

and night's sleep is very important for a healthy life as it can be stress-relieving and healing for the body – necessities after a long and hard day at the office. According to research, however, only one in five of us always sleep well. If you're in the middle it's hard to drop off at night, it could be your bed or mattress is affecting your sleep. Meehan, Managing Director at Numuru, says, "On average we spend 25 years of our lives in bed, which makes purchasing a mattress an important investment for your home. Carefully consider your budget and the return you'll get from spending a little more spread over ten years, a high quality mattress for £2000 will set you back just 55p per night. It offers reliability and peace-of-mind." With a wide range of options available, it's worth taking the time to find out exactly what's on offer and ensure that you always sleep soundly.

### Key factor

One of the key factors to finding the right bed is to discover what type of mattress you prefer. Try out all the options as everyone's preferences are different – some people feel as though they are sinking into the mattress while others prefer a firm surface. In fact, in the UK, up to 40% of the population – over 25 million of us – will suffer a bout of back pain each year. A good bed that provides the correct support can play a key role in relieving or preventing this. If you're a sufferer, you may mistakenly believe that a firmer feeling mattress. Explains Meehan, "A softer bed, under the right circumstances, can be a better option. Don't assume that beds labelled 'firm' are necessarily the best option. A softer bed is generally just refers to an extra firm mattress which is not based on any medical standard. A softer bed is something supportive with proper support rather than a hard one that may not provide the difference regarding your health."



*"The bed has become a place of luxury to me! I would not exchange it for all the thrones in the world."*

Napoleon Bonaparte, French Revolutionary (1769-1821)

**left** Reducing the number of times the standard sleeper will toss per night from 70-100 to 20-30, the new pocket sprung Foyou mattress features Memory Nest air pockets and visco-elastic layers to create an ultra-comfortable surface. Expect to pay £1400 for a standard double, at Numuru. **Tel: 01706 875075. [www.numuru.com](http://www.numuru.com)**

**below** Available on their website, The Sleep Council has launched a handy interactive guide to buying a new bed. From weight, height and postural considerations to budgets, size and storage preferences, it will take you through a series of questions to establish all your needs. **Tel: 0845 058 4595. [www.sleepcouncil.com](http://www.sleepcouncil.com)**

**above** Built up using a variety of organic wool products for extra durability and comfort, the Snowdon pocket sprung mattress is ideal for eco-lovers and allergy sufferers alike. Available in standard or firm versions to suit, expect to pay from around £1150, at Abaca Organic. **Tel: 01269 598491. [www.abacaorganic.co.uk](http://www.abacaorganic.co.uk)**

**below** Vi-Spring mattresses feature hundreds of pocketed steel springs covered in pure cotton calico to ensure all-over body support and, therefore, a great night's sleep. A luxury choice, it's priced around £4000, at Harrods. **Tel: 020 7730 1234. [www.harrods.com](http://www.harrods.com). Tel: 0800 592952. [www.vispring.co.uk](http://www.vispring.co.uk)**

