

Tips To Choose Mattress For Your Sleeping Style

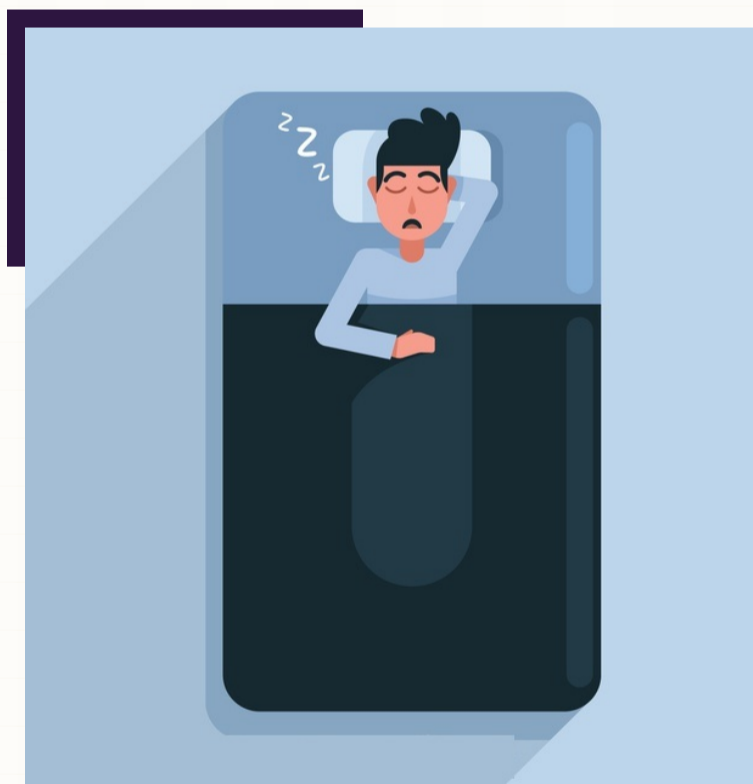


Sleep position and style influence the quality of sleep and are affected by the kind of mattress used. There are three main sleeping styles i.e. back sleeper, side sleeper, and stomach sleeper.

Here are some tips for choosing the right mattress for your sleeping style:

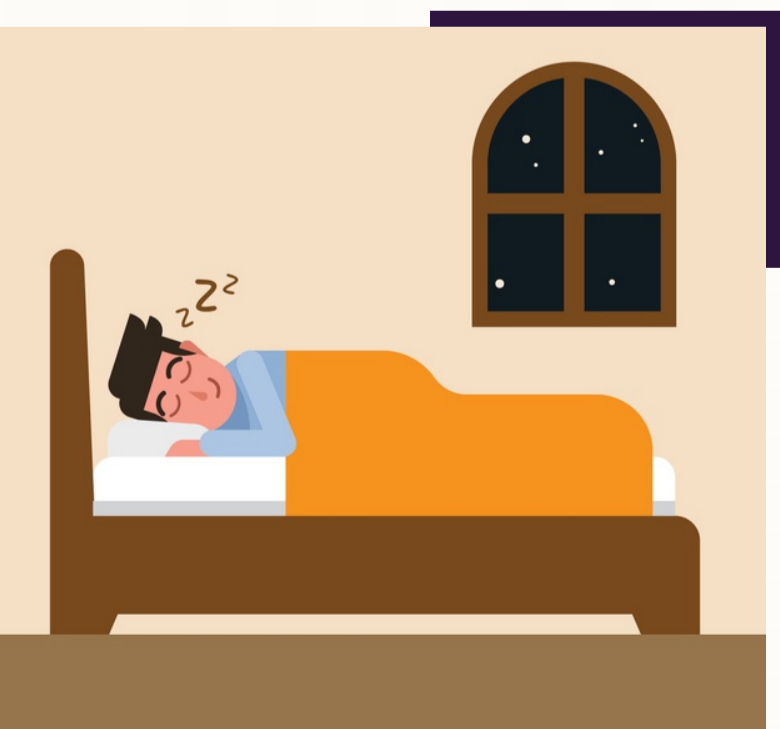
If you are a back sleeper, opt for hybrid mattresses or memory foam mattresses for better head, neck and spine support.

Side sleepers should look for plush mattresses or medium comfort level mattresses with padding to reduce force against pressure points.



Stomach sleepers need a firm mattress for muscle resistance and to minimize back pain due to misalignment of the spine.

Multiple position sleepers need mattresses that offer ample space to move around e.g. queen and king mattresses.



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