



Give Yourself a Good Night's Sleep with SlumberTop Memory Foam Topper

Choosing a memory foam bed topper from SlumberTop may be one of the most important decisions you make for your body and your general wellbeing, plus you never need to wake up with an aching back again.

You will find a surprising percentage of the population has problems getting a good night's sleep. This can be for a myriad of reasons, but unfortunately a bad night's sleep can have an equally myriad of negative results. Getting a good night's sleep is as important to your health and wellbeing as regular exercise and a healthy diet. It has been ascertained and proved that REM or rapid eye movement sleep is the most essential element of your sleep cycle and it can take as long as 90 minutes to reach that part of the cycle.

Tossing and turning cuts into the amount of REM sleep that you get every night which means that you will wake up feeling tired as you have not recharged your body during your night's sleep. This can impair your mental performance and increase your stress levels, so it becomes even more imperative that we try to assist in every way to give ourselves a great night's sleep.

Choosing a memory foam mattress pad from SlumberTop may be one of the most important decisions you make for your body and your general wellbeing, plus you never need to wake up with an aching back again. Considering the huge benefits of a memory SlumberTop you should make up your mind to buy one, sooner than later, so here are some important statistics for you to make the process simpler.

Memory foam is made in various densities and this is an important decision as a low density does not provide adequate support whereas too high a density is often too firm and more costly. SlumberTop is made of the best quality materials available, utilising the latest technology coupled with quality Japanese materials, being superior and more affordable than other brands.

Now that you have decided to purchase one of these fantastic toppers, will you need a 50mm or a 75mm topper? Their 50mm toppers are suitable for people who have a mattress that is too firm and need a softer comfort layer to conform to their body shape. They are also suitable for people who prefer to sleep on their stomach. The 75mm topper is great for side and back sleepers. It is also recommended for people weighing over 95kg and is actually the number one choice for memory foam mattress toppers. Just go to their website at <http://www.slumbertop.co.nz/order.html> to order your good night's sleep today!