

File Created by [Blogging Rebirth](#) WP Plugin

Your Health and Waterbeds

Waterbeds have been sold for many years and are frequently marketed as a way to improve your medical conditions such as circulation, blood pressure and maintain good back health. It remains undetermined if a waterbed hurts or helps your back. However, there are many health benefits that are considered significant benefits of a waterbed that are dependent on the recommendations of your doctor and your individual health situation.

It is insufficient to just claim that a waterbed will reduce lower back pain. Much the same as a conventional innerspring flatbed, what is damaging to one person's lower back pain could help another person's lower back pain. Those people in the medical profession have disagreed continuously about the disadvantages and advantages of waterbeds. There are many factors that are variable such as how the waterbed is set up, its construction, and the kind of waterbed.

There was one study that concluded that there were no improvements in symptoms with those patients who slept in a waterbed or a flat bed when the treatments were compared. The study did recommend that a trial period on a waterbed was appropriate but that a firm flatbed was a better first selection. Therefore it seems to be undecided as to which sleep system will treat lower back pain the best and it may just be determined by trial and error.

There have also been some studies that have claimed to determine that some medical conditions are exacerbated by being exposed to the heating systems in waterbeds or caused directly by waterbeds. Some of these claims of medical harm include the increased rates of childhood cancers, increased rates of miscarriages in women, and increased rates of infertility in men. To reduce the rates of sudden infant death syndrome (SIDS), the recommendations from the medical communities is not to allow a baby to sleep in a waterbed.

There have been no medical studies that have been credible that have determined that any particular sleep system will provide a remedy or a cure for a medical condition. The selections of any kind of flat bed sleep system such as a box spring, a conventional innerspring mattress or the selection of a waterbed seems to be strictly a matter of comfort and personal preference. Much the same as a traditional flatbed that is of high quality, there are soft sided, newer and hybrid waterbeds that will provide a level of cushioning that is more consistent that might serve to support the spine better.

Because people spend so much more time in bed than they we do in their cars or at their jobs, they should always select good quality bedding. It is important to remember that if a sleep system provides you with a good night's sleep and is comfortable, those should be sufficient facts for you to buy the waterbed that is right for you.

Click here for more information about [waterbeds](#) and [hammock stand](#).

You can also find this article published on [Your Health and Waterbeds](#), and on the tag pages [Childhood Cancers](#), [First Selection](#), [Health](#), [Health Benefits](#), [Health Situation](#), [Heating Systems](#), [Individual Health](#), [Infant Death Syndrome](#), [Infertility In Men](#), [Lower Back Pain](#), [Medical Communities](#), [Medical Conditions](#), [Medical Harm](#), [Medical Profession](#), [Medical Studies](#), [Miscarriages](#), [Sleep System](#), [Sudden Infant Death](#), [Sudden Infant Death Syndrome](#), [waterbed](#), [Waterbeds](#).