

# Dream Weaver

Rest easy, Atlanta. *TR* has discovered six high-tech mattress solutions for a sounder night's sleep.

By Nate Chapnick



In 2007, doctors wrote some 24 million prescriptions for sleep medications according to a study conducted by *Consumer Reports*, which indicates an epidemic problem suffered by millions of exhausted Americans.

While medication can help aid common sleep issues and more serious disorders, Dr. David Rye, director of the sleep medicine program at Emory University School of Medicine, stresses the importance of natural, quality sleep. “If you don’t get enough quantity of sleep, or the quality of sleep that you *do* get is insufficient, negative consequences to your body can accumulate over time,” says Rye, who cites findings from the Sleep Heart Health Study that show a link between sleep apnea and Type 2 diabetes, cardiovascular disease and hypertension. “These studies overwhelmingly indicate that getting a good night’s sleep is not only critical to your daily routine, but also to your overall health.” Unfortunately, the average American gets less than seven hours of sleep, according to another study published in the *American Journal of Epidemiology*.

Dale Read, president of the Specialty Sleep Association, points to new advances in mattress technologies that can drastically improve our quality of sleep. “Up until about 20 or 30 years ago, bedding and sleep technology hadn’t changed considerably,” he says. “It wasn’t until the waterbed came out that people began to consider other approaches and sleep surfaces to deliver optimum conditions for good, healthy sleep.” When it comes to evaluating a mattress, Read recommends looking for one that supports, conforms and comforts.

In an attempt to provide consumers with optimal sleeping conditions, manufacturers have introduced cutting-edge mattresses filled with state-of-the-art materials, such as body-conforming memory foam, breathable natural latex (it’s also anti-microbial) and temperature-reducing gels.

Given the importance of a good night’s sleep, new mattress technologies, while costly, actually are priceless investments. “You spend \$35,000 on your car [in which] you spend an average of, say, two hours per day, so it shouldn’t be unreasonable to spend \$5,000 or \$10,000 on something [upon which] you’ll spend at a minimum of six hours per day,” Read explains.

While this thought in mind, *TR* set out to find today’s most innovative mattresses.

Sink into the **SleepSpa Gel Therapy by Kaymed** (shown above), and you’ll think you’re dreaming—and though you’re not, you soon will be. With a unique layer of waffled flex gel, the body’s movement will gently disperse into this gel in a soft, fluid manner, designed to create a light massage effect while you sleep. The gel also offers significant cooling properties. The bed’s surface is adjustable thanks to SleepSpa’s patented Air Therapy system, which uses tri-zoned dual air chambers to adjust the firmness of the sleeping surface. Overall, gel layering works great in combination with the mattress’ visco-elastic layers. \$4,100, Queen, at Mattress 4 You, 404.848.1014 or [kaymedworld.com](http://kaymedworld.com).

## Technology



**1. The Natura World Dual-Slat Organic IV Adjustable** sports an adjustable headrest, knee lift and lumbar supports that individually adjust to users, improving sleep quality and reducing back pain. It's 100-percent organic and free of chemicals, pesticides and dyes. Organic sateen cotton and plush wool makes for a striking and tech-forward eco-luxury bed—and a great night's sleep. \$5,625, Queen, at Rene Michele Furnishings, 404.456.1414 or naturaworld.com.

**2. Hollandia International Elite Sleep System** makes watching TV in bed easier than ever before. That's because the flat-panel, Sony Bravia HDTV—complete with DVD/CD changer, five-speaker surround-sound, subwoofer and iPod docking station—is built right into the bed. The Elite Sleep System is a premium mattress with two-sided technology: One side of the mattress offers firmness, and the other a soft, adjustable level of comfort. The exterior of the mattress also features a washable cover treated with aloe vera for optimal softness, while Hollandia's Shoulder Zone system offers side-sleepers a comfortable area on which to press their shoulders into the mattress, thus alleviating back pain and numbness. \$30,000, Queen, 888.432.BEDS or hollandiainternational.com.

**3. The Atlanta-manufactured Chattam & Wells mattress is Spring Air's** most luxurious model. It's especially great for couples, thanks to innovative Pocket-in-Pocket technology, whereby coils are encased inside one another. As a result of this system, coils flex independently, reducing motion transfer and eliminating common movements that disturb sleeping partners. A top layer of whipped latex foam quilting adds to the mattress' softness and comfort, improving ventilation without affecting overall bed support. \$5,999, Queen, at Mattress USA, 404.634.4980; Beverly Hall, 404.261.7580; or springair.com.

**4. Perfect for small apartments and tiny pieds-à-terre, the Visco-Touch Futon Mattress by Gold Bond** proves that even a low-key surface can be a great place to catch a few Z's. Featuring three inches of visco-elastic memory foam, this futon mattress could easily replace the real deal. The mattress eases into the upright, sofa position thanks to grooves and slots that were cut into the contour of the foam that creates a natural hinging action. Guests will be much happier on this surface than the Aerobed, that's for sure. \$599, Gold Bond, 860.549.2000 or goldbondmattress.com; or from futonworld.com.

**5. From premium Italian mattress maker Magniflex comes The Gold Mattress**, representing the ultimate in couture bedding. The Gold Mattress features 22-karat gold fibers that have been woven into the mattress cover, so that the Gold Mattress offers a luxurious look and feel. Aside from looking great, gold imparts anti-microbial and anti-static properties into the mattress, helping it resist dust mites and keeping it dry and cool. The mattress can be customized to fit the desired comfort level of each partner. \$24,000, Queen, at DRTC Studio, 404.874.5583 or magniflex.com. ▶

### Optimum Conditions for Good Sleep

**Support:** Does the mattress provide proper spinal alignment?

**Conformance:** Does the mattress eliminate gaps between your body and the bedding surface? Does it conform to the curves of your body to help minimize high-pressure areas?

**Comfort:** Does the mattress feel good when lain upon? Do the materials feel soft or hard? Does the mattress surface appeal to you? Do you prefer a flat mattress or one with ridges?