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MATTRESS MAGIC

No matter how beautiful a bedroom is, an uncomfortable mattress can spoil it for you. Anand Nichani, Director, Polyflex India, partners for Magniflex Luxury Mattress in India, shares how to choose a mattress and pillow.

The perception of comfort and support is personal: Buy a mattress with both optimal cushioning and support. As a mattress is a durable product, it should last you a few years without sagging. Though comfort and support is personal, it is generally defined by one's lifestyle and body weight. An ideal mattress should be 20 cm longer than you and at least 160 cm wide.

Choose a good mattress brand. Also, consider the customer service offered by the mattress store, such as delivery options, customization of mattress to any size or shape and the brand's warranty policy.

Choose a foam mattress: Good quality foam mattresses distribute body weight evenly, giving you the complete cushioning and support that you require during sleep. Pressure points are completely reduced, thus banishing tossing and turning, the leading cause of a poor night's sleep.

Changes in temperature, long periods of sitting in front of the computer and little physical activity can cause cervical and lumbar pain and problems with posture. An incorrect and prolonged position during the night can cause pain and discomfort during the night and affect your day too. The perception of comfort is personal but...

A good pillow should:

- Support the neck and cushion the head in order to guarantee greater comfort during rest.
- Give immediate comfort.
- Regain its original shape after you have used it.

