Choosing a Mattress for Fibromyalgia

by NEWLIFEOUTLOOK TEAM

The Best Mattress for Getting a Good Night's Sleep With Fibromyalgia

A low-quality sleep is a major issue cited by people with fibromyalgia. Unfortunately, many factors could be contributing to this, including your bed itself.

Sleep is hugely important for everyone, but especially for those with fibro. Sleep is the time when your body relaxes and regenerates — that is if you're able to sleep.

Whatever causes your inability to get a good night's sleep with fibromyalgia, choosing a good mattress may allow you to finally get comfortable. And with the support of a good mattress, you'll be better equipped to deal with fibro fatigue during the day.

The Importance of Proper Sleep

Fatigue is one of the main symptoms of fibromyalgia. Getting adequate sleep is essential to limiting this frustrating symptom.

Sleep apnea, insomnia, frequent awakenings, difficulty falling asleep and restless legs syndrome are common sleep problems that lead to fatigue the next day — and the days that follow.

Anxiety, pain, being too hot or cold, being uncomfortable and flare-ups can also cause you to lose much-needed deep sleep. And, a lot of the time, a hard, uncomfortable mattress just makes it worse.

It's much harder to manage your fibro symptoms without proper sleep; in fact, symptoms can worsen without the restorative power of a good snooze.

So, aside from practicing good sleep hygiene, what can be done about getting the shut-eye you need?

Choosing the Best Mattress for Fibromyalgia

Yes, investing in a new mattress could be just the thing you need to sleep better. It's so simple, isn't it? Just ensure you choose the right kind for fibro.

When choosing a mattress for fibromyalgia, it's important to keep in mind how much support the mattress will offer. Memory foam tends to be a good option for someone with fibromyalgia because it can mold to the natural curvature of the body, allowing it to provide support where needed.

However, many types of memory foam can cause you to feel hot throughout the night because it changes shape through heat. A way to combat this is to try a gel memory foam mattress; these provide the same support as regular memory foam but have a cooler surface (about five degrees cooler!) to maintain a comfortable body

temperature throughout the night.

Let’s look a little closer at some of the best fibromyalgia mattress options for you.

Memory Foam

As previously mentioned, memory foam is a great choice due to its support and comfort. And while memory foam cushions your body, it's not too soft on your joints. Choosing a softer mattress is not a great idea, as it won’t offer the support your joints need.

Some great memory foam options out there are:

- **Tempur-Pedic.** These mattresses are available in all kinds of densities, from soft to firm. You can customize your mattress to what works best for you.
- **Fibro-Pedic.** Constructed from memory foam and latex foam, the Fibro-Pedic mattress was designed by a doctor (who is also the husband of a fibro sufferer) to help her and his patients sleep better.
- **Sleep Number.** The Sleep Number mattress is similar to the Tempur-Pedic, but you’re able to adjust each side of the bed to different angles, and even temperatures (depending on the model). There’s even an app you can use to track your sleep!

If you’re on a budget, a memory foam topper is a good option as well. They’ll conform to your body and take pressure off tender points, without you having to shell out the money for a new mattress.

Just remember, if your mattress is old and needs replacing, there’s only so much a topper can do to ease the pain — you may just need to bite the bullet and invest in a new one.

Innerspring Mattresses

Innerspring mattresses are the most common mattresses out there; the ones filled with coil springs and other foam materials.

These are of course an option for people with fibromyalgia, but they may not be a great one. The springs provide firmer support than memory foam or gel foam, but they can also cause lumps in the mattress, making it uncomfortable. They may also have too few coils, which could lead to more pain.

To prevent this, memory foam or some other kind of material can be placed atop the mattress to make it more comfortable. As long as it maintains its support in addition to comfort, it will help fibromyalgia patients get a good night’s sleep.

Regardless of the type of mattress chosen for fibromyalgia patients, it is important to remember the balance between softness and support. Having a mattress that is too soft can be detrimental to your pain management because it can cause uneven sleeping positions and put more pressure on muscles and joints.

The bottom line is this: if you’re not sleeping well and your mattress is to blame, it’s time to say goodbye to it. Do your research and invest in a good one — trust us, your body will thank you!