

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.

VERY SOFT

SIDE

STOMACH

BACK

VERY FIRM

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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Table of Contents Mattress Buying Guide

1. Understanding the eBook Mattress Buying Guide
 - The Rise of Digital Reading Mattress Buying Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Mattress Buying Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Mattress Buying Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mattress Buying Guide
 - Personalized Recommendations

- Mattress Buying Guide User Reviews and Ratings
- Mattress Buying Guide and Bestseller Lists
- 5. Accessing Mattress Buying Guide Free and Paid eBooks
 - Mattress Buying Guide Public Domain eBooks
 - Mattress Buying Guide eBook Subscription Services
 - Mattress Buying Guide Budget-Friendly Options
- 6. Navigating Mattress Buying Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Mattress Buying Guide Compatibility with Devices
 - Mattress Buying Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Mattress Buying Guide
 - Highlighting and Note-Taking Mattress Buying Guide
 - Interactive Elements Mattress Buying Guide
- 8. Staying Engaged with Mattress Buying Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Mattress Buying Guide
- 9. Balancing eBooks and Physical Books Mattress Buying Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Mattress Buying Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Mattress Buying Guide
 - Setting Reading Goals Mattress Buying Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Mattress Buying Guide
 - Fact-Checking eBook Content of Mattress Buying Guide

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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