

How to select the best mattress for back pain

Issued by [Docs.Zone](#)

1 Mar 2017

If you are having back pain, sleeping on the wrong mattress will worsen the pain. If your mattress does not give you enough support you will sleep with the wrong posture. Your muscles will strain and your spine alignment will not be kept either and this contributes to more back pain.

Sleeping comfortably is also affected if the mattress doesn't match a person's preference. A mattress that gives you both back support and comfort minimises back pain letting the spine structure rest and rejuvenate at night.

With a variety of mattresses at [TheBest Mattress](#), selecting the correct mattress is not easy. However there are some guidelines that can help patients that suffer from back pain to select the right mattress for both comfort and back support.

The first thing to consider is your personal preference. There is no specific mattress type that works well for everyone suffering from back pain. Any type of mattress which allows one to sleep without feeling pain or stiffness is the right mattress for that person. If you have back pain, select a mattress that meets your standard of support and comfort and lets you have a good sleep.

The second item to consider when getting a mattress for [someone suffering from back pain](#) is the physical components of the mattress. Inner springs and coils in a mattress are the ones that provide support. Every type of mattress has its own number of coils and how these coils are arranged varies from one mattress to the other. Also, padding on every mattress comes in varying thickness. The depth of a mattress typically ranges from seven to eighteen inches deep. Selecting the padding type, number of coils and mattress depth is determined by one's personal preference.

The third item to consider when choosing a mattress for a person suffering from back pain is finding a mattress that has back support. The right mattress should offer support for one's natural curves and the spine alignment too. The correct level of back support also helps in preventing muscle soreness when one wakes up.

The forth item to consider when getting a mattress for a patient suffering from back pain is achieving support balance between comfort and back support. The general comfort when you are sleeping is equally important as well enough back support. If you sleep on a mattress that is too firm, you will get pain on the pressure points. You should instead go for a medium firm mattress since it will allow your hips and shoulders sink a bit. But in case you want a firm mattress for your back support, then find one that has a thicker padding for more comfort.

Something else that one needs to know when getting a mattress for back pain is that the cost of the mattress does not equate to quality. When you are purchasing a car, you can relate the cost of that car to its quality but that is not the case when it comes to mattresses. Getting the right mattress for your back pain does not need to be an expensive proposition. Getting a memory foam or natural latex mattress is a good start.

Last but not least, you should consider your body type as well when buying a mattress for back pain. Consider if you are bottom heavy or top heavy, consider your height too and so forth. The decision to buy a firm, soft or medium mattress does not apply. Your body type and the amount of support you require is what will determine the mattress you buy.