

# MATTRESS SHOPPING TIP SHEET



www.bettersleep.org

## a word about “firm”

Don't rely on product labels to tell you which mattress will give you the right support. One manufacturer's “firm” may feel harder than another's “extra firm.” The only way to find out if the support is right is to lie down and try.

## a word about the warranty

Don't look to the warranty to tell you how long to keep your mattress and foundation. It's there to protect you against product defects, not against the gradual loss of comfort and support.

### 1 COMFORT

Gone are the days when a mattress had to be “hard-as-a-board” to be good for you. A too-hard mattress may only succeed in putting your shoulders and hips to sleep. Make sure the bed helps you feel cradled in comfort, cozy and secure.

### 2 SUPPORT

Correct support is the essential ingredient for a healthy body. A good mattress and foundation will gently support your body at all points and keep your spine in the same shape as a person with good standing posture. Pay special attention to your shoulders, hips, and lower back—the heaviest parts. If there's too little support, you can develop back pain.

### 3 DURABILITY

It's the quality of the materials used and how they're put together that determines how long a mattress and foundation will provide optimal comfort and support. The best assurance of good performance over many years is to buy the highest quality sleep set you can afford.

### 4 SPACE

Cramped quarters can turn sleeping into a nightly wrestling match. A healthy sleeper moves anywhere from 40-60 times a night, including some dozen full body turns. If you sleep with a partner, be sure to select queen or king size. Both are not only wider, but several inches longer than the standard “double” (full size), which offers each sleeper only as much space as a baby in a crib.

## Take the **SLEEP** Test

Follow these five tips when shopping for your new mattress:

- 1 **S**elect a mattress
- 2 **L**ie down in sleep position
- 3 **E**valuate the level of comfort and support
- 4 **E**ducate yourself about each selection
- 5 **P**artners should shop together

## Mattress Size **CHART**

California King	<b>72" x 84"</b>
King	<b>76" x 80"</b>
Queen	<b>60" x 80"</b>
Full (“double”)	<b>53" x 75"</b>
Twin	<b>38" x 75"</b>