

Buying A Mattress For Back Pain Relief



Sleep is essential for the body to recover & feel refreshed; however, it may be hampered by back pain.

Here is a guide to help you buy a mattress for back pain relief:



A medium firm mattress helps in relieving back pain by allowing shoulders & hips to sink slightly, thus reducing pressure on the back.

Check the mattress for proper back support to maintain body posture and shun tenderness of muscles.

Choose a mattress which allows for even distribution of pressure resulting in better circulation and back pain relief.

The size of mattress should be such that it allows the sleeper to stretch the back and legs completely for proper rest.



www.killeenfurniture.com

Ashley HomeStore

2301 Imperial Drive
Killeen, TX 76541

Phone: (254) 690 - 8721

