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Mattress buying tips for World Sleep Day

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The theme for this year’s World Sleep Day which takes place on 17 March, is ‘Sleep soundly, nurture life.’

This theme emphasises how a good night’s sleep is vital for our physical and mental well-being. Sleeping well helps our brains function better, making us more productive.

Ras Erasmus, Sales and Marketing Executive at Bravo Group Sleep Products, says a high proportion of road accidents are due to impaired judgement because of sleep deprivation.

We spend a third of our lives sleeping, but most people tend to spend less time on selecting the right bed and mattress than they do on buying a car.

Ras shares some tips...

1. Inspect your current mattress

One of the first things to check if you’re suffering from poor sleep is the surface that you’re sleeping on. Check whether your mattress and base are worn out. You should look out for red flags such as it being saggy, uneven or out of shape.

2. Upgrade every 10 years

Your body might also warn you that the bed you’re sleeping on is past its prime.

A good night’s sleep should mean that you wake up refreshed and re-energised, ready to take on the day’s challenges. But a worn out bed might wear you out instead. This may result in you tossing and turning all night or getting pins and needles when you’re lying down.

Ideally, you should replace your mattress and base at least every 10 years, sooner if you have developed sleep problems, as updating your mattress could transform your night’s sleep.



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Well-established dealers now spend time with customers in a bed comfort test area to narrow down their comfort preferences before they even start shortlisting possible bed choices.

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3. Technological advancement

Anyone who has not bought a bed in the past decade will be astonished to find out just how far mattress technology has come.

Well-established dealers now spend time with customers in a bed comfort test area to narrow down their comfort preferences before they even start shortlisting possible bed choices.

Key technological advances to look for include layers of memory foam that adapt to compensate for pressure points when you lie down, new forms of springs with hinging to support your weight better and distribute it more comfortably and gel beads to give a cooler feel.

You should also look for coverings derived from materials such as bamboo pulp, which are antibacterial, antifungal and vaporise moisture easily, as well as being from sustainable sources.

4. Don't forget the base

Remember to budget for a new base and not just a new mattress.

Usually the base sags along with the mattress so replacing the mattress will only solve just a part of your problem. It would be like buying a new car but keeping the chassis from your old one.

Most consumers overlook the fact that when they're investing in their bed, they're investing in their health and their future. That is why keeping your bed in good shape will help keep you in good shape too.



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