

Price of sleeping well

A good night's sleep can do wonders for one's peace of mind, writes **Aneeta Sundararaj**

YOU sip the last drop of chamomile tea and you pray that tonight you will sleep. The night before, you tried exercise. The one before that, it was meditation.

Yet, when you wake up the next morning, you're exhausted and worn out. Sleep has eluded you yet again.

You can't understand it. You've completed your work, so there's nothing to stress over. You enjoy good relations with your friends and family. And you've even cleared the clutter. So why can't you enjoy a good night's sleep? You feel worse when you hear Wardina Safiyyah, the new brand ambassador for Goodnite Mattress, saying: "If you don't get enough sleep, you become moody and cranky."

At the recent launch of Goodnite's new range of mattresses, the actress and TV host said that sleep is so important that the mother of a newborn is advised to sleep during the little free time she has and to forget about housework.

She also says that sleep is not just about rest. It aids in memory consolidation — a neurological process that involves gradually converting information from short-term memory into long-term memory. For children, this is particularly important since memory consolidation is essential for learning new information. So if you and your child don't sleep well, how can either of you possibly learn anything new?

If you have ruled out most causes of sleep deprivation, there's probably only one possibility left: A faulty mattress. To find out if it's time to change your mattress, Datuk Edmond Chew, managing director of Goodnite offers this tip: Lie down and slide your hand between the small of your back and the top of the

mattress. If you can do so comfortably, it's time to change the mattress as it's worn out.

MATTRESS LINGO

Before you go out and buy a mattress, it's wise to learn some terms commonly used in the industry.

For instance, according to mattress specialist, Slumberland, more than 80 per cent of mattresses in the market contain innerspring. These are a series of coils (or springs) topped with layers of foam or fibre.

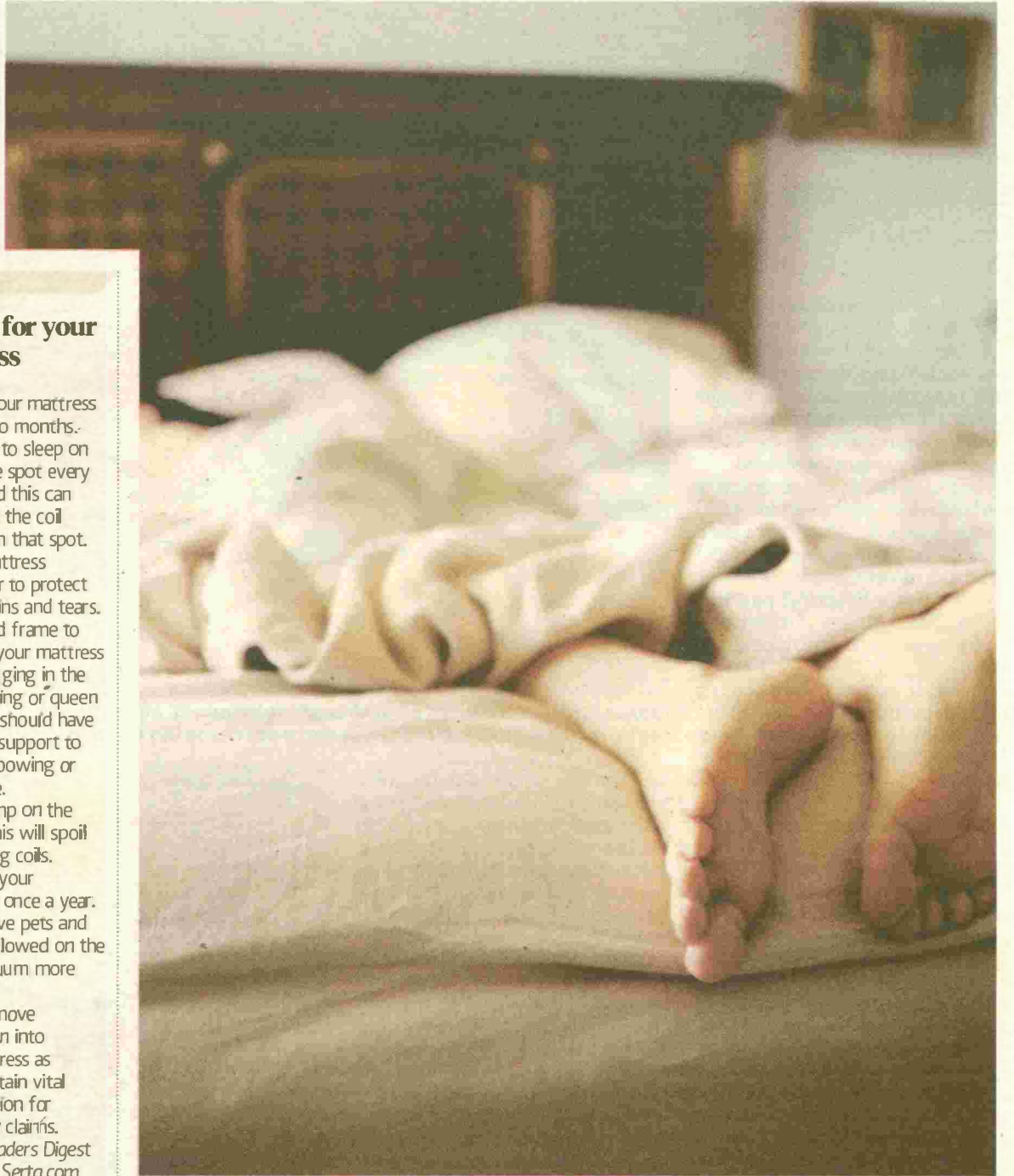
Bonnell-style (also known as open coil) springs are those made from steel-wire coils hound together by interconnecting wires. If the coils are not tied together but encased individual in fabric, the mattress is known as an Individually Wrapped or Pocket Coil mattress. A queen-size mattress should have at least 375 coils while a king size should have 450. Equally important is the quality of the coil. After all, there is no point getting a mattress that has a record number of coils if none of them are durable and they break easily.

Furthermore, keep in mind the kind of padding used. Memory foam mattresses tend to adjust to your body and will follow its shape. Latex foam, on the other hand, is light and your body weight is evenly distributed throughout. Slumberland recommends choosing its Ultra Plus for the softest, cushiest sleep. Plush is a little firmer, but still on the soft side. Cushion Firm is that little bit softer than Firm.

With basic knowledge in hand, the next step is to test one out. Chew advises buyers to lie down on the mattresses to find out what suits you.

Caring for your mattress

- Rotate your mattress every two months. We tend to sleep on the same spot every night and this can wear out the coil springs in that spot.
 - Use a mattress protector to protect from stains and tears.
 - Use a bed frame to prevent your mattress from sagging in the centre. King or queen size sets should have a centre support to prevent bowing or breakage.
 - Don't jump on the bed as this will spoil the spring coils.
 - Vacuum your mattress once a year. If you have pets and they're allowed on the bed, vacuum more often.
 - Don't remove tags sewn into the mattress as they contain vital information for warranty claims.
- Source: Readers Digest online and Serta.com



Having a **proper bed frame** will prevent your mattress from **sagging**.



Test the mattress first before making your purchase.

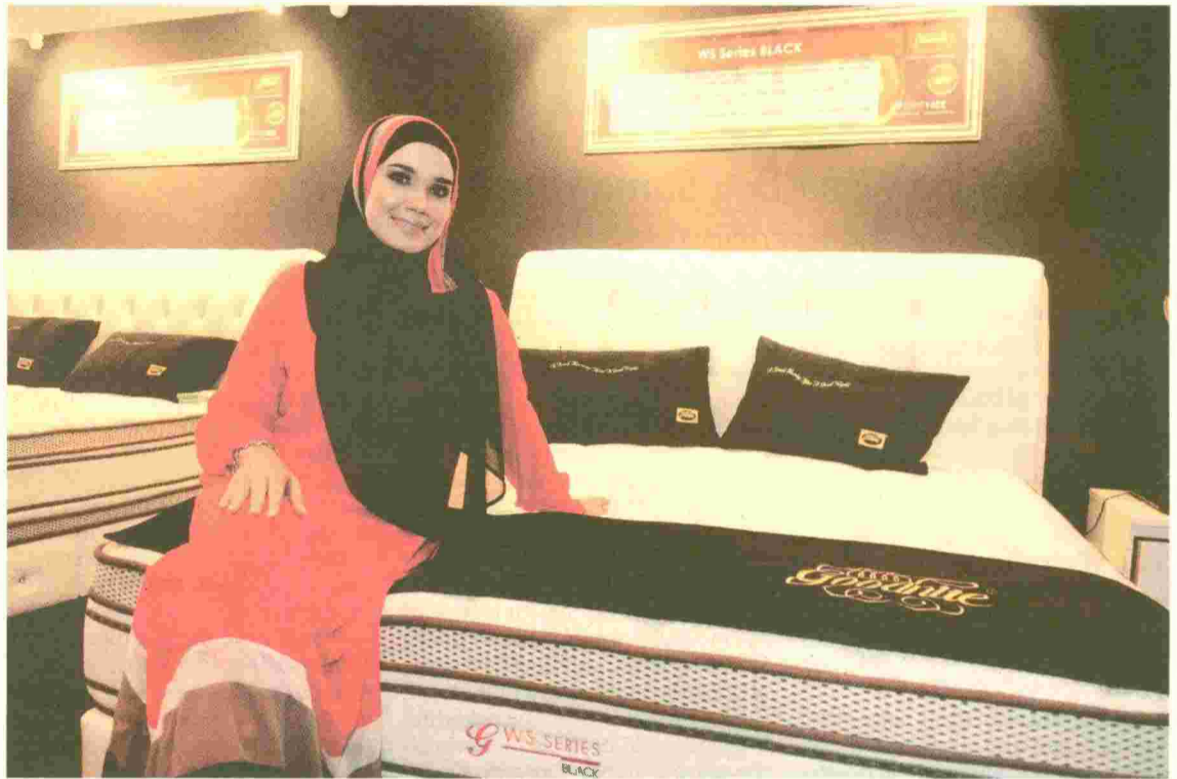


Quality of coil is also important.

Goodnite showrooms, he adds, allow customers to do this. Slumberland allows you to BYOP — Bring Your Own Pillow — when you test its mattresses. Of course, you're advised to dress comfortably as you will be testing these beds in a public showroom.

If lying down in public is not your kind of thing, then you can complete

an online survey called Mattress Selector on the Slumberland website. You will be asked questions to help you decide. The questions include who the bed is for, who is going to sleep on it and your budget. When you've answered the questions, you press a button and voila, the computer churns out three types of mattresses for you to choose.



Peace of mind, believes Wardina, comes with a good night's sleep.

CORRECT BASE

It will be a big mistake if you focus all your attention on the mattress alone. Nothing is worse than spending thousands on a good mattress and placing it on the floor.

You must have a proper bed-frame (or what people in the industry call a divan). This will prevent your mattress from sagging in the

middle as well as promote load distribution, support and durability. If your bed-frame uses slates, experts from another bedding brand, Dunlopillo, recommend allowing a space of 25-63mm between each one.

A prudent buyer will also take into account the warranty period of the mattress. Different companies have different terms and varying

length of time for warranties. For instance, Goodnite mattress has a 12-year warranty while Dunlopillo comes with a 10-year Pro Rated Limited warranty.

Ultimately, as Wardina Safiyyah says, all of us would like the same thing - peace of mind. And that often comes with a good night's sleep.

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