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Advantages And Disadvantages Of Waterbeds

The idea of a waterbed has been around for almost two hundred years. Even Mark Twain made mention of waterbeds in one of his books. The modern waterbed was not built until 1968.

There are two types of waterbeds available today. The hard side waterbed has a wood frame that keeps the mattress or bladder in place and contained. The soft sided waterbed, has foam sides that enclose several water bladder tubes.

Before buying a waterbed, you need to consider the advantages as well as the disadvantages to these beds.

First, some advantages will be discussed.

Waterbeds contain water that is heated. This makes them very comfortable for the winter months. Some people find that it is easier to fall asleep in a waterbed. Others claim that muscles are relaxed and no longer stiff in the morning.

Since the bed forms its shape around the body, there is minimal pressure on the joints. This is especially helpful around the spine and may be useful for treating backaches. For persons who are movement impaired, the waterbed prevents bedsores.

Since the mattress is not cloth, dirt as well as dead particles of skin cannot penetrate through the mattress. This means that you will not have dust mites in your bedding as long as the covering is washed regularly.

However, there are also some disadvantages to the beds.

It is costly to heat a waterbed. It may cost as much as it does to run a refrigerator does.

Hard sided water beds may require special sized sheets. Making the bed can also be difficult.

In order to move a waterbed all the water must be drained and the frame has to be disassembled. Once moved to the new place and reassembled, the bed has to be filled again and it can take a couple of days for it to get to the correct temperature.

Waterbeds are exceptionally heavy and can put a strain on the flooring of your home.

If you are a renter, your lease may not allow the use of a waterbed in your home. If a waterbed springs a leak there can be considerable water damage to a home.

As you view each of these advantages and disadvantages, you may decide that you still would like to own a waterbed. There are many models available. Learning to sleep in a waterbed may take some adjustment if you have never slept in one before. Soft sided waterbeds do not have the wave action of a hard sided bed and may be a better choice for persons who sleep together.

There are an unlimited comfort positions which can be achieved through a [water beds](#). Also, you should keep in mind the benefits of [waterbed mattress](#).

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