



Advantages and disadvantages of memory foam mattresses



Mattresses are one of those few things which play a crucial role in providing a night of quality sleep. Memory foam mattresses take a high ratio of credit for factors responsible for a good night's slumber.

A great memory foam mattress makes all the difference in your world of having some comfortable Zzzzs.

Memory foam, also called visco-elastic foam, was first originated by NASA in the middle of the 1960s to counteract the high pressure faced by astronauts while leaving and entering the Earth's atmosphere.

A memory foam mattress is made of polyurethane and it combines a layer of memory foam with springs or foam. It is designed in a way that it uses your body heat to soften and adapt your body shape. Known for remarkable support & comfort, Memory foam mattresses bounce back very slowly once pressure is removed. Why it is called memory foam? Because over some time, it remembers your body shape and sleeping position. There are many benefits of using memory foam mattresses. Here are some of the best of them.

Benefits of Memory Foam Mattresses

1 Body hugging comfort

Memory foam is made of polyurethane which is a highly resilient temperature-reliant material. This material reacts to the heat and weight of the body. This is the reason that when you fall into the Visco elastic, the foam immediately adapts to the curves of your body. This body-moulding feature of a memory foam mattress differentiates it from other mattresses.

2 Motion absorption

Another key benefit of a memory foam mattress is the limited motion transfer. Memory foam mattresses can absorb energy and reduce the effects of movement on the sleeper. This means when one sleeper moves or rolls over or tosses around, the other sleeper doesn't feel that movement. This makes memory foam mattresses ideal for couples particularly.

3 Go well for all sleeping positions

The resilient & elastic nature of memory foam mattresses enables them to comfortably adapt to different types of sleeping positions. It is made of highly-resilient material that adjusts and evenly distributes the body weight. If you are a stomach sleeper, you will get your spine placed in perfect alignment, while if you are a back or side sleeper, you will still enjoy the same level of support for your sleeping position.

4 Relives back and neck pain

A memory foam mattress encourages a neutral spinal alignment. This lead to a comfortable and supportive sleep. With the long-term use of memory foam mattresses, one can get relief from chronic neck & back pain.

5 Hypo-allergenic

A memory foam mattress is made of polyurethane foam that repels mould and mildew. The material is highly resistant to dust mites. The memory form stops allergens from settling into the material and so reduces allergic reactions. This helps the sleeper get their uninterrupted sleep.

6 Good pressure relief

Memory foam mattresses equally distribute the pressure along the knees, back, hips and shoulders. Because of its feature of uniformly dispersing the body weight across the sleep

surface, it provides relief from pressure.

7 Sag free and no sinkage

The memory foam mattresses are made of high-grade adaptive materials which offer the right combination of “not too soft & not too firm.” This ensures no sagging and no sinkage.

With advantages, there are some [disadvantages of Memory Foam Mattresses](#).

Let us discuss the disadvantages of Memory Foam Mattress

Disadvantages of Memory Foam Mattress

1 Heat

Users complain about feeling warm while sleeping on a memory foam mattress. The material causes warmth and sweat. Foam mattresses are a great option for cold winter nights.

To resolve these issues, you can have an added up a cooling filter as an add-on to the mattress.

2 Chemical

Memory foam mattresses were crafted in an era of no technological advancement or scientific research. The production involves the usage of harmful chemicals to make it soft and comfortable. However, with the upgradation of technology and science, the government consideration mandates a healthy manufacturing process with only fewer harsh chemicals.

3 Stick-Ness

Since memory foam moulds itself according to the shape of the person, some people complain about getting stuck and sinking. This is oversized or heavyweight. This probably happens with overweight people. The alternative to it is to buy as per your body weight and dimensions.

Conclusion

With a quality memory foam mattress, you can undeniably have a night of better sleep and a great comfort feeling. Sleeping is important and so is buying a good quality mattress. A Key to good health is good to rest and sleep and that comes with a high quality foam mattress. Buy a branded online memory foam mattress designed to comfort your sleeping & resting needs.

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