

MATTRESS FOR KIDS

HOW TO CHOOSE



The type of mattress your child uses has a direct bearing on his/her overall health as it impacts sleep quality which affects behavioral, emotional and physical health.

Here are tips for choosing the right mattress for your child

A good mattress should align with your child's spine.

Consider features such as softness, materials used, dustproof, waterproof, dust-mites proof and more.



Opt for a plush and medium-firm mattress for support while sleeping.

A mattress should offer the right type of support i.e. memory foam or innerspring coils.

Choose the right size as per the age and height of your child.

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