

The Importance Of A Good Mattress For Your Health



A good night's sleep is vital for physical and mental health. The quality of sleep one enjoys depends on the kind of mattress one invests in.

A good mattress provides the following health benefits:

1

Improves cognitive functioning by reducing stress levels

2

Helps in establishing a good sleep pattern due to comfortable sleep

3

Aligns the spine and improves posture by providing proper support



4

Alleviates pains and aches in the body by providing the right amount of firmness

5

Minimizes tossing and turning by adapting to the body's contours and shape

6

Improves one's overall well-being as a result of a well rested body

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