

Keeping Cool with Memory Foam Mattresses

Mattresses made using memory foam techniques are said to have a reputation for making you become too hot during your sleep. Is this really the case, though?

Foam is, as you may know, a natural insulator. It is used in a variety of projects in order to retain heat. Back when [memory foam](#) mattresses were a new concept, they did indeed keep heat close to your body and made people overly warm in bed. Since then technologies have advanced and now even a memory foam mattress you can stay cool during the hours of darkness and get a good night's sleep.

Without your body heat, memory foam wouldn't be able to do its job – so it needs to be responsive to temperature. Your body will warm the section of the foam on which you sleep and this softens it to your shape for the extra support expected from memory foam. New technologies now allow the lower layers of the foam to stay cool and firm, drawing away the heat from the foam.

Recent surveys on sleeping temperature of a group of individuals suggest that getting hot during your sleep, or indeed being cold, is independent of the surface on which you sleep. The results showed that sleep temperature is far more reliant on the types of covers in use, or the level of the thermostat in the bedroom.

About the Author

If you still find that you get too hot during your sleep, there are many additions to your [memory foam mattress](#) available to help keep you cool. A [memory foam topper](#) such as a Coolmax system controls the heat flow in your bed to maintain a suitable temperature all night long.

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