

Welcoming Naturepedic Into Our Home

Description

We got a new [Naturepedic](#) organic mattress and our excitement can hardly be contained! After having to deal with getting uncomfortably hot in our old mattress for years, the time has finally arrived to improve an all too often overlooked aspect of health; sleep.



Not only was our old mattress uncomfortable, but it, like most mattresses, was plagued by flame retardants and a host of chemicals like phthalates that easily spread throughout the house. Basically, lots of nasty stuff that can pose harm to us and our little ones. Even during pregnancy, studies have shown [mothers exposed to phthalates have been linked to their children having an increased risk of asthma](#).

Having grown up with asthma as a kid (luckily I donâ€™t have it now), I know firsthand that it sucks, literally. Itâ€™s true, having asthma usually involves *sucking* wind when you exert yourself too much and have an attack or close to it. Itâ€™s not fun and I donâ€™t wish it on anyone. Lets just say my childhood days of playing soccer had me clinging to an inhaler like [Frodo Baggins with the One Ring](#).

Point is, there are things I never even considered to pose a threat to our health, but now know otherwise. One very big thing is the mattress we sleep on. After doing our research, Going Mom and I knew it was time to upgrade our sleep and health by getting a new mattress.

Our last mattress was a queen, but my wife, always thinking ahead, said we need a king for when *someone* *cough* Avery *cough cough* starts venturing into Mommy and Daddyâ€™s room to join us. I guess the kitchen floor (note the picture above) doesnâ€™t work so well.



Please let me sleep with you, Mommy and Daddy.

Thankfully, the super generous people at Naturepedic provided us the value of their queen mattress so all we had to do was make up the difference to buy a king! I can picture us nowâ€¦!



Except we wonâ€™t have the ocean as a backdrop and Avery will surely be in between or jumping us. You know, standard toddler. Speaking of, they do have [crib](#) and [kid](#) mattresses too.

Happy doesn't even begin to describe how we feel about our new mattress. I think flabbergasted or elated would serve as a better word. Avery was excited the day the mattress arrived in, get this, several boxes.



That's right, a king mattress in several boxes. We haven't opened them since we're waiting to set it up this weekend, but there are warnings to be careful when opening. I can just picture a giant snake-in-a-can effect happening from trying to be too quick to open! SURPRISE!!! Actually, they provide [detailed assembly instructions](#) and have a [YouTube video](#). It seems easy peasy to me, what do you think?

I guess that means no snake-in-a-can surprise. But seriously, watching that video gets me even more pumped up to set it up this weekend!

Anyway, I'll be working hard (aka sleeping on this awesome mattress) to write a review post. Over the coming months, look for update posts and please feel free to ask any questions you have anytime. If I can't answer them, [Naturepedic's website is packed full of useful info](#).

A big thanks to Naturepedic for allowing us the opportunity to sleep on their high quality organic mattress. I can't wait to share with everyone how great it feels and why being free of flame retardants and other chemicals is so important.

To see why we're so excited to welcome Naturepedic in our home, be sure to keep up to date by following them on [Facebook](#), [Twitter](#), [Instagram](#), [Pinterest](#), [Google+](#), and their [blog](#).

Are you in the market for a new mattress?

Have you heard of Naturepedic?

Date Created
2016/01/15