

## Choosing Your New Mattress

When shopping for your new mattress, here are a few tips to help you select the right mattress:

- ♦ Allow yourself plenty of time to “test rest” several models, don’t be rushed, take your time.
- ♦ Wear loose fitting, comfortable clothing.
- ♦ Do not begin “testing” mattresses after just having eaten. Everything will feel good (for all the wrong reasons!)
- ♦ Discuss with your sales consultant your mattress needs, what has or hasn’t worked for you recently, your comfort preferences, and whether you normally lay on your back, stomach, or side.
- ♦ If you sleep with a partner, discuss their information also. This will help determine the type of mattress best suited for you.

## Testing A Mattress At The Store

You may consider a mattress set a “tool” whose purpose is to provide you the means to achieve quality uninterrupted sleep.

A mattress set has two distinctive properties that lend themselves toward that goal.

The first is **support** – the ability of the mattress to suspend your weight and align your body within its “perceived normal tolerances”.

The second is **comfort** – your subjective opinion of feel that appeals to you

The purpose of “testing” mattresses is to identify the candidates that offer the **support that works for you** with the **comfort that appeals to you**.

- ♦ When testing a mattress you should lay still in your position of choice (lay the way you would if that mattress was in your home) for an “appreciable period of time”, usually not less than 5 minutes nor longer than 20 minutes. During this relaxation time, as your muscles are relaxing, your body is changing the way it conforms into the mattress surface. The goal is to achieve **total muscle relaxation**.
- ♦ If your body is aligned properly, your muscles will fully relax, if not, it indicates that your body is not being supported properly.
- ♦ When at rest, your body will always try to protect itself against improper spinal alignment and undue pressure upon your joints.
- ♦ The three typical warning signs of improper support you may experience while testing a mattress are:
  1. **Muscular discomfort** – becomes apparent after you’ve lain still for a few minutes
  2. **Noticeable pressure** on your down-side joints (shoulders, hips, and or knees)
  3. The **urge to change positions** (toss and turn)

If you experience any or all of these conditions, the mattress you’re testing is not right for you.

If you feel you have achieved total muscle relaxation and have not experienced any of the three warning signs listed above, now focus your attention to evaluate how the mattress set feels... are you ready to go to sleep? If you “melt into the bed” and you like the overall feel of the bed, then that mattress becomes a candidate for consideration to purchase, as like a tool, it “works for you”.