

TWIN	TWIN XL	FULL	FULL XL	QUEEN	SHORT QUEEN	KING	CAL-KING
							
38" x 75"	38" x 80"	53" x 75"	53" x 80"	60" x 80"	60" x 75"	76" x 80"	72" x 84"
SPLIT QUEEN	SPLIT KING	SPLIT CAL-KING	SPLIT ALASKAN		SPLIT TEXAS	SPLIT WYOMING	
							
39" x 39" x 80" x 80"	39" x 39" x 80" x 80"	36" x 36" x 84" x 84"	54" x 54" x 108" x 108"		40" x 40" x 98" x 98"	42" x 42" x 84" x 84"	

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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 **Distribution Data Guide** ,1959 [How to Open and Operate a Bed & Breakfast](#) Jan Stankus,2011-12-20

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