

Your Body and memory foam

Memory foam is the product that promises the best comfort for your body whilst you sleep. The memory foam mattress provides all the comfort required for one's back as it helps to maintain the curvature of the spine by moulding according to the body shape.

So the upper back remains in good posture. On memory foam the level of pressure asserted on the lower back region and the hips is much lesser than that asserted by any other ordinary mattress. This prevents any bodily disorders and pains that occur due to wrong posture and support.

Apart from the upper and the lower backs, even the neck region can be supported well with memory foam pillows. These products are so designed that they help in prevention of pains like cervical in the neck and migraine in the head. The density and firmness of the pillow is specially designed keeping in mind the sensitive support that needs to be given to these areas of one's body.

The memory foam mattress has bigger cells in the foam which enable good circulation of air through the mattress and thereby helps in increasing the level of blood circulation across the body parts. This prevents any numbness from occurring in the body. Also the pressure exerted by such a mattress on the rib region of the body is much lesser, so it enables easy breathing through the night.

People with feet aches can also benefit from such mattresses as they help you get rid of pressures by spreading out the body weight across the surface of the mattress. The same reason also helps to remove any tenderness or pain from the arms.

To add to all the comfort that one seeks from memory foam mattresses, one can buy mattress accessories such as mattress toppers or mattress covers. Do not go in for one that has a plastic texture as it would block the cells of the mattress from getting in some air circulation. Plastic will also cause the covers to slip off the mattress. So go in for a good quality foam cover for increased comfort and to enhance the life of the mattress.

About the Author

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