

How mattresses affect sleep quality

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People make many renovations around their homes to improve their quality of life. When attention turns to the bedroom, some changes can greatly affect quality of sleep.

The temperature of the bedroom, its configuration and lighting can impact a person's ability to get a good night's sleep. However, the item that may bear the most influence is the mattress.

The Better Sleep Council says whether one wakes up feeling rested and healthy depends largely on the age of a mattress and its condition. A good mattress should alleviate pressure on joints while providing bodily support. It should not be a contributor to aches and pains. Mattresses that are seven years or older may need to be replaced.

A century or two ago, mattresses were constructed of whatever people had on hand—from feathers to pine needles to straw. That's all changed today. But even though there are many options, it's key for people to discover which material is right for them.

Innerspring

Innerspring (also called coil) mattresses have been around for some time. These metal springs provide internal support. The number of coils, types of coils and distribution pattern throughout the mattress impacts how well the bed will conform to the body. These mattresses



may be best for back or stomach sleepers due to their level of support. Keep in mind that innerspring mattresses may have limited durability and may start to sag after just a few years.

Memory foam

Memory foam mattresses are relatively recent additions to the market. According to the mattress shopping resource The Sleep Judge, memory foam mattresses may eventually replace innerspring mattresses. Famous for its ability to contour to the shape of the user's body, memory foam envelops a

person and absorbs energy. This means there's less motion transfer. That's a big plus when sleeping with a partner who moves around in bed. Memory foam provides a high level of pressure point relief and promotes proper spine alignment.

Gel foam

Gel foam mattresses bounce back to their original form when pressure is released. Hollow columns in the mattress allow for increased air flow that improves this pressure release and enables people to sleep coolly and comfortably. Sometimes

gel is paired with memory foam for a hybrid mattress.

Latex

Latex mattresses are coveted due to their durability and comfort. Latex also conforms to the body, but more generally than memory foam, so it bounces back quickly. One of the biggest draws to latex mattresses is how natural they are. Latex is made from natural rubber. Cost can be prohibitive, however, as latex mattresses tend to be expensive.

Purchasing a new mattress can lead to better sleep. This is a bedroom renovation worth pursuing. SH192657

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Benefits of freestanding tubs



Few home design elements provide the instant wow factor of freestanding tubs. Freestanding tubs have an air of luxury that can help current homeowners relax, and impress buyers when homes go on the market.

Freestanding tubs are typically made of cast iron or porcelain. The home improvement website HomeAdvisor notes that cast iron is durable and solid and retains heat well, which is great for those who want to spend more than a little time relaxing in a freestanding tub. However, because cast iron is so heavy, installing a cast iron tub may require structural reinforcement of the flooring, which will add to the overall cost of the project.

According to HomeAdvisor, the average cost to install a tub varies widely depending on the type of tub, the materials it's made of and other factors, including plumbing and piping. For example, the cost to install a freestanding tub will rise considerably if new plumbing and piping are necessary.

Before purchasing a freestanding tub, homeowners should seek estimates regarding installation, making sure to get them in writing. Contractors will determine if structural reinforcement is necessary and include such

costs in their estimates. In addition, make sure to ask contractors to investigate piping and plumbing so no surprises pop up after the tub has been purchased and work has begun.

If estimates from contractors aren't budget busting, homeowners can consider these benefits of freestanding tubs before making their final decisions.

- **Cleaning:** Because they're detached from other bathroom fixtures and not flush against the wall, freestanding tubs tend to be easier to clean than built-in bathtubs. Freestanding tubs are accessible from all sides, making it easy to reach all those nooks and crannies where grime can build up.

- **Return on investment:** In its 2018 "Cost vs. Value" report, Remodeling magazine noted that upscale bathroom remodels recouped 56.2 percent of their cost at resale. That was a better return on investment than an upscale kitchen remodel (53.5 percent) and an upscale master suite addition (48.3 percent). The thought of a sizable return on investment can make relaxing in a freestanding tub that much more enjoyable.

- **Warmth:** Even freestanding tubs made of materials other than cast iron offer great heat retention. Stone

resin bathtubs, for example, provide excellent insulation on cold nights. That's ideal for people who want to unwind in the tub without having to exit early because the water has become cold.

Freestanding tubs can transform regular bathrooms into luxurious oases. SH192665

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