



A GOOD NIGHT'S REST IS ASSURED ON A 'COMFORT MATTRESS'

What is a good bed? I imagine my colleagues at the National Bed Federation will have a definitive answer, which will no doubt be backed up by various recommendations and facts. For most of us though, a good bed is one which provides adequate support, is comfortable and affords the occupant a good night's sleep.

Over the years I have occupied a variety of beds in a range of hotels from the most luxurious to the lowliest of budget B&Bs and I have discovered, that by paying more, you are not necessarily guaranteed a good bed, or a good night's sleep. Some of the finest hotels have been furnished with beds which are clearly past their sell by date and conversely, some of the cheapest motels have featured the most comfortable beds. I have always been of the opinion that a fully sprung mattress and divan is the best option, so when I was invited to try a memory foam mattress, I confess to being just a little cynical as

memories of my youth and endless nights spent on boats and in caravans on lumps of poly foam were rekindled; memories which were soon to fade as I began to experience the benefits of a modern memory foam mattress. My new mattress was supplied by 'Comfort Mattress', a UK manufacturer with a growing reputation for quality and service. To enable me to benefit from a 'total experience' the girls at Comfort Mattress were kind enough to supply, in addition to the mattress itself, one orthopaedic pillow and one regular memory foam pillow. I was very surprised when the product arrived rolled and even more surprised when I tried to lift it. However, as soon as the parcel was unrolled it recovered its original shape quickly.

As stated earlier, I had pre conceived ideas of what a good mattress should be and was expecting a sleepless night, but any such thoughts soon became memories as my wife and I experienced the best night's sleep we've had for years.



The mattress under review was manufactured from 175mm reflex foam with a 75mm memory foam top layer, making the overall thickness 250mm (10").

The mattress was covered in Outlast®, a temperature sensitive material developed for the space programme. Outlast® is a material which it is claimed ".will keep you more comfortable by absorbing excess body heat when you create too much and releasing it when you need it most; You stay warmer with less bulk and sweat less over a broad range of environments". ▶

SECTION

◀ I suspect my wife and I are like most couples; one is always too hot and the other is too cold – there is never a happy medium. My experience of Outlast is that it actually does what is says on the label.

The mattress cover itself features a zip which means it can be removed and washed, though the manufacturers' recommendation due to its sheer size, is to dry clean. This makes it a good choice for hotels as a high standard of hygiene can be more easily maintained.



Having slept for a number of years on a top quality sprung mattress from another leading UK manufacturer, I was used to spilling my 'Horlicks' when my wife joined me and then wriggled endlessly to get comfortable. But with the 'Comfort Mattress' one can wriggle as much as one likes without disturbing your partner, a blessing for those of us used to sharing a bed.

We've been using the 'Comfort Mattress' for almost four months, there is no sign of sinking, and the foam appears to have maintained its elasticity and response to pressure. The pillows, which were supplied with the bed are manufactured from Visco Elastic Memory Foam and are once again covered in

Outlast® fabric, which means once again that you benefit from the heat reflection and retention properties. Unlike many other pillows, 'Comfort Mattress' pillows actually mould to the shape of your head, which means the weight is evenly spread avoiding pressure points.

I found this of particular benefit as I suffer with arthritis in my neck and severe headaches. Three versions are available: 'Traditional'; 'Small Profile' and 'Large Profile'.

I began this article by confessing to being cynical; a creature of habit, reluctant to change my haven of rest, my bed. But now, four months on, I would not be without my 'Comfort Mattress.'

Mike Spencer.

