



Shopping for a Mattress 2005

Your body should tell you when it's time for a new mattress – but are you paying attention? If you regularly wake up feeling stiff and sore, or if you aren't sleeping as well as you did a year ago, it might be time to replace what you're sleeping on. There are many factors to consider when purchasing a new mattress.

- Mattresses wear at different rates, so the average lifespan of a mattress varies.
- The best way to know if it's time for you to replace your mattress is to consider your personal comfort level, lifestyle and changes in your body.
- Changes in lifestyle and age can affect your need for support or comfort preferences in a mattress.

Clues it's time for a new or different mattress:

- If a simple check of your body and lifestyle isn't enough, consider checking your mattress twice a year for wear and ask yourself the following specific questions:
 - *Are you sleeping better or worse than you did a year ago?*
 - *Are you waking up with back pain or feeling stiff and sore?*
 - *Would a new mattress improve your sleep?*
 - *Are you having your best night's sleep somewhere other than your own bed?*

What to look for when shopping for a mattress:

- Consider space needs and take your partner with you when mattress shopping. It's important to find something to meet both you and your partners support needs and comfort preferences. Couples should sleep on a queen or king size mattress to ensure sufficient space.
- A mattress that's right for you will keep your spine in proper alignment as well as provide ample comfort for your body.
- A mattress and foundation are designed to work together; therefore it is crucial that the mattress and box spring are from a matching set.
- Utilize the **SLEEP** test
 - Select a mattress
 - Lie down in your sleep position
 - Evaluate the level of comfort and support
 - Educate yourself about each selection
 - Partners should try each mattress together