

Mattress Considerations for Back Pain



Finding the right mattress can support spinal alignment and improve sleep quality for those experiencing back discomfort.

Key Factors to Keep in Mind

01

Supportive Structure

Choose a mattress that maintains natural spine alignment and evenly distributes body weight.

02

Medium-Firm Comfort

A medium-firm feel often offers balanced support and cushioning for back pain relief.

03

Pressure Point Relief

Look for memory foam or hybrid designs that gently cradle the hips and shoulders without excessive sinking.

04

Motion Isolation

Minimize sleep disruption with a mattress that reduces movement transfer, especially for shared beds.

05

Breathable Materials

Cooling fabrics and gel-infused layers help regulate temperature for a more restful night.

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