

Why Not Other Foams?

Foams differ widely not only in the safety of their ingredients, but also in comfort, performance, and durability. This chart compares foam types found in mattresses.

Material

Blended or “bio-hybrid” foams contain a small amount of rubber or plant oils, but are primarily synthetic. Most synthetic foams contain toxic chemicals, including flame retardants, that pose significant health risks. These chemicals continually off-gas into air and degrade into easily-ingested dust. Continuous exposure alters hormone levels and increases risks for cancer, obesity, infertility and developmental brain disorders. Savvy Rest’s natural latex foam is certified safe and healthful, without these dangerous ingredients.

Comfort

Memory foam creates heat build-up between a sleeper and the mattress. (Some brands add extra chemicals to offset this.) Its contouring reaction takes time and must repeat with every position change, which can cause restless sleep. Other synthetic foams also trap heat, and vary in comfort and support. Natural latex is the most breathable, luxurious foam. Layers can be combined to create any comfort level from very soft to extra firm. Savvy Rest offers hundreds of customized configurations.

Performance

Memory foam and other synthetics with minimal or no natural rubber content often lose supportiveness quickly and take up significant landfill space when discarded. Natural latex is the most durable natural foam; high-quality natural latex mattresses last two decades or longer. Savvy Rest has found that many people have needed to replace one or more synthetic mattresses during the same period. Natural latex is renewable (made from tree sap) and biodegradable.

Material	Natural Latex	Memory Foam	Poly (Polyurethane) Foam	Blended Foam
Rubber tree sap	●			●
Antioxidants	●			●
Formaldehyde		●	●	●
Flame retardants		●	●	●
Petroleum derivatives		●	●	●
Soy and other plant-based oil				●
Comfort				
Temperature comfort	Excellent	Poor	Poor	Fair
Breathability	Moderate	Low	Low	Low
Pressure relief	Very good	Excellent	Fair	Very good
Support	Excellent	Fair	Good	Good
Motion transfer	Moderate	Minimal	Variable	Variable
Performance				
Return to shape	Instant	10-60 sec.	Instant	Instant
Shape retention	Excellent	Poor	Good	Good
Average durability	20 years	5-10 years	10 years	20 years

Comparison of foam types found in mattresses..