

Color of bed and health

You probably don't know that the color of the bed has a certain effect on your health

When choosing to buy sheets - bed sheets and pillow covers, we only pay attention to the colors we like or choose according to each age group. But what you probably don't know is that the color of the bed has a certain effect on health.



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Here are some suggestions on choosing colors to suit your health condition

first

Light orange color - helps absorb Calcium and eat well



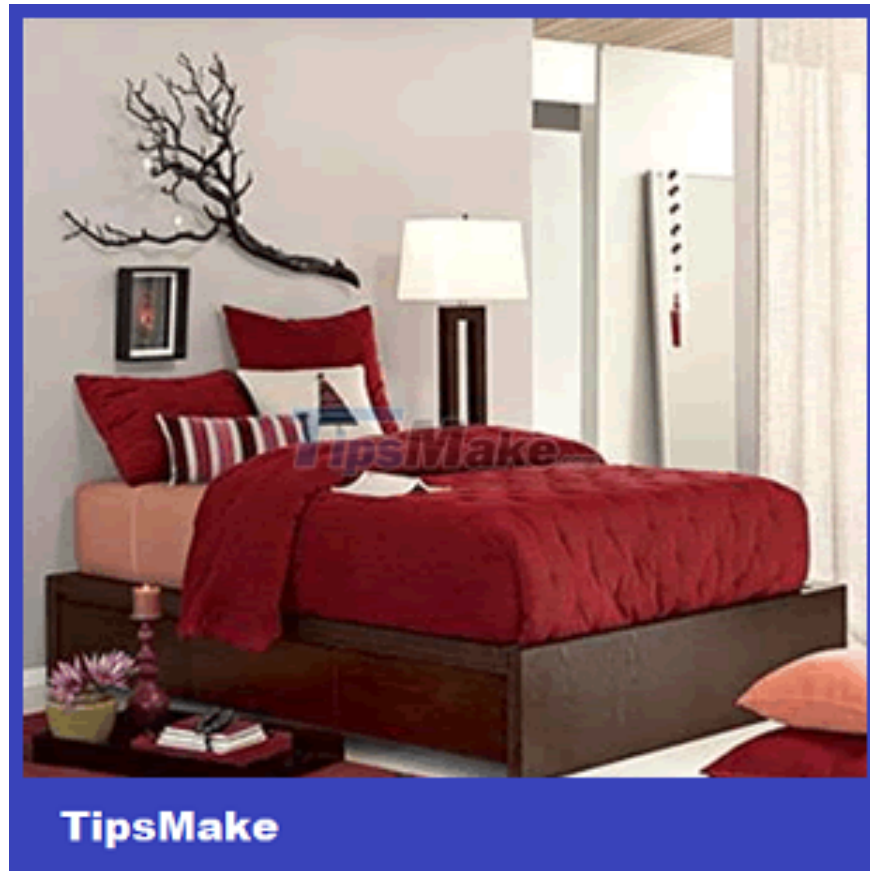
Light orange color - helps absorb Calcium and eat well

With the effect of helping to eat better and absorb calcium better, the elderly can use light orange pillowcases.

In addition, orange-yellow pillowcases also make the spirit excited, happy mood. Or you can choose blue, which helps relieve headaches, reduce fever, and reduce insomnia.

2

Red - not good for people with insomnia, neurasthenia and cardiovascular diseases



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The wedding room should choose bright red gauze, making the room more bright, and at the same time stimulating the nervous system to increase adrenaline secretion, increasing blood circulation. But being regularly exposed to red will make you feel anxious. Therefore, people with insomnia, neurasthenia, a history of cardiovascular disease should not choose bed sheets or red interior decoration. .

3

Light green - helps to calm down



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Those with a temperamental temper should choose light green bed sheets to relax their spirits and reduce stress. In general, light green sheets are suitable for many bedroom styles

4

Yellow - Not suitable for people with depression



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Yellow easily leads to psychological instability, so people with depression should not use yellow bed sheets.

5

Blue - Suitable for people who often use computers



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People with a history of high blood pressure and cardiovascular diseases are best advised to use blue bed sheets because it is beneficial to lower blood pressure and help normal breathing.

In addition, it is also suitable for office people and people who often use computers

6

Purple - People with cardiovascular disease should not use it



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Purple helps balance potassium in the body. Because of its sedative effect, it also inhibits the motor nerves and cardiovascular system, so people with a history of cardiovascular disease should not use purple bed sheets.

7

Indigo - Suitable for patients after surgery



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Indigo affects vision, smell and hearing, helping to reduce pain. This color can be chosen for people recovering from surgery.

8

Pink - Suitable for people with autism or depression



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People who are angry when they see the color pink will calm down because pink has the effect of reducing the secretion of the adrenal hormone that helps to stabilize the mood. People with autism and depression can choose pink bed sheets.

In addition, in spring and summer, the temperature is relatively high, so choose bed sheets with light and elegant colors, choose thin and cool materials. In autumn and winter, the temperature is low, so choose warm colors and thick materials.

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