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Sleep on your health

HEALTH AT HOME

The correct mattress can do wonders for your physical and mental health. Is yours the right one?



Sundar Rajan

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According to a recent study, 5 per cent of Indians suffer from sleep disorders. Indian women (6.5 per cent) outnumber the men (4.3 per cent), when it comes to disturbed sleep. The findings suggest that the sleeplessness epidemic affects an estimated 15 crore people in the developing world. It's no surprise then that a majority of them, according to the study,

When buying a mattress

- Take accurate measurements of your bed.
- Take your time: You can't judge support and comfort by sitting on the edge or lying down for just a few seconds.
- Better to shop with your partner.
- Lie on the bed the way that you usually sleep.
- Look for features like 'Posture Support Spring Technology' and 'ACQ Technology'.
- Be sure to rotate your mattress occasionally to extend its durability.

also suffer from psychiatric conditions like depression and anxiety.

Your mattress plays an important role in ensuring that you get a good night's sleep so that you wake up feeling rested and refreshed. The wrong mattress can cause sleeplessness and body aches and pains, especially in the back.

For people with an existing back problem, the incorrect mattress can make the pain worse. Moreover, there are many causes of back problems, and different back conditions may respond better to specific types of beds, mattresses and sleep positions.

Sundar Rajan, CEO of Dubai Furniture Manufacturing Co. LLC. (DFMC) and Executive Director of ESPL India, that manufactures the world's No

1 mattress brand called Serta, explains the importance of selecting the correct mattress. Excerpts from an interview:

● How important is the mattress for good sleep?
A. A good comfortable mattress plays a key role in providing a good night's sleep on one hand and physical and mental well-being on the other.

A carefully chosen mattress for sleeping gives mornings with a happy disposition, more positive attitudes and more efficiency at work. An inappropriate mattress could lead to back ache and sleep problems.

● How can one identify if one's mattress is worn out?
A. The average life span of a quality mattress is eight to ten years. Mattresses



If you sleep on an improper mattress:

- Lower-back problems
- Neck pain
- Headaches
- Lack of restful sleep

Is it time to change your mattress?

- The middle third or the sides of the mattress are sagging.
- When lying down, you tend to roll towards your partner.
- You wake up feeling more tired than when you went to sleep.
- Your couch is more comfortable than your bed.
- You can feel the coils or bumps of your mattress when you lie down.
- Your mattress looks worn and uneven.

person to person. However, it has been noticed that for people with back pain, it is better to sleep on the back.

● Should people suffering from specific ailments take special precautions for their sleep?

A. People suffering from back problems, neck ache and shoulder pain should be more cautious about the mattress they sleep on. An appropriate mattress with correct support should be chosen.

older than that suffer from deteriorating comfort features and diminished support capabilities. Your mattress should enable you to sleep through the night with minimal tossing and turning.

● What is the recommended posture for good restful sleep?
A. An average man or woman would use a dorsal, ventral or lateral sleep position. The manner of sleeping differs from

EXTRA

Emirates Sleep Systems Pvt. Ltd. (India) is a new venture set up as a subsidiary of Dubai Furniture Mfg. Co. LLC to market Serta branded sleep solutions products in India.