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## **INNERSPRING MATTRESSES: THE NEW MERCHANTS OF COOL**

**CARTHAGE, Mo.**, (August 2008) – It’s a sweltering summer night in August. The A/C is blasting, but you wake up swimming in perspiration-drenched sheets. Sometimes the heat is so oppressive you can’t get to sleep at all. You’re perfectly healthy, yet night sweats are keeping you from getting the rest you need. Yes, it’s getting hot in here— and it’s not just you. According to the National Climatic Data Center in Asheville, N.C., Americans are sweating their way through one of the hottest summers on recent record, and will likely experience triple digit temperatures sometime in the remainder of August.

Could your mattress be the hotbed of your sleep troubles? Research from [Kansas State University’s Institute for Environmental Research](#) concludes that your choice of mattress makes the difference. They tested visco-foam, air-chamber and innerspring mattresses and found that innersprings help Americans chill out for bedtime and awake refreshed.

“In conversations with customers, we consistently hear that visco-foam mattresses are uncomfortable because they ‘sleep hot.’ Until now, there has been no concrete data to support their concerns,” said Mark Quinn, group executive vice president of sales and marketing for the bedding division of Leggett & Platt, the nation’s largest producer of bedding components.

### ***Don’t sweat the technique***

A little perspiration at night is a good thing and necessary to keep your body cool. Think of sweat as a built in air conditioner. Humans perspire at night as well as during the day, and the quantity of sweat excreted varies from a negligible amount to as much as a quart in a single hour. When your body gets overheated, it produces and secretes sweat, which is then exposed to air flow and evaporates off the skin and cools down the body.

Kansas State’s research shows that innerspring mattresses encourage moisture evaporation about 28 percent\* better than visco-foam or air chamber mattresses. Innersprings earn extra cool points for their initial surface cooling rate that is approximately 40 percent faster\*\* than foam or air core mattresses. In fact, the initial cooling rate for the innerspring mattress was 0.91 degrees per second, while both visco-foam and air core mattresses showed an initial cooling rate of only 0.55 degrees per second.

### ***The cool factor***

Innerspring mattresses owe their chill reputation to their open internal construction that encourages active air flow. Instead of relying solely on foam layers or air chambers for comfort, modern innerspring mattresses are made of ergonomically engineered coils with an initial soft and luxurious feel that gradually firm as weight is applied.

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Innerspring's combination of softness and support not only secures optimal spinal alignment, but allows a more open construction than visco-foam or air mattresses. So air can flow freely, evaporate perspiration, and keep a sleeper cooler than a polar bear's toenails.

Air chamber mattresses depend on air to inflate or deflate to a desired level of firmness. However, the air is trapped inside the chambers and can't flow freely. The mattress itself is not air permeable and can't provide enough air exchange to effectively cool through evaporation.

Visco-foam beds are created with many layers of foams and fibers. Good for support, perhaps; bad for breathability. The dense layers stifle the healthy air flow that evaporates sweat and cools the body. In the immortal words of Paris Hilton, "That's hot!"

### ***Take a chill pill***

So how, short of keeping your undies in the icebox a la Marilyn Monroe in "The Seven Year Itch", can lovers of visco-foam or air chamber mattresses sleep cool during in the sizzling summer heat?

- Keep a blue ice block nearby. Every now and then touch it with the palm of your hand and touch your body with your cold hands!
- Keep a glass of ice cold water close to your bed so that when you wake up hot and uncomfortable, you can easily cool off again without having to get up.
- Sleep in a 'spread eagle' position and think cool thoughts.
- Get a head band wet then wring it out and wear it to bed. Re-wet every two to three hours for maximum cooling.
- Try sleeping with light sheets and covers nothing heavy. It'll help!

*\*Indicates plus or minus two percentage points for margin of error*

*\*\* Research conducted at Leggett & Platt's industry testing facilities. To ensure test objectivity, scientists at Leggett asked a human subject to rest on each sleep surface for one hour in room with a maintained temperature of 68 degrees Fahrenheit. After one hour, the subject rolled out of bed and testers immediately begin capturing thermal images and temperatures changes on a 15 second interval.*