

## **The MANTONYA CHIROPRACTIC CENTERS**

*Improving Lives with Expert Health Care since 1971*

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## **MATTRESS TALK**

**I need a new mattress. What is a good one to buy?** This question has been asked to us over and over ever since we started practice. The answer is not real simple. In general we will tell you to get a firm, not extra firm unless you are extremely large, with a cushion of foam on top. Usually a pillow top will do this although one could buy a piece of foam and put it on top of the mattress under the sheet. The foam on top will take the hardness out of the firm mattress and give the support to the low back so the muscles of the lower back can relax.

**What about water beds and air mattresses?** The theory behind water beds is that the mattress will conform to you and therefore support and relax all nooks and crannies of your body including the lower back. The Air beds work on the same principle but have less movement and can be adjusted to each person in the bed. The only problem with water beds is when you travel it takes a couple of days to get used to the regular mattresses. Something I have noticed is that after about five to 8 years of using a water bed, most people start noticing they feel better in the morning with a regular mattress when they travel and end up switching back to a conventional mattress. This happened to me and I didn't think too much about it until I noticed it happening to many patients, although I know many who have used water beds for many years and still like them.

The air beds are of question as they are very expensive and we have not seen a great many patients overly pleased with them. They are like the water beds, you either like them or you don't. None of us have had personal experience with them. We never felt they were worth the money to change.

**How do I know if I need a new mattress?** If your mattress has areas that sag and you can tell where you lay every night, it is time to think about a new one. You should turn your mattress over every month. OK, I know, nobody does this because they are heavy and you forget. At least do it three or four times a year. If you do this and you still have the sags then you need a new mattress. Also if you wake up in the morning with low back or mid back pain you may want to think about your mattress. Chronic mid backache and headaches as well as low back pain are common problems brought on with a bad mattress.

**What about these new memory foam tops you can buy to put on top of you mattress?** These are very good. They have the same theory of support as the water bed without all the splashing. They revert back to its original shape when you roll over or get up. They seem very good for shoulders and hips that are sensitive. The problem has been that they are very expensive. You add this to the cost of a good mattress it can get very costly.

**What is a good brand of mattress?** This is the million dollar question, at least a million dollars for the mattress companies. There are many very good brands out there and many who say they are good and within a couple years you end up with the sags. They then blame it on the fact that you did not turn it every thirty days.

**What do I look for in a mattress?** I look for a company that has been around many years. You should be able to use the new mattress for at least 30 days and still bring it back to trade for a different mattress if you are not happy. They should have a large selection to tryout and choose from. They should also have at least a ten year warranty on the mattress.

I had a three year old mattress that I had bought locally and have been dissatisfied with it for two years. I did not take it back for I did not want another of the same quality. What I had was already their best.

I recently investigated the Mattress Mart on Route 79 in Heath. They have mattresses from King Koil. King Koil has been around as long as I can remember. They are a national company that has several factories. One factory is here in central Ohio, therefore they are made locally. They have been endorsed by the American Chiropractic Association for many years. Now that endorsement does not mean much if I am not impressed. I was pleasingly surprised at the extensive variety they had, over 40 styles. They not only had several options of the pillow top I recommend but they had mattresses with the memory foam on top, you know, the very expensive foam addition that you can buy to put on top of your mattress. They have several options with this foam already on top at the same price of other regular mattresses sold by other companies. I have not seen these at other stores yet.

The Mattress Mart shows the regular price for the mattresses but will tell you “their” price which is as much as 40% off the regular suggested price. This company not only will give you 30 days to like your mattress or they will give you your money back but will also give you 90 days to trade back in for another style of mattress if you are not satisfied with the one you chose.

Like I said, there are a lot of good quality mattresses out there but I would highly recommend you at least compare with the King Koil at the Mattress Mart.

If you have any more questions, please feel free to ask.

Dr. Jerry

**\*\*\*\*Note: We have negotiated with the company for our patients to receive an additional 10% off their already reduced prices. Ask your doctor for a coupon.**