

Sleep on it

Find out which bedding option best is for a good rest

by redzman rahmat

THANKS to science, technology and the study of sleep, getting the right amount of rest is easy to achieve, no matter what your sleeping habits are.

Comfort and support

If you wake up each morning feeling as tired as you were the night before, the reason may lie in your bedding.

Worn out bedding cannot offer the support that your spine and body needs. The spine has natural curves that create pressure points when you lie down, and if not supported properly, will cause body aches and pains.

It is important to understand the difference between support for your back and comfort for your body.

According to Mr Kenny Tang, general manager of bedding retailer Luxury Mattress Collection (LMC) at Park Mall, support is a function of the mattress that relieves tension on your back.

Comfort, on the other hand, relies on the materials layered over the support system to provide cosiness to the body.

Sleeping positions

The way you position your body when you are asleep will also influence your choice of mattress and pillows.

Your spine needs to be in its natural state, and this relies on the support it gets when your body is at rest.

Some pillows, like the ones from Tempur, are made from special materials that conform to the shape of your head.

Ms Irene Ong, the company's creative and marketing executive, explains that Tempur pillows are suitable for all types of sleeping positions because they offer support without compromising on comfort.

She also points out that Tempur's products have been used in many clinical studies to estimate the effects on

different sleeping habits.

The most common sleeping position is to sleep on your side. It is also considered by many scientists and chiropractors as the best sleeping position.

According to Ms Ong, the pillow should support the head, neck and shoulders and adapt to the contours of these areas.

Mr Tang adds that sleeping with a body pillow between your knees "is the key to maintaining the spine's natural curves".

If you prefer sleeping on your back, the pillow beneath your head needs to give strong support that fits snugly into the curve of your neck.

"A good pillow lets the head sink into the pillow. In that position, it keeps the airways open at night and can reduce snoring," says Ms Ong.

Sleeping on your stomach is usually frowned upon because it places a strain on your back.

"It results in the overextension of the lower back and awkward neck and shoulder postures," warns Mr Tang.

Ms Ong recommends switching your sleeping position to the side and using a pillow with adequate support.



PHOTOS: TEMPUR, LUXURY MATTRESS COLLECTION

Test nap

The best way to test a mattress is to literally sleep on it. Give the mattress a "test nap".

Mr Tang says that lying on a bed for less than a minute will not give an accurate result.

"To really get a good idea whether a mattress will be comfortable to you, it is important to spend at least 10 to 20 minutes on the mattress.

This way, you'll see if you start feeling any pressure points on the mattress after being on it for a while," he adds.

At Tempur, they believe that a mattress should adapt to your body, and never the other way around.

Ms Ong suggests tossing and turning around on the mattress, and adopting your regular sleeping position to best see which mattress suits your habits.

Considering materials

Unlike pillows, a mattress needs to support your entire body. Whether you pick one that's firm or soft, is up to personal preference.

If it is too hard, the gap between the mattress and your body can cause tension to your muscles and joints. If the mattress is too soft, your pelvis can sink too far into the bed, making your spine arch uncomfortably.

One of the more important qualities of a mattress is its elasticity and the material used. Traditionally, a mattress is filled with coil springs that support the weight of the sleeper.

But with the advent of technology, sleep scientists have developed new ma-

terials that offer more effective support.

Tempur uses a patented material that moulds to the contours of your body, supporting your waist and lumbar region.

It is also flexible in the area of the pelvis and shoulders. This pressure-relieving material provides the ultimate sleeping surface by achieving a balance that is suitable for all types of sleepers.

If you prefer snuggling into luxury, LMC offers a range of customised mattresses made from natural materials including bamboo fibre, lambswool, horse hair and silk.

The wide range of mattresses come in different types of premium and state of the art coil systems, non-coil mattresses and some with fully reclining base.