

MATTRESS BUYER'S GUIDE

QUESTIONS TO ASK YOURSELF BEFORE YOU START SHOPPING

1 Do I need a new mattress?

On average, most mattresses need to be replaced every **8 YEARS**.

Consider who will be sleeping in the bed and plan to make room! Long legs tend to expand at night...



Do you have pets or kids?

Twin
36 x 75

Twin XL
38 x 80

Full
54 x 75

Queen
60 x 80

King
76 x 80

California King
72 x 84

2 What size do I need?

Average Mattress Lifespan

Pillowtop	7 yrs
Innerspring	8 yrs
Hybrid	10 yrs
Memory Foam	10 yrs
Latex	12 yrs

Great for **TALL** people!

3 What type should I buy?

4 Hybrid mattresses are gaining popularity as a combination of latex, foams, coils and other materials.



1 Innerspring is the most common type of mattress, consisting of spring coils.



2 Latex Foam mattresses are known for their comfort and cooling.

3 Memory Foam mattresses are known for support and pressure relief.

4 Where can I buy?

Online

- see multiple brands at once
- can't try before you buy

Department Store

- salesmen can provide info quickly
- highest prices

Factory Direct

- cuts out the middle man
- limited selection

5 What factors do I consider?

- 1 Support**
Check your mattress that keeps your spine in alignment so you don't wake up too tired!
- 2 Comfort**
Make sure the mattress doesn't trigger any pressure points when you lie down on it.
- 3 Edge Support**
Look for a mattress with strong edges to prevent sagging or rolling off the bed at night!
- 4 Durability**
The typical mattress lifespan is 8 years - anything less in a new mattress should cause some flags.
- 5 Motion Transfer**
If your bed sleeps two, try out the mattress with your partner to see how much you will feel them move at night.

When trying out a new mattress, give your body time to relax! 10 minutes laying down should do the trick!

10 MINUTE TEST

6 What about how I sleep?

Stomach sleepers put their spine and back in a less-than-ideal position. Look for a slightly firmer mattress to maintain support!

For back sleepers, look for a mattress that supports your lower back. The nature of sleeping on your back means added stress to that area.

SIDE

STOMACH

BACK

Side sleepers typically lean towards a softer mattress. It allows the bed to conform to your body. Often, Foam mattresses are GREAT for this!

7 How much should I pay?

Bargain Prices

Mattresses priced less than \$500 commonly use inferior materials, have less coil count, or are otherwise cutting corners. Just don't do it.

Cheap Foam Mattresses

These mattresses are less durable, have higher levels of off-gassing, and may use more toxic chemicals.

Traditional Brick & Mortar Stores

These mattresses are the most expensive of them all. You may get a quality mattress, but you're going to really have to pay for it.

Buying Online
\$600-\$1200

Buying factory direct from companies online saves you money and you'll end up with more mattress for your money!

8 Do I need a box spring?

MYTH: All mattresses require a box spring.
FACT: In many cases, **wood slats** will do the same thing. This works great for platform beds. Check your mattress warranty to know for sure!

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Consumer Reports



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Mattress Buying 101 Allie Amrein, 2021-10-18 Other than purchasing a house or car your mattress is one of the biggest financial decisions you will make in your lifetime Don't just go buy a mattress win the mattress game Go behind the scenes with a mattress insider and learn how to negotiate the sales floor and your mattress sale from beginning to end In this book you will discover INTRODUCTION CHAPTER ONE HOW TO KNOW IT'S TIME The Importance of Sleep CHAPTER TWO UNDERSTANDING THE BASICS Innerspring Foam Hybrid Others Worth Mentioning And so much more Get your copy today

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Cyprus Property Buying Guide, **Consumer Reports Buying Guide** Consumer Reports, 2007-11 This is the 2008

edition to get help with trusted product reviews and comparisons Choosing the Best Mattress: An Experiment in Testing Whether Individuals Choose a Bed That Leads to Improved Sleep Sean O. Hogan, Jack D. Edinger, Gayle S. Bieler, Andrew D. Krystal, 2011-08-07 A comfortable mattress is said to be an essential ingredient in a good night's sleep but we have little understanding of the effects of sleep surface on sleep outcomes such as daytime drowsiness or energy Most studies devoted to testing the effects of sleep surface on sleep have been hampered by methodological shortcomings these include having small numbers of subjects and evaluating a narrow array of bedding systems We hypothesized that motion and self reported measures of sleep quality and outcomes would demonstrate that the optimal mattress would differ from person to person We hypothesized that individuals would be able to select one mattress from among several under showroom circumstances that would lead to optimal rest We find that optimal mattress firmness varies among individuals and is reflected at least to a degree by overnight motion When allowed to test mattresses in a typical showroom experience individuals choose a mattress that does not minimize overnight motion and maximize perceived sleep quality This suggests that they may not be receiving the health benefits that come from optimal rest Therefore both manufacturers and sleep scientists could improve sleep outcomes by testing ways to help consumers select a mattress **N.H.A. Buying Guide for Nursing Home**

Administrators, 1965 **The Pain-Proof Pocket Guide** Wyatt Myers, Editors Of Prevention Magazine, 2015-01-30 This must have guide proves that you can live a fun and active life free of both chronic and short term aches The best part There's no need for a complete overhaul or for expensive drugs and treatment In The Pain Proof Pocket Guide you'll learn to make small basic changes that will instantly boost the quality of your life This handy and user friendly book provides at a glance information such as A complete and delicious inflammation fighting diet including the 8 scientifically proven pain preventing foods A corresponding shopping list and recipes designed to make it as easy as possible for you to eat to beat pain Ten natural supplements that help shut off pain and protect your body from further harm Nine easy effortless stretches that will soothe any hurting body part A calming yoga routine that increases flexibility and relieves stress Often overlooked yet simple ways to transform your home and work spaces to minimize wear and tear on your body The Better Business Bureau A to Z Buying Guide Virginia Schomp, 1990

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