

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

Average Mattress Lifespan

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

2 What size do I need?

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?

- Support**
Check your mattress that keeps your spine in alignment so you don't wake up too tired!
- Comfort**
Make sure the mattress doesn't trigger any pressure points when you lie down on it.
- Edge Support**
Look for a mattress with strong edges to prevent sagging or rolling off the bed at night!
- Durability**
The typical mattress lifespan is 8 years - anything less in a new mattress should cause some flags.
- 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.

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!

Mattress Buying Guide

Katrin Zwirglmaier



Mattress Buying Guide:

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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Gizmo Buying Guide Heather Maclean, 2008-02-12 Real moms reveal the secrets to successful baby gear shopping You've waited your whole life to get your hands on that magic baby product scanning gun And it's brilliant fun For the first three hours And then it gets downright overwhelming You know you need a crib but what about a bassinet a cradle or a play yard The stroller you love comes with a carry cot but can you actually carry the baby in it Will you be able to get the green beans out of the cracks in that adorable high chair You're a smart chick why is this so hard It doesn't have to be The Baby Gizmo Buying Guide is the most comprehensive guide to baby products on the planet Heather Maclean and Hollie Schultz the founders of BabyGizmo.com a product testing and research coalition of moms pediatricians and child development experts walk you through not only standard purchases like car seats and high chairs but also new generation choices like luxury stroller systems and designer diaper bags Amidst Heather and Hollie's real life mom stories and confessions yes they tasted the toys on their babies activity centers you'll discover What you really need versus what's just nice to have Which products to include and not include on your baby registry The best time of the year to buy certain items Which products to store in the perfectly packed diaper bag How to avoid the bad baby product buying cycle Even which products can make you pretty The Baby Gizmo Buying Guide will help you select the right products for your unique needs and lifestyle so you can bask in the bliss of a perfect purchase stroll with confidence and know your neighbors have diaper bag envy *Buyer's Guide*, 1990

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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