

Mattress Recommendations

A frequently asked question we receive is, "What type of mattress is best for a good night's sleep?" The answer varies based on individual needs and body characteristics. Generally speaking, people with different body compositions may find varying levels of comfort from different mattress types. Those with higher muscle mass and a more compact physique might prefer firmer mattresses, as they offer better support for their body weight. On the other hand, individuals with different body shapes may find softer mattresses more comfortable, as they allow their natural curves to settle into the bed, providing a more comfortable sleeping experience. It's essential to consider personal preferences and physical requirements when choosing the ideal mattress.

There are two mattresses recommended by the office:



The Select Comfort mattress. This mattress is ideal for people that sleep with a partner because of its dual mattress control. This allows you to adjust your side of the mattress to your desired comfort, whether that be soft or firm.

Available at: www.sleepnumber.com

The Tempur-Pedic memory foam mattress. This mattress provides good support and should have a medium thickness level for maximum benefits.

Available at: www.tempurpedic.com



We do understand that these mattresses are costly and are not realistic for everyone. However, they do have a longer lifespan and have 20+ year warranties. Also, if the cost is not ideal, regular spring mattresses are also suitable.

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