

Get Help From Head to Toe with MemFo!

It is common knowledge how a memory foam mattress can help you on the way to a truly relaxing sleep experience, but few companies selling memory foam products will give you details on how you and your body stand to benefit from owning such a mattress...

This article examines how sleeping on a [memory foam mattress](#) can benefit your body, from head to toe!

Head

Memory foam pillows are as widely available as the mattresses themselves, and these can help your head in a number of ways. They are an extremely valuable asset for fighting headaches and migraines by relieving the pressures which can build up around your shoulders and neck when laying on a conventional pillow. Doctors and medical experts also believe that memory foam can help prevent tinnitus – which is a temporary ringing in your ears, often brought on by prolonged exposure to loud music!

Neck & Shoulders

Memory foam adapts to the individual contours of the users body, and it therefore helps to maintain proper alignment in your back, neck and shoulders, thus significantly reducing general aches and pains brought about when your body rests still for a long time in an unnatural position. This can prevent and even cure problems such as spondylitis (a form of arthritis which affects the spinal joints) and spondyl arthropathies such as Reiters syndrome and psoriatic arthritis.

Memory foam products can ease pain and discomfort in the shoulders brought on by fibromyalgia.

Arms & Hands

Regular sufferers of tennis elbow (a condition where the elbow becomes particularly stiff, tender and painful, can benefit immeasurably from the 'shaping' properties of memory foam. These shaping properties also make memory foam a particularly effective weapon for combating "pins and needles", numb arms and "dead hand" problems.

Upper Back

Kyphosis is a condition whereby the spine will begin to curve unnaturally due to prolonged abnormal pressure, and because your memory foam mattress will mould to your particular shape, it is great for preventing or even correcting this curvature (which can lead to serious discomfort) and many other common back problems.

Ribs & Ribcage

Your ribs and ribcage protect your lungs, and abnormal strain on them while asleep can lead to respiratory problems through the night. The adjustable properties of memory foam mattresses mean that it will adjust itself to suit your individual posture, significantly reducing the pressure on your ribcage, thus helping you to breathe (and sleep) much easier!

Lower Back & Hips

Memory foam products are ideal for people who suffer from lower back, sciatic and sacroiliac pains. A memory foam mattress will offer reduced pressure on your hips compared to a standard equivalent.

Knees

Memory foam can be a particularly useful purchase for people who have undergone knee surgery, however they can also benefit people who enjoy regular physical activity which often results in aching knees and legs.

Ankles and Feet

Pains brought about by restless leg syndrome and Achilles tendon problems can easily be overcome by upgrading to a memory foam mattress. Because this revolutionary mattress technology evenly distributes pressures exerted on your body while asleep, it is particularly useful for those people who find getting into the comfort zone in bed difficult.

About the Author

There are no doubts that people who find it difficult to have a satisfying forty winks can benefit immeasurably from upgrading their existing mattress to a [memory foam mattress](#). Doctors, physiotherapists and health experts in general are now beginning to get behind the [memory foam](#) movement in numbers never previously experienced.

Source: <http://www.healthcrazed.com>