



Is Cotton Mattress Good For Back Pain? Facts to be known!

With the recent advancement in technology & research over the last few decades, the [online mattress](#) industry has introduced different types of mattresses such as pocket spring, coir, Bonnell spring, memory foam, and latex. These mattresses are known to be good alternatives to cotton, in terms of manufacturing as well as use.

Besides the introduction of these new types of mattresses, cotton mattresses still exist & opted by people as they are formed from natural material and support the good health of the user. Cotton mattresses are known to be supportive for good health and back ache reliever.

Is it?ff

Is a cotton mattress really good for back pain?

Let's find out in this write-up.

What is a Cotton Mattress? How are they made?

Cotton mattresses are those mattresses which are purely made of synthetic cotton wool in fabric bags which are usually made of cotton. These bags are sealed using cotton or nylon threads from all sides.

Once the cotton is stuffed well into the bag to make the mattress bulge up and firm, the bag is then beaten multiple times to flatten the mattress.

Benefits of Cotton Mattress

- Organic cotton mattresses are super breathable and support air circulation which ensures the coolness & comfort of the mattress.
- Organic cotton is a natural and non-toxic material, it supports health.
- Cotton mattresses are highly soft and comfortable. In the beginning, a new cotton mattress may give a firm feeling but it becomes soft later.

Disadvantages of Cotton Mattress

- Cotton can easily be prone to catch as the material is not fire-proof.
- Non-responsive to pressure, cotton mattresses do not provide good support to all the body parts.

- After a few years of usage, the surface of the cotton mattress becomes uneven as cotton is a loose material that cannot retain shape.
- Cotton mattresses attract dust mites and other germs easily.

Is Cotton Mattress Good For Back Pain?



To ensure that your sleep does not cause back pain, mattresses play a crucial role. It is in sleeping, that your body heals. To make sleep therapeutic and healthy, orthopaedic doctors recommend medium-firm mattresses that maintain natural spinal alignment during sleeping hours.

Mattresses made with materials like foam, spring, latex, etc. are more responsive to the curves of the body. While in the case of cotton, flexibility and responsiveness to the pressure are a miss.

Hence these materials can handle pressure well and provide good support.

Cotton mattresses get sagged easily and lose shape after some years. So, easiness and relief can not be ensured with cotton mattresses.

The surface of the cotton mattresses becomes uneven due to which the spine cannot be aligned in the natural position which causes discomfort and pain in the back,

So, instead of providing relief from back pain, it can aggravate it.

They also get soiled and dirty easily.

For all the given reasons, a cotton mattress is not feasible for those who have back pain and discomfort.

Conclusion

Is Cotton Mattress Good For Back Pain?

No, a cotton mattress is not at all good for back pain & discomfort.

Cotton is a loose material and non-responsive to pressure.

After some years, it loses its shape and becomes uneven.

Since cotton mattresses cannot adjust to the body curves and do not support the spine, one should refrain from using cotton mattresses as bad spinal alignment may lead to severe discomfort in the body.

Visit here to know more:

[Furniture Online mattresses](#)