

Get Better Sleep with a Full Size Platform Bed

If you are looking for something to replace your old bed, it is important to get one that is as comfortable as possible. Why is this so important?

- We spend almost 7 years eating,
- over 17 years watching TV,
- and more than 26 years of our lives sleeping!

We spend almost ***a third*** of our lives in our bed, so it is important to get one that will make the time you spend worth it. A full size platform bed is not only comfortable, but it is also attractively designed.

Bed Design

This kind of bed has a mattress on top of a solid platform. It is raised from the floor by means of framing or legs. The space underneath it can be utilized for storing other stuff.

A platform bed is both comfortable and durable. The foundation for this bed is already built up, so it only needs a mattress to be ready for use. It does need a box spring to support it, so it is less complex in construction.

For smaller rooms, having a platform bed is very advantageous. Most platform bed designs allow for storage spaces under the frame. They usually have drawers that have casters. This makes it easy to roll out to get the things that you have stored. Some designs even have locks so that you could securely and privately store your items. This can dramatically decrease the amount of clutter inside your room.

Some other bed designs give your back some discomfort when you sleep. A **full size platform bed** however can give your back much more comfort. It gives somewhat the same level of comfort as mattress or box spring beds provide. With a solid base, it can support any amount of weight quite easily.

Another thing that platform beds have over other designs is that they can be equipped with special memory foam mattresses. It is composed of a gel like substance which conforms to your skeletal structure. This gives you better sleep by eliminating back aches.

There are many designs available for platform beds. Getting one is like having a new piece of stylish furniture in your house. Some are based on minimalistic designs, while others are more classical and contemporary. Whatever style your room may have, there is always a platform bed that matches the theme.

If you want to renovate your bedroom, replacing your bed is a quite viable option. Swapping your old bed for a **full size platform bed** can give you many benefits, like more comfortable sleep and getting additional storage space under your bed. Most

platform beds are quite affordable, so it is really a practical investment if you want to sleep better at night.