

# The right Mattress or Pillow

Your internal organs and muscles are connected to your spine, sleeping with a perfect spinal alignment can only improve your well being.



Selecting the right mattress can be quite overwhelming. With so much information to consider, ever-changing technologies and materials. it is important that you make the right decision to keep you sleeping comfortably for many years.

Similar to selecting the correct pillow, the right mattress is one that provides you with the right level of support, provides you with a sleep surface that is pressure-relieving and comfortable, and helps you maintain a neutral sleep position where your spine is neutrally aligned. Other factors must be considered: for example, you may share your mattress with a partner or you may require a high level of pressure relief for conditions such as arthritis.

