

Sweet, Peaceful Rest

QUALITY SLEEP IS CRITICAL TO OVERALL WELL-BEING

Few things affect daily life as much as getting a good night's sleep. From how well we perform at work or school to our overall mood, every day feels better when we wake up feeling completely rested.

Unfortunately, many people take sleep for granted. One of the most critical parts of our sleep habits — our mattress — can start to sag and lose its support over time, leading to pain or sleepiness that could be alleviated with a modest investment in a new sleep system.

November is National Sleep Comfort Month, making it the perfect time to think about replacing a worn-out mattress ahead of the holidays.

A COMPLETE SET

One of the common misconceptions about mattresses is that you can replace the top mattress without replacing the box springs, or support structure underneath it.

That's not a good idea. While it might feel the same at first, after just a few months or years the mattress will be likely to show premature sagging and wear.

That's because today's box springs are engineered to support very specific mattress models. Your old box spring system would not only be worn out, but it also would not be engineered to support the mattress in the proper places to make it last longer and pro-



vide a better sleep experience.

To get the most out of your mattress, always buy it with the correct box spring set.

SOFT, FIRM OR BOTH?

Everyone has their own preferences about mattress hardness.

Many people prefer firm mattresses to support their spine, while others find that soft, supple mattresses are more comforting.

Whatever you prefer, you should remember that your initial impressions may be very different from your experience after a full night's sleep — or even a full week.

It takes time to decide the right firmness and mattress type for your needs, so ideally you should find a mattress retailer that will take it back if you're not happy after trying it out in your own home.

Likewise, air mattresses that can be adjusted to different levels of firmness are becoming a more popular option. Just make sure that you're a smart shopper and fully understand the warranties to get a mattress that will be a good choice for the long term.

Types of Mattresses

MATTRESSES ARE ALL ABOUT WHAT'S ON THE INSIDE. HERE'S A LOOK AT FOUR TYPES THAT ARE POPULAR TODAY.

Innerspring: These are the most traditional and popular types of mattresses. They contain hundreds of coils to support the body. Generally, the more coils they have, the more support they will provide.

Memory foam: Gaining rapidly in popularity since the 1990s, memory foam mattresses are temperature sensitive. Heat from the body makes the foam softer, giving the sensation of "melting" into the mattress.

Latex foam: Instead of using springs, foam mattresses use a latex core to support the body. They offer a combination of the comfort of a traditional mattress with the conformity of foam.

Air: Another option, while typically more expensive, is a high-end air mattress. They feel similar to an innerspring mattress, with the added benefit of being able to adjust the air pressure to create the optimum level of firmness.



Invest in Comfort

GET A QUALITY MATTRESS FOR LONG-TERM SATISFACTION

Like so many other purchases, you generally get what you pay for when buying a new mattress. While you might find a cheap product for \$200, it's not likely to last very long or provide optimum comfort.

The great thing about buying a quality mattress is that it's designed to last. Buying a better grade mattress is often a more economical choice when you spread the cost out over many years, costing just a few dollars per month for a great night's sleep.

The most important thing is buying a mattress that makes you feel rested. Skimping on price up front could lead to years of waking up with regrets.

PICK THE RIGHT STORE

While different mattresses may look similar on the outside, they're built completely differently on the inside.

That's why it's important to find a mattress retailer with a great reputation in your community. Not only will they have a good selection of mattresses from well-known name brands, but they also will be able to provide expert advice to help you find the best mattress to match your needs and your budget.

One of the best ways to find a good mattress store is asking your friends who they use. Everyone has a mattress in their home, so don't be afraid to ask for recommendations from friends and family.

CONSIDER THE WARRANTY

Aside from the advice of a mattress expert, one way to tell the best mattresses is from their warranty length.

Mattresses that are built strongly — often with more springs or better engineering — will likewise come with long-term warranties to back them up. Manufacturers generally won't warranty a mattress for many years unless they have faith that the product will actually keep you happy for that long.



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SHOPPING TIP

Here's an idea for mathematically inclined shoppers: When making the choice between two similar sleep systems, you might consider dividing the price by the number of years in the warranty. Make sure the warranties offer similar coverage, though, so you'll know you're comparing apples to apples.