



## SleepMaker's Sleep Guide Gives Tips for Buying a Bed for the Perfect Sleep

SleepMaker is one of Australia's largest bedding companies with a reputation for developing superior quality, technologically advanced bedding solutions. The company has prepared a 'Sleep Guide' to provide customers with all the information they need to help them choose the best bed for themselves.

Everyone needs good sleep. It is one of the most essential ingredients for excellent health and the overall wellbeing of a person. The Sleep Guide provides expert advice for better sleep and a healthier, happier and holistic lifestyle. There are special needs to think about when a bed has to be purchased for those who suffer from back pain, sore hips and shoulders. Having the right mattress will do a lot to enhance comfort, reduce aches and pains.

The guide puts forward various aspects of a bed for consideration before a customer makes the final choice. These aspects include the body-type of the person and their specific needs in keeping with it. Everyone has a different sleep posture. They could be a side, back or tummy sleeper and the bed needs to be comfortable for them when they sleep in their favorite position.

The size of the bed and mattress is very important as those who are very tall need a bed that fits them and is adequate for them. A king size or queen size bed and mattress would be right for them. When a bed is used by a couple, there needs to be adequate space for both to sleep to have undisturbed sleep. Besides this when one person moves, it should cause the least partner disturbance to the other. Pillows too make a big difference to good sleep. They provide support for the head and neck. A good pillow, when used with the right bed, is the best as it helps with correct body alignment.

SleepMaker has a history that spans over 80 years. They have 10 manufacturing sites and over 1,200 employees across Australia and New Zealand. The company belongs to the Comfort Group which has a reputation as a business that combines leading edge innovation, expertise and world-class operating processes to produce the highest quality of bedding products.

SleepMaker is constantly working towards developing advanced bedding solutions for a range of industries. The development of continuous coil systems, pocket spring and technologies is a reflection of their complete commitment to developing superior products.

SleepMaker has its head office in Brisbane. They can be contacted by calling 1800 633 358 or by sending an email to [ccare@sleepmaker.com.au](mailto:ccare@sleepmaker.com.au).

To visit SleepMaker's website and check the Sleep Guide:

<https://www.sleepmaker.com.au/sleep-guide/bed-tips>