

Choosing A Cushion, Pillow Or Mattress

Choosing the right cushion, pillow or mattress is of the utmost important to your health, yet can be very confusing. This fact sheet gives you the pros and cons of different materials and answers some very common questions that people ask.

Feather

- Suitable for general comfort products only.
- Support level is minimal.
- Tends to attract dust, mites etc. making it unsuitable for allergy sufferers.



Fibre

- Suitable for general comfort products only.
- Support level is minimal.
- Poor quality fibre tends to result in lumps.



Polyurethane Foam

- Not suitable for pressure relief.
- Moulded cold cast polyurethane foam offers added support and a longer life expectancy.



Latex Foam

- Derived from rubber, hence can present allergy problems.
- Not suitable for pressure relief.
- Holds its shape for longer than polyurethane foam.



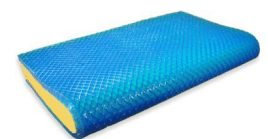
Visco Elastic Foam (Memory Foam)

- High degree of pressure relief.
- Takes heat & weight of individual to shape itself to the body's requirements.
- Returns to its original shape when heat & weight removed.
- Long life expectancy.



Gel

- High degree of pressure relief.
- Retains its shape.



- Heavier than foam.
- Potential for leakage when used in 'sac' form.

Can I Wash a Memory Foam Product?

- Washing the memory foam can cause the material to split.
- However, the memory foam comes with a non-removable cover that can be wiped down and a removable cover that can be washed.

What is the best material for pressure relief?

- Memory foam is the most popular pressure relieving material.
- There is no 'best' material as it always depends on individual circumstances.
- Gel is also highly suitable for pressure relief, as is any polyurethane foam with individual sections that bend to give additional support, for example castle top foam.

What is the Best Material for a Cushion?

- As with everything medical, this will depend entirely on your individual circumstances, but memory foam is by far the most popular.

What is the Best Material for a Pillow?

- Memory foam is the most suitable material for a pillow for anyone who suffers from neck problems.
- If you do not suffer from any neck problems then any material will be suitable, although if you suffer from allergies then it is best to avoid feather pillows.

What is the best material for a mattress?

- This will depend on your individual circumstances.
- However, as a guide, a hard mattress is not always best for you. Your body is made up of parts that stick out and these need to be accommodated for; memory foam is the best material for this.
- However, people who sleep on a mattress made entirely out of memory foam sometimes find themselves drifting slowly towards the edge of the bed.
- Some mattresses are made so that the edges are made of a harder, more durable foam which prevents this from happening. It is also more useful as the edge of the bed usually takes more wear and tear, with getting in and out of bed and sitting on the edge.

What is the Best Material for a Wheelchair Cushion?

- Wheelchair cushions need a harder base at the bottom in order to give support, therefore a cushion made entirely out of memory foam or a similar soft material is unsuitable.

- Memory foam with a polyurethane base, therefore, is ideal for a wheelchair cushion as the memory foam gives pressure relief while the polyurethane gives support.
- However, any similar combination of a soft top and harder base would be suitable for a wheelchair cushion.

What is the Best Type of Cushion for a Car?

- This depends entirely on where you need support. Any sort of lumbar roll will give support to your lower back, but remember to make sure whether it is suitable for car seats.
- If you need to correct your posture, a 6° seat wedge is recommended as it evens out the natural backward slope of the car seat.

What is the Difference Between Molded and Cut Foam?

- Molded foam is of a higher quality than cut foam, and allows for precise contours to be made, giving a higher degree of comfort and ergonomics.
- With cut foam, only simple lines can be contoured effectively, meaning that it is only suitable for much simpler shapes.

What is a Coccyx Cut Out?

- The coccyx is the tailbone. If you have injured your coccyx then it is very painful to sit down.
- Cushions with a coccyx cut out have a hole where the coccyx sits, relieving pressure on the coccyx, therefore making it much less painful to sit down.

What is the Difference Between the Memory Foam Sold Here and the Cheaper Products Sold Elsewhere?

- The foam in many of the cheaper products is produced in China.
- Whilst the foam must meet standards, foam produced in the UK is produced to much more stringent fire safety standards, and is of better overall quality.

Why Does My Pillow Smell?

- All pillows, cushions and mattresses smell to begin with, you just notice it more with pillows as they are closer to your nostrils.
- The smell is entirely normal. It is caused by the chemicals used to make the foam fire resistant, and will fade with time. It is a good idea to air the pillow for a few days before using it to remove the worst of the smell.