

7 WAYS

YOUR MATTRESS IS *KILLING* YOU

by
Claus Pummer

Brought to you by

SAMINA



Your bed is supposed to be your safe haven, your place of calm and relaxation. So why does it seem like your mattress is out to get you? Because sometimes it is!

Especially if it's not the right mattress to meet your needs. Here are 7 ways your mattress is killing you — and what to do about it.



#1

I hate my bed

We think there is a reason why we *fall* in love and *fall* asleep. When you're in love, it's intoxicating; you feel like you can be who you truly are. You're completely at ease, and wholly willing to let go and fall into the warmth and comfort of that feeling. You're willing to fall because of the sense of trust that you have for the one you love.



When you're not in love with your bed — or worse, actually hate it — it can cause some serious stress in your life! After all, sleep is when you're the most vulnerable, so you need to love and trust the place where you're sleeping. If your bed isn't a place that calls to you, a place where you can find total peace and security, how can you completely relax enough to get a good night's sleep? Put simply, you can't.

There's a huge number of reasons why you might hate your bed. It might be something as simple as it's just not comfortable for you, or it might be something a little deeper. Maybe you shared your mattress with an ex-partner, leaving it the source of memories you'd rather not deal with. We've even known people who inherited their mattresses from dead people, which isn't exactly a pleasant association to take with you to the place where you're supposed to be relaxing!

No matter what the reason, if you're not in love with your bed, there's going to be some bad energy following you when you try to sleep on it. It may not be something you dwell on constantly, but it will always be in the back of your mind, making it next to impossible to fully relax. You need a good night's sleep to be at your best, so you need to love and trust the mattress you're sleeping on. If you hate your bed, it's time to consider a change — like changing up your mattress to something you can really love and look forward to sleeping on at the end of every day!

#2

I'm getting zapped all night long

When we think about beds, we're usually not thinking about anything too high-tech. Your mattress just needs to be comfortable and supportive; it doesn't need to connect to the internet or need to be charged up.

So, what does electricity have to do with your mattress?

As it turns out, possibly a lot more than it should!

For a long time, metal spring mattresses were the norm in the mattress world. Compared to what had come before, which were basically overstuffed pillows, they were comfortable and durable, so it made sense. However, they were invented in a time before we had quite so much electricity in our lives. Now we have electrical currents running through every wall of the house, Wifi on at all hours, everything from 3G to 5G phone signals, and often short-wave signals like Bluetooth controlling our "smart technology" as well.

These currents and signals are everywhere now, practically impossible to get away from — even when you're sleeping. This low-level continuous buzz is called "electrosmog", and thanks to the old designs of metal-coil spring mattresses, it can interrupt your sleep. The springs in these mattresses act as tiny antennae, drawing in all of these signals and currents around you.

Just because you can't see either the springs or the currents doesn't mean it isn't affecting the quality of your sleep. Electrosmog is invisible, odorless, and even occurs naturally although at much lower levels than we now experience in our modern lives, especially for city-dwellers. Metal is a great conductor, and that's exactly what those bedsprings do — conduct those currents right into your body while you're trying to sleep.

Electrosmog has been shown to interfere with your natural Circadian rhythms, making it harder to get a good night's sleep. When that rhythm is thrown off, you can have bad dreams or no dreams (which is even worse – it implies you're missing your deep sleep) and it can be harder to get into your REM cycle, leaving you feeling tired and distracted the next day.

Look, we know how important technology is today. It helps us stay in touch, make amazing scientific advances, and explore the world in ways we never could before. It's even made it possible for us to send you this ebook! But the fact is, when it comes to your sleep, you need to be unplugged. That doesn't just mean setting your phone down for the night and turning the television off. It also means that you need a mattress that isn't zapping you with electrosmog all night. When you want a restful night of healthy sleep, low-tech is the way to go.



#3

That funny smell

We mentioned above that older mattress designs make use of metal springs. What do newer mattresses use instead? Well, one of the next big innovations in the mattress world (after the water bed, which really doesn't bear thinking about) was memory foam.

Memory foam sounds great in theory — it's soft, it can be used without those electrosmog-conducting metal springs, and it conforms to the shape of your body. Unfortunately, the foam conforming to your body isn't always a good thing (we'll talk about that some more later), but from the moment you bring a new memory mattress into your home, you're likely to notice another problem before you even **think** about lying down on it.

What is that smell?

Here's the thing: there is no set, one-size-fits-all formula for "memory foam". Its exact makeup varies by company, being made of a combination of polyurethane and 'various chemicals'. That funny smell you notice when you take the plastic wrap off of your memory foam mattress is some of those chemicals evaporating into the air. That's called off-gassing, and it is not good for you — and not only that, the smell certainly doesn't create a relaxing atmosphere conducive to a good night's sleep!

When you smell your mattress off-gassing, what you're smelling is what's called volatile organic compounds, or VOCs. The smell on its own is bad enough, and enough to make anyone uncomfortable, but unfortunately, even when the smell has moved on, those compounds have not — they linger for a while, and a growing number of doctors suspect they are doing great damage to their patients. Some have even been able to show a marked difference in their patients' bloodwork before and after they began sleeping on a memory foam mattress.

When you sleep on a memory foam mattress, you're sleeping on an unknown mix of chemicals, flame retardants, formaldehydes, benzenes, petrochemicals and more. Just the thought of what all those things might be doing to your body is enough to make you lose sleep, not to mention the discomfort the symptoms will cause once the damage actually begins!

When it comes down to it, you can choose to sleep in a chemical factory or a forest. Wouldn't you prefer to sleep on clean, natural products? We know we would!



#4

I am soooo hot!

Remember when we mentioned above that mattresses that conform to your body may not be as great as they sound? We've arrived at the first reason for that: the **heat!**

When you sleep on a bed that conforms around you, if the material it's made of doesn't breathe well, you're in for a warm night – probably **too** warm. Surrounded by dense, synthetic materials, your mattress's lack of airflow is going to ensure your body heat isn't allowed to escape at all, so even if you're not using much in the way of blankets, you're going to end up hot and sweaty. We'll discuss a little further down why sweating is also not great when you're sleeping, but for now let's stick with the obvious: it's gross and uncomfortable.



As if that discomfort isn't bad enough, it's worth noting that not only will you be uncomfortable, you'll probably not be sleeping as well. Science has shown time and again that people sleep best in cool temperatures, which your mattress isn't allowing you to enjoy, even if the room itself around you is kept at a perfectly cool temperature.

Especially if you enjoy warmer temperatures in your bedroom, it's important to have a mattress that can "breathe" properly so that you don't overheat.

We all know the singular joy of flipping the pillow over to the cool side, right? If a cool, breathable surface feels so great on your face, why wouldn't you want to enjoy that over your whole body? You deserve it! A mattress made of natural, breathable materials will allow you to regulate your body temperature, so you can achieve the peaceful, comfortable rest you need to be your best during the day.

#5

My aching back!

Does your mattress sag? Does it lack support? Is it a bit uneven, with low and high parts that show where you tend to settle in your sleep? Is it too firm, or perhaps even worse, too soft? Is there a small hill or awful mountain between you and your partner?

These problems are all-too-common, as is the problem they all cause: back pain. Most people who suffer from regular back pain have one thing in common — first thing in the morning is when their back pain is at its worst. You might think that it's at the end of the day, after a long day of standing at work or hunched over a keyboard at their desk, but you'd be wrong. The worst pain of the day for most people is when they wake up, right after they get out of bed.

We think that's absurd! You should wake up refreshed and ready to face the day, not in pain and struggling to get out of bed. Sure, you can spend some time every morning stretching to work out the kinks. You can pay a chiropractor to adjust your spine, practice yoga, strengthen your back with exercise or occasionally pop a pain-relieving pill and get on with your day.



But consider: how much nicer would it be to start your day **without** any pain? Wouldn't it be great to wake up and feel comfortable and limber? No groaning or grimacing, just upright and ready to go. Think of everything you could achieve (and how much happier you'd be getting there!) if you didn't have to contend with back pain every morning. Think of the time you'd save once you didn't have to wait for the pill to kick in. Think of how much money you'd save on chiropractor visits.

When your back hurts, **everything** hurts. It often feels like you can't so much as twitch a finger without that movement reverberating through your aching back. It makes it hard to accomplish anything, and impossible to enjoy the start to your day. Chances are, you've been dealing with it for long enough that you've just accepted this pain as an unavoidable part of life, but it doesn't have to be. You can awaken well-rested and pain-free.

In order to achieve that, you need a mattress that offers you support in all the right places. It's a fine line, finding a mattress that supports you properly while also being soft enough to be a comfortable sleeping surface, but we promise, when you wake up pain-free and ready to face the day, you'll agree that it's very much worth it to toss the saggy back-killing mattress.



#6

I sweat to death

Do you sweat while you're sleeping? The answer is almost certainly “yes” whether you realize it or not. And that's not a bad thing! Sweating is natural and healthy. It's one of the main ways your body is able to rid itself of impurities. It's sort of a natural detox, moving out the things that could potentially do you harm if left to build up.

In addition to those benefits, you also have to remember sweat's main function: keeping you cool. As sweat evaporates from your skin, it has a cooling effect — and if you recall some of the information we discussed above, being cool is beneficial to getting a good night's sleep.



Unfortunately, we can all probably agree on one thing about sweat: it's kind of gross. Beneficial though it may be, no one likes the feeling of being covered in sweat, especially when you're trying to sleep. When you're hot and sweaty, your pajamas stick to you, and you get sweat all over your clothes, your sheets, and possibly even your partner. Gross!

There are two potential culprits as to why you're sweating so much while you sleep:

- 1 You're keeping your bedroom too warm.** *The ideal sleeping temperature is in the mid-60's Fahrenheit (or about 18 degrees Celsius). Whether that means running the air conditioning or turning the furnace on, if you can get your bedroom close to that temperature, you're likely to sleep much better. Of course, that can run your electric bill up quite high, so you might also want to consider opening a window or using a fan to help with air circulation and get you closer to that ideal temperature.*
- 2 Your bedding is not breathable.** *You might not think much about what your bedding is actually made of when you buy it, but it can have quite a big effect on how well you're able to sleep. If your mattress and bedding are made of synthetic fabrics, polyesters, feathers or down, and other unnatural materials created with unknown blends of potentially harmful chemicals, they're going to trap heat around you and cause you to sweat more.*

While adjusting the temperature of your bedroom is usually a pretty simple solution, figuring out what bedding options work for you may take a little more work. The best thing we can recommend is to try bedding and mattresses with all-natural (and, preferably, chemically untreated) materials like organic cotton. It's breathable and washable, which will lead to cooler nights and far less sweating.



#7

I can't breathe!

Okay, so for much of this ebook, we've used the phrase "killing you" a little metaphorically. Sure, sweating or an aching back isn't likely to kill you (though it **will** reduce the quality of your sleep, which **can** shorten your lifespan!), but in this case we're being a little more literal. After all, what could be more vital to your continued health than **breathing**?

There might not be an obvious connection between your mattress and struggling to breathe, but believe it or not, it can have a big impact on how easily you can fill your lungs. That's because your mattress is the ideal home of dust mites.

Consider what you're sleeping on: your bed is essentially a big spongy cushion, so it has millions of tiny holes for microscopic insects to hide in. Every night, you keep it warm with your body heat, and at least somewhat moist with your sweat and drool. You also fill it full of one of the dust mite's favorite meals: dead skin cells. While all of this may sound gross to us, it sounds like heaven to a dust mite; you're practically building a resort and inviting them to stay for free.

Dust mites — or more specifically, dust mite poo — are one of the most common indoor allergens on Earth. If you are experiencing a stuffy nose, itchy or tickly irritated skin, light rashes, or a general difficulty breathing, we're sorry to inform you that these are the common symptoms of dust mite allergies, so chances are pretty good you're breathing in bug droppings, too.

Like other allergies, you can attempt to control the symptoms. That may mean taking daily medication, or in extreme cases, even getting allergy shots. Of course, for most people, it makes more sense to try to avoid the allergen instead — especially in this case, because who wants to know they're breathing in dust mite poo while they're sleeping?



You can somewhat mitigate the effects of dust mites by doing your best to keep your mattress dry and clean. Let it air out when possible, and vacuum it regularly (yes, vacuum your mattress!). However, depending on the materials and thickness of your mattress or once it hits a certain age, it will be difficult to get to all the dust mites and your best bet is probably to replace your mattress and start from scratch, keeping up with those good cleaning habits from the start.

As dramatic as it might sound, anything that is stopping you from getting enough quality sleep is killing you, slowly but surely. The Center for Disease Control reports that sleep deprivation is a public health threat, and the World Health Organization agrees that it's a global epidemic. While you may think you're doing just fine on the sleep you're getting now, you could be doing long-term damage to your health if the quality of your sleep is not up to par. And, let's face it, when it comes to things we do to stay healthy like exercise and diet, sleep is just about the easiest thing we can do all day!

Of course, some factors that affect your sleep are outside of your control. You may have to get up earlier than you like to get to work or take your kids to school. You may have unrelated health problems that can sometimes make it difficult to sleep. But what you **can** control is your bed.

When it comes to ensuring you get the best sleep possible, it's worth it to invest the time, money, and effort into finding the best mattress possible. You should be uncompromising when it comes to the quality of your bed, so you can get the sleep you need to be the best you can be for those who count on you, and most importantly, yourself.

Do you realize that one-third of your life should be spent sleeping? By the time you turn 75, that will amount to 25 years in bed! There is likely nowhere else where you will have spent as much time.

Your goal should be to find a bed that is both comfortable and addresses any of the issues mentioned above that you've been dealing with in your current bed. If you share your bed with a partner, you can discuss the problems each of you have with your current mattress and figure out what you each need to change to get some good, quality sleep. Your aim should be to stay cool, have the proper back support, eliminate excess sweat, get rid of your dust mites, and find a bed that you are excited about getting into at the end of the day — and doesn't cause you pain to rise from in the morning.

**Fall in love with your bed, so that you can
fall asleep with ease.**

Let's get started:

**REQUEST
CONSULTATION**

**REQUEST
PRICING**

**REQUEST
INFORMATION**

