

Mattresses



The 3 Types

- 1.) Memory Foam
- 2.) Innerspring
- 3.) Adjustable Air

To determine the mattress that's best for you, we recommend using the process of elimination to weed out the ones you don't like. Go to a retailer and use the "rest test" to narrow down your choices. As you lie down on the mattresses, pay attention to three of the mattress's most important features: **Comfort, Support and Space.** The mattress that best fulfills the combination of these needs is the "best" mattress for you.

Picking the Perfect Mattress

A mattress has the potential either to encourage sleep or rob you of sleep. Whether your mattress is a sleep friend or a sleep foe, it can determine how refreshed you feel in the morning. If you're tossing and turning more at night or if you're waking up feeling stiff or sore after a night's sleep, it could be a sign that your current mattress is no longer the best for you. Your body appreciates a comfortable, supportive mattress and will let you know if it's not up to the task.

Low-quality, uncomfortable mattresses have been linked to sleep discomfort and pain, and chronic pain can prevent quality sleep. Those who struggle with sleep deprivation may suffer from a sour mood, slower metabolism, and impaired immune function.



Shopping Tips

1. Lie Down - If possible, lie on any mattress that you're considering. Spend at least five or ten minutes on each side and on your back
2. Check Return Policies - Make sure the store offers a full refund or credit toward another mattress.
3. Don't be Bullied into buying a Box Spring - You might not need it. If you're switching to a foam or adjustable-air bed from an innerspring, you'll need a boxy foundation that lacks springs and wire. Otherwise, if your box spring isn't broken and is still structurally sound, consider keeping it and saving money
4. Understand the Warranty - It can range from 10 to 25 years and covers only manufacturing defects such as sagging and loose or broken coil wires. Some coverage can decrease over time.

If you sleep with a partner, bring that person with you to test out the mattresses. After all, you will need to reconcile what you like best with what your partner likes best. What's best for me may not be best for you. When it comes to mattresses, there is no one-size-fits-all. After all, we're all built differently and have different comfort and support preferences, therefore the same mattress would not be the "best" for all of us.