

Sleep On It

Five Tips To Help You Sleep

(NAPSA)—Getting a comfortable night's sleep can be much easier than counting dozens of sheep—thanks to new memory foam technology. Here are five tips to help the 57 percent of consumers planning to buy a mattress in the next three months who are considering memory foam:

1. Getting into the thick of it.

Memory foam mattresses come in a variety of thicknesses. Decide which thickness you want. Thinner mattresses will be less expensive but thicker ones can provide a more supportive sleep environment.

2. Comfort and support.

How much support do you want? If you need a firm foundation for a good night's sleep, compare levels of support.

3. All foam or some foam.

Consider construction. Some mattresses are entirely made of memory foam while others are a combination.

4. To flip or not to flip. Ask if your mattress should be flipped. Some of the new memory foam mattresses do not need to be flipped.

5. A cool option. Ask if the mattress has a cooling system. Memory foam mattresses are very comfortable but one problem that one in four consumers report with memory foam mattresses is that they retain heat and “sleep hot.” Fortunately, new product lines solve that problem.

For example, Simmons' ComforPedic Loft line took those complaints and used them to develop



The latest memory foam mattresses feature cooling technology.

new memory foam technologies that address concerns. The mattress is designed for quick recovery—if you press down on the foam, it promptly expands back to its original shape. The collection also features a sleep system that dissipates heat and provides cooling.

Optimal Sleeping Temperatures

“Designed to work with the memory foam, the sleep system features a stylish mesh border so the bed can breathe,” said Scott Smalling, Simmons Specialty Sleep Division. “The mattress core gives extra support while the edge offers sleeping comfort and stability right to the edge of the bed.”

Select models also include gel technologies for more support and a cooling sensation.

That's good news for anyone who wants to get a good night's rest. Visit www.ComforPedic.com for more information.