

5 Reasons You Should Be Sleeping in a Hammock

Tired of staring at the ceiling and counting sheep all night? Or perhaps you find yourself constantly tossing and turning in bed, searching for a comfortable position? The answer may be a simple one - consider exchanging your mattress for a hammock.

In addition to being inexpensive, fun, and relaxing, there are several health benefits of sleeping in hammocks. Check them out below:

1. Alleviate back pain

The American Chiropractic Association estimates that 31 million Americans suffer from lower back pain, much of which is caused or aggravated by poor spinal positioning for hours on end, night after night. The mattress industry has capitalized on this, flooding the market with multi-thousand dollar products designed to cushion and conform - but why spend that kind of money for an awkward work-around? Hammocks naturally place and secure your body in an optimal sleeping position, with the spine gently curved and the head slightly elevated.

2. Enjoy deeper, longer sleep

The swaying of a hammock lulls your brain into a deeper, more restful sleep. It's the adult version of being rocked to bed at night. Deeper sleep means quality sleep, and you'll find that you wake up more rested, with a boosted mood and heightened mental performance the next day.

3. Fall asleep faster

According to a recent study published in *Current Biology*, the rhythm of the swaying hammock works to amplify the natural brainwaves that are associated with sleep. This is what causes the deeper sleep you'll find with a hammock, but it also has the effect of bringing on sleep more quickly. If you struggle with lying awake in bed at night, consider this as a possible solution.

4. No pressure points

When you sleep on a flat surface, pressure is placed on the points of your body in contact with the ground. This pressure is what leads many people to toss and turn during the night, searching for a more comfortable position.

Hammocks provide a sleeping environment completely free of these pressure points, and you'll find they provide some of your most restful nights.

5. No need to make the bed

If the other benefits weren't enough to convince you, consider this. Most people hate making their bed in the morning, but with a hammock you can skip this chore forever. Most hammocks can simply be slipped into the wash along with the rest of your laundry, once every week or two. Start your morning right by simply stepping out and heading off to greet the day, renewed in body and spirit.