

# How to Choose a Mattress

A good night's sleep is sometimes all it takes to wake up the next day feeling ready to conquer the world.

Investing in a mattress is one way to improve your quality of life. Try sleeping on an old mattress. Chances are, you won't feel rested in the morning. Check for special financing offers. A good night's sleep & your health is worth investing in!

Shopping for a new mattress can be fun. Don't be afraid of looking at pricier options. Often, expensive mattresses may be on sale or part of a closeout event. Quality mattresses last longer, so you will not have to go through the trouble of buying another mattress in a year or two. Or worry as much about the mattress sagging and breaking down.

Consider your bed size. Is it time to buy a bigger bed? Perhaps you would like to sprawl out and relax.

Here are a few other things to keep in mind:  
 - Do you need a firm or soft mattress? People with a bad back, neck or leg pain, or other circulatory problems might require firm support to keep their spines aligned. Other people prefer flexible support that fits the contours of their bodies.

- Do you sleep with another person? Mattresses made of memory foam might be beneficial, as it will give you a personalized experience without disturbing the other person's sleep.

- Standard mattresses allergies if you are cotton, dust or dust your partner have getting a latex, foam You might also think a hypoallergenic



can exacerbate sensitive to lint, mites. If you or allergies, consider or water mattress. about getting mattress cover. at actual mattress

When you are looking options, the following are popular choices:

- Pillowtop mattresses are famous for their softness; however, they do have levels of firmness. They also require a larger bottom sheet because the pillowtop adds to their extra thickness.

- Coil spring construction are great choices for people who want a firm mattress. This option has the ability to keep your spine aligned. Most mattress stores can show you samples of their product lines. Choose the best construction you can afford.

- "Memory" or high-density foam or latex mattresses are helpful if you have physical issues, such as skeletal pain or circulatory problems. This mattress conforms to the shape of the body. It also minimizes pressure points from the head, shoulders and hips.

- Adjustable air mattresses allow each person to change the firmness through electronic and mechanical devices that control air chambers. It is an ideal choice for partners who need to have different mattress preferences. You can also alter firmness for yourself, depending on your physical condition.

When shopping for a mattress, don't be afraid of lying down and trying it out. Roll over and pay attention to how your body feels. Are you comfortable?

Inquire about the mattress guarantee or warranty. A standard warranty is 10 years.

Remember, your mattress is a long-term investment. Choose wisely and you will be rewarded with years of restful nights and energetic days.

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\*Source: Furniture Today Top U.S. Bedding Producers, June 1999-2015. The Serta Bed Set and other featured products are registered certification marks and trademarks of Consumer Digital Communications, LLC, used under license. For award information, visit ConsumerDigital.com. Winner/Certified Inc. does not in any way endorse any business, brand, product and/or service, but instead reports the collector's opinion and judgment of tender customers. Visit www.enhanceyourward.com to learn more.

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