

5 Ways Our Naturepedic Mattress Provides More Than A Good Sleep

Description

Weâ€™ve been sleeping on our [Naturepedic](#) organic mattress for about 3 weeks and, simply put, we love it! Not only have we been sleeping better, but itâ€™s become a wonderful gathering place for our small family of three.

My wife and I both agree we made the right choice with our [Naturepedic EOS Series mattress](#), but I know itâ€™s best to give it some time before coming to a solid conclusion. Guess weâ€™ll just have to â€œsleep on itâ€•. Câ€™mon, you knew it was going to happen at some point. #CornyDadPuns

I can, however, confidently say our comfort is much improved since ditching our â€œhigh techâ€•, â€œNASA inspiredâ€• Temperâ€¦..umm, memory foam mattress. Going Mom and I used to wake up way too hot, sometimes covered in sweat, from the lack of circulation in our old mattress. Now, we keep plenty warm, but itâ€™s just right, like baby bearâ€™s porridge. No sweating or tossing from side to side, just a chemical-free organic mattress beckoning us to sleep soundly on it each and every night.

Now, back to the ways our Naturepedic mattress provides more than just a good sleep. In just the 3 weeks we [welcomed them into our home](#), our new mattress has been the main location forâ€¦.

1. Tickle high fives. Going Mom and Avery have been playing a game (I guess you can call it that) where my wife asks for a high five from Avery, and as she raises her arm to deliver a five, Going Mom *delivers* a tickle attack instead. This game can happen anywhere at anytime, but Avery always asks demands to â€œGo to Mommy and Daddyâ€™s bed for tickle five.â€•

2. Jump-Reading. Jumping on the bed is a given, but what about jumping, doing a butt buster, and going right into a book or two? Howâ€™s that for combining exercise and education? Exercation?

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Our @naturepedic mattress is more than an awesome #organic sleep pad, itâ€™s a great reading and jumping pad too! #naturepedic #organicmattress #safehealthysleep #playtime #toddler #sahd

A video posted by RC Liley (@going_dad) on Feb 4, 2016 at 8:05am PST

3. Nighttime chats. Having a kid can seriously cut into quality time with your significant other. We only have one, but I assume itâ€™s increasingly difficult with multiple little ones demanding your constant attention. Now, we set aside a specific day where we have â€œusâ€• time after getting our girl to bed. We get comfy on the mattress and play a game of [The Walking Dead Yahtzee](#) ([I got it for her birthday](#)) or simply talk without having a jealous (but oh so sweet) toddler getting mad for not looking at her. It

never seems long enough, but every minute spent together helps grow and keep a strong bond, and I love having this time with my wife.



Weâ€™re just like this, only inside a home in our pajamas with a zombie shaker cup for the dice in our game of [The Walking Dead Yahtzee](#). Iâ€™m winning, by the way.

4. Pretending to sleep. Sure, the sleep is awesome, but *pretending* to sleep is pure bliss! Or Avery seems to think so. Just another fun game where she â€œsleepsâ€• on Mommy and Daddyâ€™s bed, complete with loud snores, and sometimes asks us to join. She even has the same head-at-the-end position as in her own crib!



It never lasts long though, sheâ€™s up and jumping again within seconds.



5. Home base. No home is complete without a home base, and our Naturepedic mattress as become just that. Itâ€™s where we seem to gravitate to when weâ€™re all together. As soon as Mommy comes home from work, her and Avery usually end up playing together on our bed. If Iâ€™m in another room, I can hear the loud giggles emanating from our bedroom. Nothing warms this dadâ€™s heart like the laughter of his wife and giggles of his sweet daughter. Sounds mushy, but itâ€™s the truth! Itâ€™s also perfect for escaping the vacuum.



As you can see, weâ€™ve been spending a lot of time on our new bed, and itâ€™s been a very welcome new addition to our family. No matter how hard we try, we are all exposed to chemicals that are normally foreign to our body, but now we can escape exposure on our organic Naturepedic mattress.

Some mattresses, no matter how expensive and full of high tech materials, overwhelm our body with artificial chemicals we were never meant to be around. Do [you want to sleep](#) on a pile of chemicals? What [about your precious little ones](#) who spend a good chunk of the day playing or sleeping (or should be) on their mattress? I never thought much of it before, but what we sleep on truly does impact our entire life. [Here's why Naturepedic stands out among the rest and earns a spot in everyone's home.](#)

We made our choice, and feel better in doing so. To make my point, I'll end this post with a quick discussion my wife and I had one lazy day on the weekend. Avery was blessing us by sleeping in, which meant we slept in, but even after waking, we still didn't move.

Me: Why is it soooo hard to get up?

Wife: Because it feels sooooo good to sleep.

Thanks to Naturepedic, I couldn't argue there!

Disclaimer: I received a heavy discount from Naturepedic to purchase the [EOS Series](#) king mattress in exchange for my honest, unbiased review. All opinions are strictly my own.

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