



## Get Better Sleep With Right Mattress



[Sleep](#) is very important for your health. It is even more essential than food. You can survive for a few days without food. But lack of sleep can make you sick and weak in no time. The quality of sleep is also a major factor that contributes to your health. There are several factors that influence the quality of your sleep. A major factor that often gets neglected is the type and quality of the mattress that is used for sleeping. Today, many people suffer from sleep problems due to a variety of reasons like hectic lifestyle, food imbalance and other stress and tensions. A good mattress can be a great relief to many of your sleep problems.

### [Types Of Mattresses](#)

Here, we will discuss the different types of mattresses and their advantages, which will help you in choosing the suitable one for your home.

#### Memory Foam Mattress

Memory foam is one of the most popular mattresses of our times as they provide good support, body contouring and pressure relief during sleeping hours. They incorporate the technology from NASA, where it absorbs the motion on one side of the mattress and isolates it rather than transferring it. This is beneficial for couples who share the same mattress, as the movement of one person won't disturb the other. It also has an ability to memorize your temperature and adjust itself to the same. The [memory foam mattress](#) changes its consistency as your body heat goes up or down. If your body temperature increase, the mattress will become softer to provide you a sound sleep.

## Orthopedic Mattress

As the name suggests, this mattress is for people who suffer from orthopedic issues like arthritis, osteoporosis or pain in joints and muscles. Doctors often endorse [Orthopedic mattresses](#) for such patients as they provide effective back support and comfort to the body during sleep. They are firm enough and does not bend in normal pressure and offers relief from joint, neck and back pain. Orthopedic mattress ensures you maximum support by considering the physiology of the human body, which other mattresses cannot assure. Main benefit of sleeping on an Orthopedic mattress is that it keeps your spine straight. Not only does the mattress support your back, but also improve your body posture. It would also remain in perfect condition even after years of usage.

## Natural Latex Mattress

This is a mattress made from latex, an organic material taken from the sap of the rubber tree. The sap is mixed with other natural products and baked to produce a foam. Its buoyant nature is highly comfortable for your body and offers cushion support, cooling pressure relief, and natural spinal alignment throughout the sleep. People suffering from allergies may find [latex mattress](#) very useful as it is naturally resistant to mould and dust mites. Due to its natural flexibility, the movement on one side will not get transferred to the other side of the bed. They are one of the most durable mattresses with over 25 years of warranty. They also maintain their shape and support during these years.

## Spring Mattress

The [spring mattress](#) is the most common mattress these days and is made of the pocket coil system covered with fabrics. Being easy to manufacture, these are economical than other

mattresses. There are two types of spring mattress – bonnell spring and pocket spring. Now, micro pocket spring mattress are also very popular. A pocket spring mattress has individual springs, each stitched into the mattress below a comfort layer of foam. It offers added body contour and pressure point relief. Pocket spring mattresses are economical and is affordable by a common man as the technology used to construct them is simple. Another advantage of the spring mattress is that it is well ventilated and doesn't increase body temperature. Pocket spring mattress is free from gas odour problem, which is usual with a foam mattress

## [Best Mattress Store In Bahrain](#)

American Beds is the leading mattress store in Bahrain, offering a wide range of mattresses and bedding accessories for clients across the Middle East. We sell all types of mattresses with different sizes to suit the sleep preferences of clients in all age groups, sizes and weight. We also provide a free trial and consultation with sleep experts to help you choose the right mattress for your homes.

## How To Improve Your Sleep Quality?

Although, sleep quality is determined by the combination of several factors, one major factor is to choose the right mattress that can offer you proper support and comfort. American Beds is the leading mattress store in Bahrain that offers a wide range of quality mattresses and bedding accessories at an affordable price across the Middle East. All our bedding products are designed with latest technology to offer maximum comfort to the users. Contact our team today for a free trial and home delivery.