Most of us take sleeping on a mattress for granted as part of a good night's sleep. While people have always needed a place to sleep, beds and mattresses during ancient times were very different from what they are today. Mattresses, as we are being increasingly told by every producer and brand, are now part of 'sleeping technology' which needs to be understood and acquired by every individual to suit his or her body needs. As no two bodies are made alike, no two humans need the same mattress, according to the marketers in today's mattress world, which keeps becoming more and more complex and advanced in terms of technology, with every passing year. Consumer prices for a mattress are only limited by how much you love your body…and a healthy and sound sleep!

**Ancient Mattresses**

During ancient times, people slept on natural materials like animal skins, piles of leaves and plants, moss, straw, and grasses. Back then, in Egypt, beds were for the wealthy. For example, visitors to the King Tutankhamen exhibit can see this bed from 'King Tuts tomb made of gilded wood with feline legs.

Homes in ancient Greece and Rome did not have a lot of furniture. Bed slats were made using leather straps, and mattresses and pillows were stuffed with feathers, leaves, straw, grasses, and wool. These materials or the same furniture were used for various purposes, for example beds could be doubled as couches also for daily sitting.

Roman Woodworking gives an impression of a rectangular shaped bed sometime found in ancient Rome that had one open side for getting in and out.

A bed dating was discovered by archaeologists in 2011, giving an impression of mattress-like structure was used back then around 77,000 years ago.

**Medieval Beddings**

During the medieval period, bedding was largely depended on the financial status. The poor had beds with mattresses made from straw, while the wealthy sometimes had fancy beds with canopies, curtains, or decorative tapestries and mattresses stuffed with soft feathers. Fancier beds were adorned with inlay, carvings, and painted designs.

Feather beds and mattresses made of wool were highly valued assets that would get passed down in families. During the mid-18th century, mattress coverings were increasingly made from linen and cotton, and were filled with wool, horse hair, and cotton.

**Modern Mattress**

Coil mattresses were introduced in the 19th century – inspired from the coils used in constructing carriages.

In the 20th century changes in technology were used to create mattresses and bedding and thus in the1920s, latex was created by a Scottish
Spotlight

getting introduced though this is only for the very high end products. The consumers' awareness is growing and so is the quality of the retail space.

Today, a number of international and Indian manufacturers and brands offer a wide range of mattresses with different materials and technological innovations which drive the modern mattress industry. Some of the most popular mattress types in the Indian market include innerspring mattresses, memory foam, gel mattresses, hybrid mattresses, pillow top, and euro top mattresses and more. Some of the important and emerging players in the Indian market, which include both international and Indian brands are listed here:

**Evolution of Mattress**

Modern research has proved that neck and back pains can frequently be traced to bad mattresses. An incorrect sleeping posture, leads to inadequate support for the vertebrae causing neck and shoulder pain, headaches, lower back pain, pinched nerves and sleep disorders. A bad mattress can have the same effect as a poor posture. Once a portion of the mattress sags, the part of the spine that lies over that part gets stretched. This is because the gravitational force tries to maintain the contact of the spine with the mattress. With continued stress, the individual is predisposed to back pain.

The ideal sleep system should support the curve of the spine to optimize the load distribution and minimise stress. It should be able to support the heavier parts of the body, namely the shoulders and the back, separately and the lighter parts separately. Basically, an ideal mattress should find a balance between being too hard or too soft.

Technology has been put to use to create very different types of mattresses, which suit diverse needs. The use of anti-bacterial treatments and new foaming technologies that keep the mattress fresh and ventilated have started playing an important role. Aesthetics of mattresses specially the fabrics and quilting designs have also gone through significant up-gradation. It appears that these trends shall gain more speed in the coming years. The trend of customizing mattresses is also getting introduced though this is only for the very high end products. The consumers' awareness is growing and so is the quality of the retail space.

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**King Koil**

Real Innerspring Technologies Pvt. Ltd. offers King Koil range of premium mattresses, pillows, protectors and adjustable beds. King Koil is one of the oldest premium mattress brand which was established in the year 1898. It is present in more than 100 countries worldwide and is one of the largest selling global mattress brand. It is also the largest selling hospitality brand. Over 10 million Hotel rooms are furnished with King Koil mattresses worldwide.

**Eclipse**

Mohit Rubber Foam has introduced Eclipse International Mattresses from USA, one of the leading manufacturers of bedding products in the world. Eclipse now stands popular in more
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