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New Mattress Designed To Improve Fitness

A Mattress That Makes You Skinny?

This we've gotta see

By Bari Lieberman

If there's a crazier new piece of at-home workout equipment, we certainly haven't heard of it. Introducing: The mattress that makes you fitter. At least, that's the claim behind Somnium Beds' a new mattress that's designed to boost your bod while you nod off.

Your body naturally moves around while you sleep—and that's a good thing, according to the company. Somnium claims that nighttime movement helps elongate your spine, improves posture, and prevents the dreaded "fell asleep on my arms" tingle. Unfortunately, those pricey memory foam mattresses that conform to every crevice may actually prevent this process...you literally sink into them, making movement less likely. Somnium's springs are supposed to be bouncier, with the intent of promoting nocturnal movement. As an added bonus, each spring moves individually—preventing your sweetie's midnight bathroom break from disturbing your beauty sleep.

So why is this being touted as the next nighttime fitness tool? Rest and recovery are imperative to performance, and poor sleep quality has been linked to a slew of other health problems, including weight gain. (For more about sleep's impact on weight, check out [5 Ways Sleeping Less Makes You Gain](#).)

Not every problem can be solved while lounging in bed (we wish!), and the jury's still out on whether the Somnium mattress is worth its \$3,600 price tag. For some sleep-time tricks that do work (and won't break the bank) we've rounded up [20 all-natural sleep tips](#) that'll knock you out cold.

Published November 2012, Prevention | Updated November 2012

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