helps to provide pressure relief to your shoulder.

For back sleepers, you might choose a firm mattress to keep from sinking too deep into the mattress. Back sleepers do not need a mattress to wrap around them but to hold their body weight and prevent back pain. Back sleepers are recommended to purchase a firm to a medium-firm mattress.

Stomach sleepers need to lay in a straight line when they sleep. For support, stomach sleepers should choose a firm mattress to keep them in place.

## **Warranty**

Mattress Warranties are usually a great indicator to determine if the mattress company has confidence in the durability of its mattress. A longer warranty will usually mean that the mattress will last longer. Always double-check because the warranty could vary among mattress brands.

## **Your Partner**

If there are two people sharing one bed, it will mean more weight which can affect its lifespan. A slightly firmer mattress is recommended for couples but it depends on you and your partner's preferences. Do not forget to pick a mattress with motion isolation so that you do not wake each other.

## Bed Frame

A high-quality bed frame will add years to the lifespan of your mattress. Too hard of a bed frame will simply wear it down faster.

## How Long Will My New Mattress Last?

The quantity and quality of the comfort materials used in a mattress determine how the mattress feels, and also how long it will retain its original feel. Keep in mind that the lowest-priced mattresses don't necessarily have the best value. Often, paying more money upfront for a high-quality mattress will save you money in the long term since the more expensive mattresses will retain their original level of comfort for a longer period of time. Watch our video: [How Long Will My Mattress Last?](#)

1. Check the warranty. Although this is not a guarantee, a longer warranty indicates a longer-lasting mattress.
2. Look at the comfort materials. Mattresses that contain memory foam, latex, and gel memory foam last longer than ones with polyurethane foam.
3. Consider the construction. Coils are a longer-lasting support system than foam.

## Is it Normal to See Body Impressions on a Mattress?

At US-Mattress, we commonly hear from past customers who are concerned about body impressions developing on their mattresses. This is a natural concern to have, as **a cavity on the surface of a mattress can signal a manufacturing defect**. However, every body impression isn't an indication of faulty wear.

If you are seeing deep body impressions in a new mattress, this is likely a defect and you should submit a warranty claim. However, if you've had the mattress for a while, it is normal for the materials to start compressing where you sleep. You can prevent this from getting as bad by rotating your mattress regularly. Every few months, turn your mattress from head to foot. This is especially important in the first year.

## Conclusion

Remember that the material that your mattress is made from is a major factor. Making sure your mattress is made from high-quality material will ensure that you enjoy a

comfortable night's sleep for many years. Natural latex is the most durable but it is also the most expensive.

If you are buying a cheaper mattress, there are other things you can do to expand the lifespan of your mattress. Make sure it's clean, use a protector, rotate it regularly, and place it on the proper supportive foundation. You could even put a mattress topper on it to add some additional padding that you can switch up more frequently.

### About the Author Steven Bieber



Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

## Avoiding Holiday Stress

Updated May 27, 2022



Gift photo created by mdjaff - [www.freepik.com](http://www.freepik.com)

### Holidays Can be Stressful

The Holidays are supposed to be the most wonderful time of the year right? Unfortunately, sometimes they can be overwhelming. You are asked to go from Thanksgiving to Christmas, to New Year as well as other holidays.

The holiday season revolves around buying gifts for all of your loved ones as well as scheduling large family gatherings or holiday parties. This can overall cause harm to your mental health and your ability to sleep. This page will offer some tips on how to handle the stress of the holidays and how to make sure you maintain healthy sleep. It will also help you manage stress in general.

## Keep Spending Under Control

Not all of us are made of money, but we still have several people that we have to shop for. Here are a few tips that can help you keep your money in check.

**Budget Your Money** - Set aside an appropriate amount of money to spend on gifts. Make sure you are being realistic when planning your budget. Don't forget that you still need money to pay bills, buy groceries, and other expenses.

**Limit Shopping Time** - Spending too much time in a store or a shopping mall increases the risk of overspending. Limiting your time in the store will reduce the temptation of buying goods you do not need.

**Remember What It's Really About** - The Holidays are not supposed to be spending a great deal of money. Your family will appreciate whatever you give them. The Holidays are meant for family time, not bankruptcy or credit card debt.

## Keep Expectations Moderate

While you may be dreaming of a perfect holiday gathering or dinner, know that usually, life does not work this way. Be prepared for something to go wrong. You might not be able to find everything that you want for your loved ones. If the holiday meal is served later than you wanted, the world will not come to an end. Remember not to be overwhelmed when you have to make a sudden change in plans.

If you have children, make sure they are on board too. Your children may have unrealistic taste when they are writing their Christmas list. Ask them to write everything down and make sure they understand they might not get everything they ask for.

## **Take a Break**

To avoid burnout, don't forget to give yourself some downtime. To protect your mental health, spend some quality time with your family at a movie, park, or at home. Trying to do everything by yourself for too long will quickly wear you down.

## **Avoid Overindulgence**

During the holidays we find ourselves surrounded by much more food and beverages than normal. Using food as a comfort for stress is never a good idea. To maintain healthy habits, consider a healthy snack instead of chocolate, but don't forget to enjoy the occasional seasonal treat.

## **Prepare For Holiday Travel**

Last year many people were not able to travel due to the coronavirus. This year will see an increase due to the number of people who will be traveling to finally celebrate the holidays with their families. The extra people could make travel overwhelming, here are some tips to make life easier.

### **Travel Your Way**

According to Healthline, more people have been traveling by car since the start of the pandemic. Traveling by car allows you to feel safe in your own personal space. Unfortunately for some, traveling by plane is unavoidable. To feel the safest wear your mask unless eating or drinking and try to sit in a section that is least populated, although this may be difficult during the holidays.

### **Arrive at the Airport Early**

As a general rule before the pandemic, you should arrive two hours before a domestic flight and three hours before an international flight as recommended by the TSA. With Covid-19 regulations in place and more people, security checks will take even longer than usual.

## Shopping Tips

As mentioned before, shopping for loved ones can be stressful. Here are a handful of tips that can make your life easier.

**Make a list** - If you are shopping for a large number of people, it is best to keep yourself organized. Keep a shopping list for family members and lists for certain things you need such as food or wrapping paper. Make sure your lists are well organized so you do not lose them.

**Shop at night** - Shopping after dark usually means fewer people, this will make life easier when shopping. This could also be an easy way to shop without children, making it easier to buy gifts without anyone noticing.

**Shop Online** - Want to avoid the crowds altogether? Then do your shopping from your home or on your phone. This is a convenient way to calmly buy your family members gifts that are hard to find (or perhaps a new [mattress](#) shipped right to their door). Make sure you order your gifts well in advance so it has time to get to you.

## Stress Management

In general, sometimes stress is just unavoidable, and sometimes, it affects your ability to sleep. At US-Mattress we want to help you get a night of healthy sleep in as many ways as we can. We have provided a list of ways to help you sleep and lower your stress level if you are experiencing too much stress. For more help, check out our page on [sleep loss](#).

**Relaxation Techniques** - According to [sleep.org](#), certain techniques can help you lower your blood pressure. These techniques include taking slow deep breaths before, hypnosis, and calming exercises such as yoga or meditation. A hot shower can also help relax you.

**Limit Screen Time** - Electronic devices emit a blue light that is harmful to your eyes and can keep you up at night. Avoid electronic devices too close to bedtime or use special glasses that block out the blue light, you can also use a filter found on most devices. For more information check out our page on [cell phones and sleep loss](#).



**Make Smart Dietary Choices** - What you eat or drink before bed can affect how you sleep. Sleep.org recommends a warm glass of milk before bed. Avoid caffeine, alcohol, and nicotine late at night. Eating heavy meals too close to bed will lead to waking up at night. For more dietary help, check out our page on [food and drinks before bed](#).

**Exercise** - Exercise has been proven to be a helpful stress reliever. Experts recommend exercising 150 minutes a week, or 30 minutes a day. Make sure you work out too close to bedtime, give yourself at least 90 minutes to cool down.

**Make Sure Your Environment is Relaxing** - You can't fall asleep if your environment is not relaxing enough. Make sure all lights are turned off, and any other distractions are put away. Make sure the room is quiet or there are [relaxing sounds](#) that help you fall asleep.

## Conclusion

The holiday season almost always brings some kind of stress. Try to keep in mind that the holidays are supposed to be fun. Take the necessary steps to plan ahead and make your life easier. Put your mental health first, and take the necessary steps to reduce stress so you can still have a healthy night of sleep.

Remember to stay organized, make a list of everything you need to buy and do. For stress, try the recommended techniques and lifestyle changes to help give you a healthy night's sleep. The holidays are only here for a short time, remind yourself that you have survived them before and you will survive them again.

### About the Author Steven Bieber



Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

## Exercise Helps Improve Your Sleep

Updated May 27, 2022



## The Link Between Exercise and Sleep

According to the experts, there is a strong bidirectional relationship between exercise and sleep. It has been proven that exercising during the day can help people get better sleep, and improve sleep efficiency at the same time, poor sleep may lead to a decrease in daily physical activity. A lack of exercise can be part of the cause of sleep issues. This page will explore some of the best exercises for sleep.

## Best Exercises For Sleep

The best exercises for sleep are aerobic, resistance, and yoga. These exercises have different benefits and purposes. This section will break these three down for more information and provide the benefits of exercise.

### Aerobic Exercise

Also known as cardio, it causes more rapid breathing and a faster heart rate. Over time, this can improve blood pressure and reduce the risk of heart disease. Some examples of aerobic exercise include running, swimming, bike rides, and physically demanding or high-intensity sports. Moderate aerobic exercise like jogging or even walking can

Studies show that prolonged periods of aerobic exercise can improve sleep quality and reduce the effects of insomnia. It can also help with breathing conditions like sleep apnea.

Aerobic activity causes the body to release endorphins according to [Johns Hopkins University](#). Endorphins are the chemicals that create activity in the brain that keep some people awake. It is recommended to exercise one to two hours before bed, this gives the endorphin levels time to lower which allows the brain to relax.

Hopkins also notes that vigorous exercise raises your core body temperature. This has a similar effect to a hot shower. When your body heats up you feel awake; however, after 30 to 90 minutes, the core body temperature begins to decline, facilitating sleepiness.

## **Resistance Exercise**

Also known as strength training, focuses on building up muscle strength throughout the body. Experts recommend a mixture of aerobic and resistance exercise. This will help improve different aspects of physiological health. Some resistant exercises include weight lifting, resistance bands, and push-ups or sit-ups.

The most important factor in this type of exercise is repetition. Experts recommend sets of 12 reps for resistance exercises. For beginners, this type of exercise may seem difficult or uncomfortable.

You will also be sore the next day more often when you are starting out. Consider starting slowly with light resistance and fewer sets before gradually increasing your workouts. Like aerobics, strength training can help with mental health and sleep disorders like insomnia, and obstructive sleep apnea.

## **Yoga**

According to experts, this is a type of resistance training that focuses on posture improvement, breathing exercises, and meditation. The biggest benefits of yoga include stress, relief, weight loss, and reduction of back and neck pain. Yoga and sleep have not been evaluated with a large population but it has been shown to help certain groups of people such as the elderly, women with sleep problems, and women with Type 2 diabetes.

## Additional Information About Exercise and Sleep

**Watch your timing:** In the past, experts warned against working out too close to bedtime because it could cause difficulty falling asleep. Recent research; however, claims that a workout before bed will not have a major impact before sleep. Exercise at different times of day to figure out what is best for you.

**Improving sleep time will help exercise:** Once you start sleeping better you will have more energy. This will make it easier for you to work out in the future. The new boost of energy will make it easier to keep to your schedule.

**You don't need much:** If you think you need to put yourself through a long grueling workout every day, you don't. Just 30 minutes a day can improve your sleep, alleviate stress and fight sleep problems like daytime sleepiness. Keeping your routine for six months will provide the biggest improvement to your well-being.

A study by the [American Academy of Sleep Medicine](#) reported that even the slightest bit of exercise can help. Participants who exercised were one-third less likely to report sleep problems.

### Other Benefits of Exercise

- **Controls Weight-** Exercise is a great way to fight obesity. The more intense exercise, the more calories you burn. For sleepers that struggle with obstructive sleep apnea because of obesity, losing weight may reduce the need for a CPAP machine. Check with your doctor first.
- **Prevents Health Conditions-** Other health benefits of working out include, decreasing the risk of stroke, high blood pressure, and certain types of cancer.
- **Boosts Your Energy-** Exercise can make daily life easier. For example, household chores and grocery shopping will be easier.

## Conclusion

Aerobic, resistant, and yoga are the three best types of exercise to help with sleep. Mixing up aerobic and resistance will make for the best combination. Experiment to figure out what type of exercise routine and time of day works best for you. Remember that the amount of time you spent working out is not the biggest factor, just doing short

workouts of 30 minutes a day or 150 minutes a week can give you a better quality of life and provide you with quality sleep.

If exercise is not always possible, check out our [sleep essentials](#) page for more help with sleep. If you suffer from [sleep loss](#), we can help you with that too. In general, people who maintain a healthy lifestyle sleep better than people with poor dietary and exercise habits.

### About the Author Steven Bieber



Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.

## Common Sleep Disorders

Updated May 27, 2022



People photo created by jcomp - [www.freepik.com](http://www.freepik.com)

### Sleep Problems?

According to the Center for Disease Control (CDC), about 70 million Americans struggle with some kind of chronic sleep disorder. If you are reading this, you may be suffering from one of the many possible disorders that someone could face. Having your sleep disrupted on a regular basis can harm your overall quality of life.

Certain sleep disorders can be caused by a number of issues including mental health, poor sleep hygiene, and others. If you struggle with mental health, you can check out our page about [sleep loss](#) for more help. For others, this page will explore some of the most common sleep disorders and ways to treat them.

## Insomnia

Up to one-third of US, adults live with some form of insomnia. Insomnia can come in multiple forms. According to [Verywell Health](#), insomnia can be present in several forms. One form is the issue of falling (taking more than 20 to 30 minutes to fall asleep). Another issue is waking up frequently and struggling to fall back to sleep.

There are two types of insomnia, acute and chronic. Acute means that the problem is short-term and usually comes from an identifiable cause. Some examples are stress from a new job or a death in the family.

Chronic insomnia is much more serious and can be diagnosed if your insomnia persists for at least three months occurring three nights per week.

### Treatments For Insomnia

The most popular treatment is cognitive-behavioral therapy. This involves making lifestyle changes such as establishing a proper sleep schedule to make sure that you get enough sleep. Changes other than sleep behavior could include eliminating caffeine, or alcohol, especially before bed. If this does not work, talk to your doctor as short-term sleep medication may be needed.

## Restless Leg Syndrome

Restless leg syndrome (RLS) is a strong urge to move your legs, generally accompanied by uncomfortable sensations according to [Mayo Clinic](#). These sensations

may include aches, burning, tingling, or crawling sensations on your legs. These symptoms are most common when you are resting, sleeping, or trying to fall asleep.

This can cause a lack of sleep. This problem could be genetic, it is also a common side effect for pregnant women, iron deficiency, and certain drugs.

### **Treatments for RLS**

Verywell Health suggests different remedies such as increasing iron intake, weight loss, or possibly certain medication. Check with your doctor before taking medication.

Stretching, walking, or rubbing your legs may help during an episode.

## **Sleep Apnea**

Sleep apnea is a sleeping disorder that makes you stop breathing while you are sleeping. According to [Mayo Clinic](#), some of the signs of sleep apnea could be loud snoring, waking up with a dry mouth, gasping for air during sleep, and excessive daytime sleepiness. Some of the people who are at the highest risk are men, people who are older, struggle with obesity, and people who use certain medications.

There are three different types of sleep apnea.

1. Obstructive sleep apnea- The more common form that occurs when throat muscles relax. This causes your diaphragm and chest to work harder.
2. Central sleep apnea- When your brain doesn't send proper signals to the muscles that control breathing. This is related to the function of your central nervous system.
3. Complex sleep apnea- When someone has both obstructive and central sleep apnea.

### **Treatments for Sleep Apnea**

Diagnosis of sleep apnea can be done after a patient undergoes a sleep study at a sleep clinic. After diagnosis, a doctor may prescribe the patient with a sleep machine such as a continuous positive airway pressure (CPAP), a BiPAP (bi-level positive airway pressure, or some other type of machine. Other treatments could include a mouthpiece, surgery, weight loss, or other treatments depending on your doctor's recommendation.

### **Predicting Sleep OSA**

To predict the severity of OSA, doctors will use the Mallampatie score, this is a method in which patients are given a classification of 1 through 4 depending on the visibility of the soft palate, fauces and the uvula. Below are the four classes

**Class 1** - Faucial/tonsillar pillars, uvula, and soft palate are all visible.

**Class 2** - Partial visibility of the faucial/tonsillar pillars, uvula, and soft palate.

**Class 3** - Base of the uvula, soft and hard palate visible.

**Class 4** - Only the hard palate is visible.

Someone who is a class 3 will experience moderate difficulty breathing while a class 4 will have more severe difficulty breathing. Class 3 and 4 are usually indicators of OSA. For a visual aid to the Mallampati score check out this page for [UnityPoint.org](https://www.unitypoint.org). For a more in-depth look at the Mallampati score, visit [The Journal of Clinical Sleep Medicine](https://www.sleepjournal.org) website.

## Narcolepsy

If you find yourself frequently nodding off during the day, or having the sudden urge to fall asleep you may struggle with narcolepsy. People with narcolepsy will have difficulty staying awake for long periods of time. The risk is higher in young people ages 10-30 or people with a family history.

Besides feeling tired during the day, there are other symptoms that come with narcolepsy according to [Mayo Clinic](https://www.mayoclinic.org).

- Sudden loss of muscle tone - this is a condition called cataplexy which results in muscle weakness, slurred speech and slurred. Episodes can vary from once or twice a year to daily and can last up to a few minutes.
- Sleep paralysis - This is a common symptom for people with narcolepsy. While falling asleep or waking up, people will temporarily be unable to move. Episodes only last a few minutes but they can be frightening. Some people may experience hallucinations. Some might be specific or more confusing.
- Changes in rapid eye movement (REM) sleep - Transition is made within 15 minutes of falling asleep.



## Treatment for Narcolepsy

There is no cure for narcolepsy; however, a doctor can prescribe certain sleep medicine and suggest lifestyle changes such as diet, exercise, and a proper sleep schedule or sleep pattern. Scheduling naps can also help relieve daytime drowsiness.

## Sleepwalking

Sleepwalking is a type of parasomnias. It involves irregular types of behavior during sleep. Most people just think of someone just walking around in their sleep, but it can be much worse. Some people engage in different activities.

According to experts, some people get dressed, move furniture, engage in sexual behavior, or urinate in inappropriate places. In some cases, people try to do something more extreme like drive a car. This can disrupt your sleep as well as your bed partner.

Another sleep disorder that is paired with sleepwalking is night terrors. Night terrors are when someone wakes up screaming during the night and is most popular among children and are usually not cause for concern. Most children outgrow night terrors by the time they are teenagers.

Sleepwalking is typically a symptom of something else like sleep apnea, sleep deprivation, stress, or something else.

## Treatment for Sleepwalking

The good news is sleepwalking does not require any treatment in most cases. Some safety precautions you can take are, keep your room clear of tripping hazards, latch doors and windows, and set alarms on doors. The biggest treatment is to fix the underlying cause.

## Acid Reflux

According to [WebMD](#), acid reflux is caused when acid produced by your stomach moves up to your esophagus. This can cause a burning in your chest called heartburn. If you have symptoms more than twice a week, you may have gastroesophageal reflux disease (GERD).

Sleeping with acid reflux can cause difficulty sleeping which can result in sleep loss. If you currently or have ever struggled to sleep with acid reflux, [MedCline](#) offers some advice on what to do.

Sleep at an incline - Try to give yourself some elevation when you sleep. One way to do this is to put blocks under your bed, another is to invest in an [adjustable base](#). Laying flat on your back with no incline will worsen the symptoms because the acid will flow up your esophagus more easily.

Sleep on your left side - When you sleep flat on your right side, your body has to work harder to return acid contents to your stomach. Your Lower esophageal sphincter (LES) stays higher when you sleep on your left side allowing acid to return to your stomach more quickly than sleeping on your right side. The best position is at an incline on your left side.

### **Treatments for Acid Reflux**

- Some home remedies include milk, chewing gum (avoid mint), and herbal remedies.
- Over-the-counter medications are available such as antacids, PPIs, and H-2 can offer relief. If symptoms last longer than two weeks, see a doctor for additional help.
- Avoid spicy, fatty, and acidic foods because they can trigger heartburn.

## **Conclusion**

Remember that there are several types of sleep disorders, and it is not uncommon to struggle with one or at least know someone who does. The good news is, most of them are easily treatable. Whatever your sleep disorder or medical condition is, one of the best ways to improve your health is to [improve your sleep habits](#).

Put yourself on a consistent sleep schedule to ensure that you obtain the proper amount of sleep. If this fails, reach out to a doctor or healthcare provider so they can give you better help or prescribe you some sleep medicine to help you through your sleep disorder and improve your overall sleep quality.

### **About the Author Steven Bieber**



Steven is a content writer who recently broke into the mattress industry. In his free time, he enjoys watching football and listening to music.