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If you're currently browsing for new mattresses you may have heard all about memory foam and how this material is increasing in popularity. If you've yet to try it for yourself however, you may be wondering what all the fuss is about.

We'll get on to the science bit later but the important thing to remember is that memory foam offers you the perfect combination of luxurious comfort and total support that gives you the best possible chance of achieving a perfect night's sleep.

These new mattresses work because the upper layers of memory foam start to react to your body heat as soon as you lay down on them. In turn they will become flexible and mould around your body until they "mimic" your exact shape and this provides you with a bespoke sleeping surface that is tailor made to your own individual body specifications.

While this is happening however, the layers of memory foam underneath stay completely solid and that is where you derive your complete support from.

It's this perfect combination that gives these new mattresses their well-deserved reputation for therapeutic qualities. If you suffer from back or related joint pain, they are perfect for supporting you in the best way possible through the night and even if you have the healthiest of backs right now, a memory foam mattress can actively prevent new problems from occurring.

But don't just take our word for it: The unique design that these new mattresses provide has seen them recommended by Doctors and Physiotherapists the world over.

Whether you have back issues or not, memory foam mattresses offer you the one thing that we all crave "a great night's sleep. Their design is known to resist movement and fidgeting in the night and that should lead to more restful sleep.

In time, you should notice that your sleep pattern improves and you will find that you have more energy as you go about your daily routine.

The health benefits don't stop there however as all of these new mattresses are hypo allergenic and the absence of springs in the design is a useful safety feature too. It also makes them easier to transport and install and although they are extremely long lasting, if you do decide to change your mattress at a later date, disposing of it becomes easier and it's kinder to the environment. At Zleeps we can dedicate our range to these great new mattresses and with lower overheads; you can look forward to cheaper prices coupled with free UK delivery.

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If you're looking for the best range of [memory foam mattresses](#), a [memory foam mattress topper](#), king size mattress, double mattress then you may face a frustrating search on the high street, instead, why now come to Zleeps.

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