

# Best Mattresses for a Healthy Spine



Many American adults feel that firm mattresses are too uncomfortable to sleep on and opt for a softer mattress. This may be a sign that you have a misalignment in the spine. When the spine is out of alignment, scar tissue forms, causing deep stiffness. It's so deep that exercise, yoga and stretching can't reach it, and can cause nerve impingement, making laying flat on a hard surface very uncomfortable. Bottom line: your lower back won't heal unless your mattress is firm. Below I break down what I suggest looking for once you are ready to upgrade your mattress in order to get the most out of your treatment and support your spinal health.

## Let's start off with what I don't recommend when it comes to your mattress:

1. Foam mattresses like the Tempur-Pedic - Their slogan is true - the foam will form to YOU. However, if your spine is out of alignment or has lost its four essential curves, then your bed is essentially holding you in this mal-positioning. No wonder why you feel so sore in the morning! Foam mattresses are really only helpful to some people who have already had "hardware" put into their spines.
2. Tempur-Pedic pillows - They are TOO HIGH for the average person. They MIGHT be good for side sleeping for certain people but I suggest investing in something else before you end up spending thousands of dollars in surgery, dealing with drug side effects, or temporarily relieving pain with cortisone shots, not to mention having to halt the things you love to do because of the pain.

Consider all of our great-great-great grandparents who were most likely sleeping on the ground or on a hard surface of some kind. Sleeping on the floor with a mat is better than a foam mattress, I promise you.

## Now let's discuss what I do recommend when it comes to your mattress:

1. Have your mattress be as firm as you can sleep on.
2. I recommend a coil mattress. If you sleep on your sides, then you can use a 1-2 inch foam topper on the coil mattress for your shoulders & hips. If you're a back sleeper, you don't really need a foam top.
3. Flip the mattress every 6 months

## Firm Mattress Recommendations

1. Amazon - firm mattresses (\$100 - \$200)
2. IKEA - Latex mattresses (\$300 - \$450)  
Non flammable, no flame retardants, very firm
3. [Keetsa](#) - Coil with thin foam top (\$400 - \$800)  
This is what I have and I love it. However I plan on getting a tatami mat and sleep on the floor.
4. The Imperial Very Very Firm mattress from the [Mattress Discount Center](#) (\$650)
5. [Beauty Rest "Black"](#) (\$1,000+)

## Organic Firm Mattress Recommendations

A lot of things can sneak into mattress production that are toxic. Unfortunately the organic ones are on the more expensive side. Latex is sourced from trees therefore laborious and expensive. You can do a coil and latex hybrid to cut the price but all latex mattresses are the most firm. Be careful and keep an eye out for GOTS (Global Organic Textile Standard) and GOLS (Global Organic Latex Standard) certifications.

1. [Organic Plush Beds](#) (\$1,000+)
2. [Avocado mattress](#) (\$1,000+)



## Floor Sleeping Recommendations

Until you receive your new and firm mattress, I recommend you sleep on your back on the floor (preferably carpeted). Put down a comforter or a yoga mat. This will help you reset your spinal curves and allow your low back to calm down. It will take some adjustment so be patient with yourself.

If you are looking to buy a specific floor mat to really commit to resetting your curves, I recommend:

1. [Japanese style](#) - Look into a super firm 3" shikibuton (Japanese futon) and a tatami mat underneath it as an option. Or possibly just a tatami mat with a blanket over it. Research what would work best for you!
2. [Biomat](#) - for increased circulation and pain

To make the most of your new mattress, we suggest visiting a chiropractor, specifically one that does spinal correction care like we do at [Kaname Chiropractic](#) to release the spine, allowing for clear nerve flow and regained deep mobility to sleep on a firm mattress, which is the healthiest option. Have a good night's rest!