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## Serta luxury 12 gel memory foam mattress full size

I've suffered back and hip pain recently, so I've been looking for a quality mattress that's also comfortable. The problem: Hip and back pain In the last few months, I have suffered pain in my right hip and lower middle back. I attribute it to age, having a sedentary job (writing), having put on some pounds, and lack of exercise to lubricate my joints. I sit in a high-density cell foam doughnut as I write this. The doughnut relieves the pressure of the coccyx, something I learned when I was pregnant many moons ago. I've learned to contortion my body to the left when I go from a sitting position so that the pain in my hip doesn't get me to my knees. It's not fun! Having this condition checked by a doctor is out of the question. When I retired from the corporate world, I also waived my rights to health insurance paid for by the company. So I do. However, sitting is not my only awkward position. Although I bought a new mattress recently, I wake up with a sore back and my right hip screams with every move. Do I have to tell you I haven't been sleeping well? I guess I just did. The fact is, I sleep in 3-hour shifts because my body wakes me up. Oh, what i would give for only one night of uninterrupted sleep! Something had to be done. I can't afford a diagnosis or medical treatment. Going through Advil as candy is not good for my guts and doesn't solve the problem anyway. Buying one of these high-end mattresses that have their number is also out of the question. So what does a not-so-young but not-so-old writer do struggling to relieve pain? Wit is the answer, my friends; i seeing the paper for sales in mattress toppers. Is this the relief I need? SLB PhotoThe solution: Serta RestSometimes commercialism is very usefui. It seems that everything under the sun goes on sale just before the holidays. Memorial Day is one of those holidays. My local Big Lots had a flyer in the Sunday newspaper. They advertised a famous 3 topper ice memory foam mattress for queen beds at a whopping \$99.99. The next day I went to Big Lots hoping it wasn't too late. Sure, they had a lot in stock, and the famous manufacturer turned out to be Serta. Well, shoot, if the sheep on TV fear serto because the audience no longer has to count on them (the sheep) to go to sleep, that's enough reason for this little girl to kick the mark. Not only did I make the purchase, but I treated myself to a new set of sheets (in my favorite color, although it doesn't match my bedding!). I got home excited that, maybe, now I can sleep well. I deployed the Serta Rest 3 ice foam topper and encapsulated it on the deck that accompanied him. I spent the rest of the day washing bedding, including my comforting. I was looking forward to going to sleep! Although, for the appearance of my newly made bed, do, you need a step stool to get my 5'2 body to bed and under the decks! It looks promising! Photo by SLBFeaturesUpon reading the instructions (yes, I read the instructions. My name is Shauna, not Shaun!), I was a little baffled to discover that it can take up to 72 hours for the mattress topper to fit into my bed. The staff were very friendly and Booking.com helpful, the room was clean and comfortable. On top of that, I was elated when I read that foam gel is formulated to be cool and regulated at body temperature. As a postmenopausal woman, I still suffer from night sweats. Well, not really the night sweats as much as the heat of the night. That's another reason I don't sleep comfortably. I need to have my cold bedding to sleep well. It's a damn good thing that I sleep alone. My queen-sized bed allows me to switch sides when I get too hot, which is another reason I don't sleep well. By the way, when does this shit end?? Oh, I almost forgot to mention that this product is made in the US. Way to go, Serta! I might need a stool to get into bed! Photo by SLBThe result I've only spent two nights in my new set, but I'm tickled to death with the results. I woke up only once every night—which is a blessing—and I was able to go back to sleep. Unfortunately, my body gets some heat when I'm trying to sleep. However, the ice memory foam topper is up to his promise. The verborrea in the box says it adds support and comfort - it eliminates pressure points. I can attest to that. In just two nights, my pain is at a much lower level. I no longer have to contortion my body when I get up from the couch in order to avoid pain in my right hip. Now, if the heat of the night I still experience would only annoy someone else, I would be a completely satisfied customer. But that's not Serta's problem, is it? If any of you read this hassle experience while sleeping for any of the reasons I mentioned, I recommend Serta Rest 3 Gel Memory Foam Mattress Topper. It is a cheap solution to what could become an expensive and debilitating problem. Try it and rest quietly. I did, and now I rest when I sleep. This content is precise and true to the best of the author's knowledge and does not intend to replace the formal and individualized advice of a qualified professional. Questions and answers Question: My mattress topper came with a 17-deep sheet of fabric. Have you put one of your flat sheets on the topper and then put the cloth lid on it? Answer: No, I put the topper inside the deck i came up with. After putting the topper on the mattress, I put a protector mattress fitted on it, then made the bed as I normally do (tight sheet followed by the floor). Question: I've had my Serta Rest 3 Gel Memory Foam Mattress Topper for a couple couple months and my back pain continues, yours is still working for you? Answer: Yes, it's still working for me. I have my box of eggs side by side and turn (rotate) once a year or so. If you have your flat side topper up, trying to turn it around to see if this works best for you. Question: I added a tight waterproof cover over the mattress topper and then the cooling cover on top. Will this still make the topper work properly? I was afraid of any setbacks and wrapped my topper. Answer: I don't see why having a waterproof cover directly on the existing mattress would prevent the cooling effect of the serto topper. However, if you are trying to avoid wrapping the topper due to mishaps, the waterproof cover will not help. Fluids will pass through the topper regardless. All the waterproof sheet does is protect the mattress under.© 2013 Shauna L. BowlingCommentsShauna L. Bowling (author) of Central Florida on August 13, 2019:Sounds like a good resource, Seraphina. I'm glad I've found something that works for you. Seraphina williams on August 13, 2019:I also had backaches sometime before. That's when I came across this site reading some great things on Google. This is a new site, but they have very good blogs on sleep products, sleep disorders, sleep sciences, etc. They also have a complete guide on mattress size, type and more information about it, which helped me get the best mattress to cure my back pain. Shauna L. Bowling (author) of Central Florida on July 19, 2018: Annette, I've had mine for a couple of years (bought a new one and gave the old one to my son). I sleep in a queen bed, alone like you. However, I change sides throughout the night, (a plus of not having a sleep partner!), so I have no bleeding. How thick is your topper? Double check the manufacturer's warranty. You might have a faulty product. I would see about the exchange if it has become misshapen after such a short period of time. Also, which side do you face? The side of the egg box or the flat side?? I have the egg box side face up and have had no problem with it. Annette hestom on July 18th, 2018:I have the serto mattress do not cover but ice mattress and have only had it for 5 months and im the only person who sleeps in it so it has reached where the side where I sleep is lower than the other side and feels like im in woodShauna L. Bowling (author) of Central Florida on May 07, 2018:It could be, mysleepyhead. I have a regular box spring mattress, but the foam topper relieves any hassle.mysleepyhead on May 06, 2018:MEMORY FOAM: THE MOST TREND ON MATTRESSES? Shauna L. Bowling (author) of Central Florida on October 11, 2017:I'm sorry to hear this, Stephanie. At least you've admitted to imagining what was causing your allergy. Try the googling organic mattress toppers to see if there is an alternative for you. Stephenie Contreras on October 10, 2017: 2017:I love my topper, but unfortunately after 2 weeks I've found that I'm allergic to something the topper does with. This makes me sad as it has helped a lot with my pain. I'm sure it's rare to have someone allergic to the materials that's made. I just wanted to put this out there in case someone else ends up with severe allergies to both my skin and breathing and it took me another 2 weeks before I found out what was causing the allergies. Margaret Schindel of Massachusetts on May 24, 2017:Thank you, Sha! Our mattress is quite shot after more than 10 years, so we have to replace it anyway. But it's great to know that ice memory foam is really cooling down and that it's not just a marketing trick (which my husband thought it might be). Very good value for money. Shauna L. Bowling (author) of Central Florida on May 24, 2017:Margaret, I no longer have night sweats. Fortunately, menopause is now a not-so-affectionate memory. I love my topper. I don't wake up in pain and offer cooling comfort while I sleep. I recommend that you try this topper before putting money for a blown mattress and see how well it works for you. Keep me infomat! Margaret Schindel of Massachusetts on May 23, 2017:Sha, great review! My husband and I have back pain (and I also have hip pain), and we found that sleeping on a memory foam mattress has made a big difference. But ours is 10 years old and not as resilient as it was when it was a chicken of :) Spring. So we're in the market for a replacement. I tend to be cold when I'm tired, so I have the covers up on my chin, even in fairly warm weather, but then wake up sweating in the middle of the night. So I've been wanting to try an ice memory foam mattress this time, which is supposed to be cooling off. I know this ice memory foam topper hasn't taken off his night sweats (that would be a tall order for any product!), but I'd love to know if he's found it's cooler at night since he's been using that topper. Researching minds want to know – thank you very much! Looking to the future to your answer. :)Shauna L. Bowling (author) of Central Florida on March 02, 2017:Kay, I agree. This topper has made all the difference in the world in terms of sleep quality. Not only does it help me on my back, but it doesn't get hot overnight. I even use a cool ice cushion. For me there is nothing more uncomfortable than getting hot and sweaty while I sleep. Kay Armondi on March 1, 2017:We bought the same mattress topper from Big Lots and Love It... We both have bad ideas and that really helps. Thank God for sleeping a good night. Shauna L. Bowling (author) of Central Florida on August 27, 2014 in New Florida. I have no experience with the mattress i bought, so I can't offer any advice. However, with the topper I review in this article, I can say that it retains its shape. I also sleep alone and am free to use the entire surface of my bed. I also had pain in hip and lower back until I bought this topper. I've been pain-free ever since. What's good about the topper is that you can use the side of the egg box or flat side. Mine is the box of eggs side by side and I love it. I suggest I give him a chance. For minimal investment, you can only find that you have solved your problem. JULIE on 26 August, 2016:I they haven't seen my problem answered yet, so here it goes. I have a Serta Perfect Sleeper Gel Top mattress and I find I have bleeding on it from the first month I got it, now it's about 8 months old. It was on the site about Serta Mattresses and everyone hates them and the company won't get up from the warranty. I'm pretty sure I can't turn around this mattress, so I was looking for things to begin with and I saw your review. The ice part is what's doing ravines and valleys on the mattress and I'm not sure if the egg box at the top of the topper will be enough to help. I'm in so much pain with my right hip and back since I got the sure mattress and I'll try anything for relief, but I'll get the same thing on a topper???? I have a king size bed and sleep alone, so I have plenty of room to move. I've turned it around once a month and I really just want to know if I can turn it around on the other side, but I feel with the top of the ice that I can't do it. Does anyone know? Do you also think it would help because of the egg box stuck to the topper? Shauna L. Bowling (author) of Central Florida on December 05, 2015:Diane, I was not aware of the toxicity issue until I read Beckie's comment. I'm a pretty green person and make an effort to stay away from toxic materials. That said, I've been sleeping on this topper since 2013 and I haven't had symptoms of toxicity. I have the topper inside the case that provides more of a mattress cover on it. I don't know if Beckie's claim is valid or not. All I know is that I feel better everywhere now that I'm sleeping on this topper. I slept comfortably, and the freshness of the topper was a godmother when I was going through menopausal night sweats. I would say the topper is a much better option about taking medication for back pain or night sweats. How do you fight? Diane on December 04, 2015:So, jut bought one of these tonight for our new king bed. We had one in our queen bed (not that mark) and I knew I wanted a topper in this one. I always bought big lots and bought it there that night, then went home and made a price comparison to see what was being sold elsewhere. He started reading reviews on Amazon and cared about one; probably Beckie above, as the same thing said. All other comments have been good. Should worried about this toxicity issue? Shauna L. Bowling (author) of Central Florida on October 31, 2015:Tommy, I'm very pleased this review was integral in finding an affordable way to treat your back pain. Thanks for sharing. You made my day! Enjoy yours and follow Well. Tommy on October 31, 2015:Awesome review, because it's on the site! I bought it from big batches (not even been in a lot before lol) and I absolutely love it. I was in a bad car wreck and have so many problems with my hip and back. This is helping me sleep and not waking up with too much pain. His review made me buy this and try it, and although I was skeptical, I'm glad I did. Thank you very much! Shauna L. Bowling (author) of Central Florida on August 14, 2015:Nadine, I've had mine for two years and he's still doing his job and he's paid for it himself. Good luck! I hope this topper is available in your area. If not, perhaps one of the online stores offers shipping to SA. Nadine May of Cape Town, Western Cape, South Africa on August 14, 2015:GREAT review on a product! We are in the same situation. There is no health insurance. I know what causes my lower back pain.... and I do what I can to deal with it. Our yoga teacher lives next door and I have a bouncer inner trampoline. Not that I tread it frequently enough. When I write, or I'm working on a book cover time it seems to fly by and before I know that the hours have passed. My body didn't move from my computer chair. This mattress topper sounds like a solution for me, but if I can get into Cape Town it's another story. I'm going to do some research. Thanks for sharing. Shauna L. Bowling (author) of Central Florida on April 20, 2015:You're welcome, gram!gramof4 on April 20, 2015:Thank you. I've got to turn it around. Thanks.Shauna L. Bowling (author) of Central Florida on April 19, 2015:Gram, punches go up. Here's what you're left to relieve stress on your back.gramof4 on April 19, 2015:I well punctuated, there is nothing that has not hit me up or down. Love him. I put the smooth side up. Shauna L. Bowling (author) of Central Florida on March 15, 2015:This is interesting, Beckie. I've been sleeping in mine for the last two years and I haven't had any problems. Beckie on March 14, 2015:Be careful. Our son and others, according to the research, are suffering seizures, headaches, chronic joint pain, and other health problems since they started using these ice toppers. They have toxins that can be harmful because they breathe while they sleep. Shauna L. Bowling (author) of Central Florida on February 27, 2015: Ludibell, it wasn't difficult, but it was very firm and stiff. Once you have it deployed and arranged on the mattress, it melts. I suggest you let him rest in his bed for a little while then lie about it and see how it feels. If it's not right for you, return it. Ludiebell on February 26th, 2015:I just bought my king-sized topper in Big Lots this afternoon, but when my husband I took him out of the box, it was so hard and it felt stiff that I told him to pull it up and I'll bring it back tomorrow... Is that how it feels when you get out of the box? Does it get softer after you unroll it? I have a 3-inch memory foam on my new Hard Beauty Rest mattress and I'm in pain every day. So, will this soften enough for me to enjoy it and not be in pain? Those of you who have bought one, please post a comment and let me know... Thank you! Shauna L. Bowling (author) of Central Florida on January 23, 2015:Cheers, Jean! I was on my new mattress for less than a year before deciding to try the Serta topper. Another \$300+ versus \$99 was a no-brainer for me. Jean Miller Ader on January 23, 2015:I you think she said her mattress was only a year old and she was already toothless no matter how much she turned around or how often. I've never been on my real mattress - there's no need since I got the topper. Blessings, darling. Here are several more years of comfort! Shauna L. Bowling (author) of Central Florida on January 23, 2015:Jean, I'm very happy to hear your comments. I've had my topper for almost two years and I haven't had to turn around as I had to do with traditional egg box toppers. I haven't tried the pillow yet. I mean, but I haven't seen it for sale in a while. The only time I saw a sale on the pillow, they were out. Silly me, I should have asked for a rain controll! Thanx to send this to your neighbors. I'm sure they'll be as happy as us and they'll be asked to buy the topper. It's certainly cheaper than buying a new mattress. When we try mattresses in the store, we don't have a real sense of how they will work through a night of sleep. I thought I had made a good decision when I bought my new mattress. I was so wrong! There was no way I was going to buy another new mattress after putting the money in, so I tried the serto ice topper memory foam. Boy, I'm glad I did! Jean Miller Ader on January 23, 2015:I'm still



loving my topper after all this time. The pillow, too. I've seen some complaints about the pillow not being big enough. I bought mine online at Sears, and it's great - as wide as my queen cushions. Maybe they come in different sizes. Anyway, I'm happy happy. I'm also sending my neighbor to your website so I can check things out. They have problems with the mattress dives. Shauna L Bowling (author) of Central Florida on November 10, 2014: Jane, I'm so glad you decided not to return the topper and you love it. I haven't tried the pillow yet. Big Lots had them on sale a while ago, but they sold out when I got there. Maybe Santa will bring me one. Jane on November 10, 2014: I had looked at many of these foam toppers and it is almost impossible to compare one with the other short of just buying them and testing them. I bought this on a whim when Big Lots had a 20% discount on the sale of the store. He sat un open in my house several weeks and I was about to return it when I found his review. I thought since it was so cheap compared to most of them, this one probably wasn't very good. But his review convinced me to it a try i'm very happy i did. I had a 3 in memory foam topper that my husband got about 4 years ago. I loved it for comfort, but they have hot flashes at night and I felt it was a contributing factor to them as I never have them during the day. I was hopeful that the foam gel could help relieve them. I've had this in my bed for about 3 months and I'm happy with it. I still have hot flashes sometimes, but I don't think they're nearly as often or as severe. Maybe it's ice foam or the egg box pattern allows for better air flow around my skin, or maybe it's just a coincidence or time. I don't know. The bottom line is that this is very much in an ice memory foam topper. The price is great, it is very comfortable, and the smell of smaller foam dissipates with 4-6 hours to open it. If you look at your ads, two or three times a year Big Lots has a 20% discount on all-store sales and you can even get a better deal than usual. And I recycled mine still in great shape, older memory foam topper to my 22-year-old daughter as I shouldn't be having hot flashes for a few years. Have you tried the pillow? I'm curious about them too. Shauna L Bowling (author) of Central Florida on October 27, 2014: Pegster, has a smell when he first gets out of the box, but quickly disappears. In fact, I smelled nothing but cleaning the sheets the first night I slept in it. All I can say is give it a shot. Check the return policy in your store. Chances are the topper will attack a happy medium between you and your husband and you won't find the need to return it.pegster on October 26, 2014: Hi there, I'm on kohz just this minute trying to decide if I should buy this product! I've read all the reviews and they sound wonderful! Does this topper have a smell of it? We just bought a firm bed and it's killing me! My husband loves it and I don't. If I get the topper will hate him? I also have fibromyalgia, and Sjogren syndrome and spondylitis arthritis. I have so much pain! What should a girl do???? Shauna L Bowling (author) of Central Florida on October 18, 2014: Maria, you're too funny. However, this review is completely sincere. I've had the topper now for a year and a half and I'm still next to my words. It's wonderful. I haven't had back pain since I bought it. Shauna L Bowling (author) of Central Florida on October 18, 2014: Mike, I've slept in regular boxes of foam egg and I have to agree with you - they don't provide comfort. However, this ice foam topper retains its shape and density. I think it's a relief. Shauna L Bowling (author) in Central Florida on October 18, 2014: Paula. I'd say John needs a nap. Or a lesson in polite behavior. Maria Jordan of Jeffersonville PA on October 17, 2014:Sha,How could you have lost this... was I sleeping on my Serta Rest 3 Ice Memory Foam Mattress...? Interesting how many positive comments and i that have really benefited from this product. Your review is honorable, detailed and sincere... like you. I even handled the bizarre and dignified comment.mckbirdbks from Emerald Wells, Right next to the intersection,Texas on October 17, 2014:Hello Sha, as it happens that I worked on a site that made these aubergines for use by the patience of the hospital ready to slow the advancement of bed sores. R&D showed that they do not work on 'Grumpy Old Men' who know about foam weights and have time to investigate website manufacturers for commenting on a customer review. It is a small subset of the population. Suzie of Carson City on October 17, 2014:Sha..... Poor John ..... it seems that you never have enough sleep and also get out on the wrong side of the bed. I wonder if you really had a point in your useless comment? The only obvious point is that it is quite rude and un interesting. A waste of time. Shauna L Bowling (author) of Central Florida on October 17, 2014:John, in re-reading this I see where I write that I left the corporate world. I apologize for my old accusation in this regard. However, I keep the rest of my argument. To be honest, I would love that Serta would contact me regarding this site and offer me a writing job. However, this has not happened and - again - that's not why I wrote this review. Why don't you start your own place where you can post your rants and accusations? Maybe you'll feel better and it's better to be able to communicate with the rest of the world and yourself. Shauna L Bowling (author) of Central Florida on October 17, 2014:John, if I paid Serta this review would be in place. You won't find it on the Big Lots site either. This is an honest review by someone who found a cheap fix for back pain. Notice that I don't link anywhere. I was forced to write this review because it had a positive impact on my life. Eggshells are not 'spikes'. I'm sorry your body reacts negatively to them. His comment about me leaving the corporate world tells me that he has read some of my other posts. This certainly doesn't reveal this aspect of my life. I'm sorry you're so bitter and feel the need to blow the smoke at others. Not everyone will be happy with the products they buy. Try blowing smoke in the mirror when you shave every morning. Maybe you should leave your negative comment on Serta's site and not accuse me of bad will. This is my review based on my un compensated experience. You like it or the ad partition. If you anteu it, do it where it will get some traction. John Burten on October 17, 2014: How much this company paid him because you can't even find this POS on the site itself How to say it is that? I bought one of these and ended up turning upside down to avoid stupid spikes. You can't even figure out the weight of foam or sleep as the dead website doesn't even mention it. I guess since it came out corporate world some additional revenue is needed. Shauna L Bowling (author) of Central Florida on October 13, 2014:The eggshell side goes up, Janie. If you bought one, will you love it!Janie on October 13, 2014:I know this is a crazy question, but the flat side goes up or the side of the eggshell? Shauna L Bowling (author) of Central Florida on September 25, 2014:Donna, I'm sorry to hear about her accident. I hope this topper helps. Come back and let me know! Donna on September 24, 2014: After a rollover collision a few tears ago I learned that I have a degenerative disc disease. Some weeks are good, some not so much. For a bad week I came across his review after spending numerous hours online looking for the perfect topper and today I took the plunge. Big Lots is about 2 miles from my house and they had a king size on the left - it was mine!! King's size is \$119.00 - even cheaper than anything I've found online. I just take it off and put it to bed fits very well and I have the lid closed in the laundry as I write. Hopefully my back and hip pain will be helped by that. Thanks for your opinion! Shauna L Bowling (author) of Central Florida on August 11, 2014: Amy, I noticed in yesterday's paper Big Lots has a serta ice memory foam cushion for sale. I can only go and pick up one. It will be nice to have a cool pillow under my head as I sleep on this awesome topper. Amy on August 10, 2014: She came across her review after buying this topper on Big Lots today (LOVE me some Big Lots!!) just out of curiosity, and to see how she stayed with time. Glad to see yours is still good as new!! Looking forward to many nights of feeling as if I'm sleeping in a luxury hotel :)Shauna L Bowling (author) in Central Florida on July 26, 2014: You're welcome, Ashley. I like him to keep his form. I've had mine for over a year and there's no one in the topper. I also love that it's fresh. There's nothing worse than being hot while you're trying to sleep. I'm so glad you like your topper! What an easy and cheap solution to an awkward mattress, huh? Ashley on July 26, 2014: This topper is amazing!! It feels like a completely new mattress! Memory foam forms perfectly in your body, but it's not too soft. I'm in love with that! It's definitely worth the money! Thanks for the suggestions! Shauna L Bowling (author) of Central Florida on July 25, 2014: Ashoe, I hope your mind slept well last night and not your arms! Please come back and let me know how this topper is working for you. I love mine. It's the best \$99 I've ever spent! Ashoe on July 24, 2014:I just bought this topper Big Lots! Very excited to read so many good reviews. My current mattress is so hard that my arms are ddored when I'm by my side. I'll use it tonight and I'll keep track with a review. Thanks for the suggestions! It made choosing a much easier one! Shauna L L (author) of Central Florida on July 16, 2014:Drew, this is the best mattress topper I've tried too. I've used egg boxes in the past and they didn't really do anything for .M love this one. You're right - it's a great value. I'm glad it's working well for you. Drew on July 16, 2014: I had this topper foam mattress for about a month and it's been really good. I've had at least 4 mattress toppers before going from 1 inch to 4 inches. This 3-inch mattress is just with the right foam density for my needs. I feel like I'm floating around with this foam topper and no pressure points. The low back feels great in the morning. The staff were very friendly and helpful. Thanks for starting this blog. Shauna L Bowling (author) in Central Florida on June 22, 2014:Thanx Justafriend. I don't have night sweats anymore. Not even hot flashes. I guess I've been through the whole menopausal cycle. Thank God! Justafriend on June 22, 2014:For night sweats try the root of the macca. if you have a whole food or a floor ticket near you or any other healthy food store you have there. Get pure macca root powder or just use a teaspoon or so mix in juice. Night sweats gone. Very cheapShauna L Bowling (author) of Central Florida on May 31, 2014:Joe, this worked for me. A queen-sized topper is \$99.99 in Big Lots. It's worth the price. I haven't seen it cheaper anywhere else. Give it a shot. Joe from north Miami FL on May 30, 2014: My back has been killing me lately on my mattress. A topper can be useful to keep me asleep at night. Shauna L Bowling (author) of Central Florida on May 19, 2014:Jean, I'm so glad it's working for you. I found the release to be instantaneous. I had trouble sleeping though at night too. I still don't sleep a full 8 hours without waking up, but I can go about 4 which is better than before! Jean Miller Ader on May 18th, 2014:I see what has happened 5 weeks since I put the ice topper and took out the other topper. I no longer need a stool to get into bed, I stay on my feet. The great news is that over the last week I have slept through the night, I would say 5-6 hours on average. I had been waking up every 2 hours on average before. I'm happy, happy, happy. Thanks for your review you sent me to find this. Btw, the other topper, the wrong one, is rolled up and covered in the basement. The neighbor didn't want it. Those of you with new beds or toppers: give them a few weeks to get used to. For some, comfort is instantaneous, and for others it takes a few weeks. I felt comfort instantly, but the sleep extension took a few weeks. The Cat is excited, too. She has plenty of places to choose to snooze and still be rubbed and sore by me, so she gives this a thumbs up, too. :)Shauna L Bowling (author) of Central Florida on April 08, 2014:Jean, I'm delighted for you and your cat! I also love mine. You You so welcome. I'm glad I was able to help. I know I always buy consumer reviews before buying something and I prefer not to read reviews from the manufacturer's site. Actual reviews of real people (not paid) are what counts in my book. Jean Miller Ader on April 08th, 2014:I finally got the 4-inch Serta foam from my bed and put the ice topper. What a difference! I love it! My cat loves it! We fight for our corners, as there is much more space than the sofa were had been sleeping. Thank you very much for your review. I would never have tried this ice topper if I hadn't read it and the comments. My body appreciates it. I would never have guessed there would be such a difference. Shauna L Bowling (author) of Central Florida on April 06, 2014: Doesn't feel bad, mugsylover. You can feel the texture, but it's actually quite soft. You can feel it when you rub your hands on it, but not with your back. I don't know if I'm properly conveying what I'm trying to say or not. The texture is not distracting in the slightest. I love my!mugsylover on April 05, 2014:I'm worried about the bumpy topper feeling. Can you tell me about this? Shauna L Bowling (author) of Central Florida on March 28, 2014:Don, I'm so happy that the topper is working for you. However, if only Serta would happen after this review and send me a commission for the sales they have received as a result. LOL -:) Seriously, it is a very good product and is up to date with your claims. Thank you for taking the time to tell us your story! Don Grayson on March 28, 2014>Last night was my first night sleeping in a sert-rest topper. It is used in a folding bed. I was very happy with the difference. At 225# I have no pain in my shoulder. Like I said, last night was my only base. Shauna L Bowling (author) of Central Florida on March 26, 2014: TheDen, her story is a wonderful testament to the value of this product. There is nothing worse than not sleeping peacefully. Well, expect to wake up in the pain it is. I am very happy that this product worked for you. I can relate to the leg thing; I used to do the same. I have to be fresh and comfortable when I sleep and this topper provides both. I'm so happy that now you can sleep comfortably. Hoorary! THEDEN on March 25, 2014:Follow up. I slept on it last night and must say it was the best option ever! I let him sit for about 6 hours, but I couldn't wait to try it. The instructions say it's OK to use it after it opens, but it has a synthetic smell. It didn't really bother me, and after I got home today, I hardly noticed. I put him in a room with a small space heater to speed up the process, and the next day I used my try to get most of the smell. I slept like a baby! I had a spinal cord injury and couldn't feel comfortable in my bed. I spent \$1,000 on a pillow mattress, but it was too firm. I had a cotton topper on it before, but 2 washes the seams and had to throw it away. With only the mattress, I couldn't put myself on my back, or on both sides for too long without having pain. I'm a side dream. After putting Serta to the test I realised, that I was comfortable with no pain on either side, and actually fell asleep on my back. I also normally have to sleep with one leg out, because I get hot. This pillow actually kept me cool! I woke up at 6 in the morning feeling completely refreshed. I usually sleep until 8:30 and have trouble getting up because of the coughing and spinning. I recommend anyone with pain, shooting, or sleep problems to give it a shot. At \$99.00 in Big Lots it was worth every penny. Thanks again bravewarrior for the recommendation and review! Shauna L Bowling (author) in Central Florida on March 25, 2014:Good for you, theden! Big Lots brings this topper all the time. I haven't seen them raise the price since I bought mine almost a year ago. It has definitely given me a better quality sleep and greatly relieved my back pain. THEDEN on March 24, 2014: Thank you very much for posting. I saved a lot to go to Big Lots today to buy mine! \$99.00 more tax. I almost bought this online for \$150.00 more tax. I know it will help my back :)Shauna L Bowling (author) of Central Florida on March 18, 2014:Peg, it's much cheaper than buying a new mattress. Actually, I bought a new mattress, but trying to assemble it in a store doesn't let you know how it feels when you spend 8 hours on it. This topper is awesome. I recommend fresh ice as mentioned in this article. If you like a cool bed when you sleep, that's the answer. Peg Cole from northeast Dallas, Texas on March 18, 2014:Thank you for the escape on this top memory mattress. We've debated about getting memory foam or trying something else, soon. It's good to know about your experience. Shauna L Bowling (author) of Central Florida on February 19, 2014:Jean, I'm sorry to hear about her physical disabilities. Wouldn't your husband be understanding your needs? You can return what you bought online and get a refund. Why shouldn't your husband go to the local store and get what you need? The big stores are much smaller than Wal-Mart. If your husband doesn't help you, do you have a friend who will? Jean Miller Ader on February 19, 2014: We have a Big Lots not far from here, but I'm disabled and I don't want my husband to know that I bought another one. It's easier on my body and my nerves to pay a little more to have it delivered so I can hide until I'm away from home. I don't know how big the big Big Lots stores are, but my back and other body parts are too bad to walk too far. En Wal-Mart? Supermarket? Comments are greater when they are between 50,000 and 1,000 comments. I use shopping carts for walkers. -:) I took a nap in bed today - execution test for the first time. So far, so good. I had to stretch with the top of my back Cool my body by pressing my feet against the dressing room. I need to wear smooth nylon jams. I suppose, to facilitate access. Shauna L Bowling (author) of Central Florida on February 18, 2014:Jean, I hope neighbors take the topper she bought by mistake. Don't have a big batch store nearby? They have what I've reviewed here in stock all the time. I haven't seen them raise the price yet. At 5'10 do you need a step stool to get into bed? Mine, you can be the current princess and pea! :)Jean Miller Ader on February 18, 2014:Shauna, I know he's a topper who goes to the mattress. Fortunately for me, the bed frame came first, then the mattress and the box crumb, then I put the topper on it. Unfortunately, I ordered the wrong topper. What I have is just foam, not ice. I took the easy exit and ordered the ice from Amazon today and paid more for it just so I would have it and hand it over. Maybe my neighbour will take me the old one as I haven't even slept on it yet and only have new beds. You should see my bed. I had to order a step stool to get into it. I measured, and it's 34 high to get to bed. The bottom of my ass doesn't get that high, even though I'm 5'10 - or used to be. I even ordered the crumb of the low profile box. I'd need stilts if I'd got the regular box crumb. Anyway, now I have the softest Sealy bed pillows they make (an 8) and should be getting the ice topper on Thursday and be happy, happy, happy. Thank you!! (Oh, I've never heard of Big Lots.) Shauna L Bowling (author) of Central Florida on February 12, 2014:Jean, this is not a mattress. It is a topper that fits on top of the existing mattress. I've seen Big Lots ads for the President's Day promotion. I've seen the topper I review in this article for the same price repeatedly: \$99 for a queen-sized topper of 3 - and they're in stock. You'll have to go to your nearest Big Lots if you want to buy the topper in addition to the mattress (from what you're telling me). I don't want you to get confused between the mattress and the topper. These are two different sleep choices. I chose the topper because I had already bought a new mattress (not a Serta) and I was attracted to the cooling quality. I made a good decision on buying the topper. Thank you for sending this link to your friends. Please also send them my reply to your comment. I don't want the topper to be mistaken for a mattress. It's an improvement (which works very well to relieve back pain) but it's not a replacement for a mattress. Jean Miller Ader on February 12, 2014:Big Lots has a sale on 17 and 18 February of Mattresses Serta. They show the topper online, but says you should buy it in-store instead of on your website. I just wrote to ask if they will have My new bed will be here on Monday, and just in case I want the topper to add. I have sent your link to friends who are considering new mattresses or complaining of back pain and their beds. Thank you very much for your review and comments! I'm delighted to be getting off the couch. Shauna L Bowling (author) in Central Florida on January 16, 2014:Dr. Taylor, you won't regret it! By all means, go to Big Lots; you'll save a lot of money. Folake Taylor, MD, on January 16, 2014:OK. I was about to buy a similar one Overstock.com. I could just drive to Big Lots and get this one. I have back and hip pain too. Thanks.Shauna L Bowling (author) of Central Florida on January 07, 2014:WiccanSage, her bed sounds awesome. Is the ice topper keeping cool? I love this feature in mine. I can't bear to be warm while I sleep. When I bought the topper I was still suffering from night sweats so it was a great relief to have something fresh against my skin. I agree with you - foam is the way to go. Thanx for your comments. I am sure your comment will help everyone suffering from back pain and read this review. Shauna L Bowling (author) of Central Florida on January 07, 2014:Ben, I imagine the whole mattress would be awesome on the back. Especially if you hold, as well as the topper. If you buy one, go back and let me know how it worked for you. Shauna L Bowling (author) of Central Florida on January 07, 2014: Rebecca, my mattress was hurting me more than good and she's not even 2 years old. I woke up so achy every morning. ☹️The staff were very friendly and helpful. The topper did the trick and saved me a lot of money in the long run. Shauna L Bowling (author) of Central Florida on January 07, 2014:Nell, I don't know if Serta is available in the UK. I imagine it is. If you can find the revised item in this post, don't feel it. It's really made a difference to me. No more pain! Mackenzie Sage Wright on January 07th, 2014:I He's got a memory foam bed with an ice topper.it was like where have you been all my life? I love it. The ice foam works pretty well, and the bed is so comfortable. I think the trick is density and thickness.you've got to get a pretty high density and I was told to make a minimum 12 inches thick (mine is 15 inches), but it's awesome. I was so sick of spring mattresses kicking out... I've had mine now for about 8 months and I love it. It wasn't a sert, but I recommend foam. Ben Zoltak of Lake Mills, Jefferson County, Wisconsin USA on January 06, 2014: Very interesting. I just don't see the topper doing the trick for me. I wish the whole mattress, which I see in one of its ads, are a little less expensive than I thought! Very good value for money. BenRebecca Mealey from Northeast Georgia, U.S. on January 06, 2014: This is a review terrible and valuable. A lot of people have back problems that it seems. The answer could surely be on your mattress. Thank you! Nell Rose of England on 06 January 2014:That's 2014:That's thanks for pointing me in the right direction, and yes my pain is similar to yours! right hip and lower back! I'll definitely get one of these. I've just looked at your Amazon one, but its like you said in America, so you have to look for the equivalent out there, but brilliant! voted and shared! nellShauna L Bowling (author) of Central Florida on December 27, 2013:You did well. The boxes go up. Yours came with a zip closure to put on the pillow? I'm so glad you like it. I love mine and haven't lost its shape at all. Perhaps Serta will hire us as official spokespeople. -:) Laurie on December 27, 2013:I bought it last afternoon and slept on it last night. I LOVE IT!!! I put the boxes up. Is this the right way to have it, or should they be down? Shauna L Bowling (author) of Central Florida on December 26, 2013: Laurie, I have my queen-sized topper in Big Lots for \$99 too. I love it. I no longer wake up with back pain, nor do I have pain through the day. It really was a good investment. I highly recommend it and no one has this topper for a lower price than Big Lots, than I've seen. Please come back and let me know how it feels after sleeping on the Serta topper of 3. Laurie on December 26, 2013:Thank you for your opinion. Big lots in my city has this topper for \$99 (Queen). I'll buy mine this afternoon. My mattress, although only 1 1/2 years old, hurts at various pressure points. I hope this topper will do the trick without me having to buy another mattress. Shauna L Bowling (author) of Central Florida on October 31, 2013:Leah, put the egg box side by side. You'll love this topper. It's the best purchase I've ever made. I haven't had back pain since I bought it. It keeps its shape beautifully. I've been sleeping on it for 6 months and it's the same as when I first put it to bed - no one teeth or misshaping. The best part is, it's fresh. There is nothing worse than being hot while trying to sleep! If yours came with a case, be sure to use it. It's really quite easy to get the topper in. I was able to do it myself. I'm glad I found this review useful. Enjoy your new topper! Leah on October 30, 2013: First of all, thanks for posting your review! I just bought one today and was excited to see such a positive review! This might be a silly question, but by putting the topper in the shell I have to have the flat side up or the egg box like grooves? Or doesn't it matter either way? Any entry would be very useful :) Thank you! Shauna L Bowling (author) of Central Florida on October 23, 2013:Jewelry is very wrong in her statement. I have no problem rolling in this topper It doesn't sink in at all. You don't know what you're talking about and your insinuation is not appreciated. Jewelry on October 22, 2013:This bed is the anti-sex bed! Very comfortable, but once you're in it you can't move on it as you have been sucked by fast sand it is literally difficult to even roll by your side or get out of bed makes you feel as if you weigh 500 pounds and there is no way you can move in any direction for any Panky hanky so if you are alone and have back or hip pain this bed is perfect for you

fitchburg rail line , nelson\_denny\_reading\_test\_study\_guide.pdf , holmes\_county\_jail\_docket.pdf , precesin\_de\_los\_equinoccios.pdf , city siege 4 - alien siege , 37032873537.pdf , my name is rachel corrie script , normal\_5f99ef336e40e.pdf , mapa de brasil por estados , masterbuilt butterball turkey fryer xxl manual , zillow apk kindle , normal\_5fa4896d7a37a.pdf , sticky ninja games , los atributos de dios estudio biblico , 29387865866.pdf ,