

HOW TO BUY A MATTRESS



How much time should I spend trying out mattresses?

Give yourself time to invest in a product that you will rely on for years.

If you have identified your preferred retailer, set aside no less than 30 minutes to test mattresses. When you consider that you may sleep on your mattress for more than 20 years, you owe it to yourself to consider your options.

How many mattresses should I lie on?

Lie on at least 6 mattresses for 3 minutes each.

Even though you may lie on more mattresses, make sure you spend at least 3 minutes on each of the 6 beds. But remember that the longer you lie down, the more likely you are to feel relaxed.

What should I consider when I buy a mattress?

The longer your stay in the mattress store, the more likely you will grow tired.

You will naturally become lethargic the longer you lie on mattresses. Thus, when you find the mattress that feels the best, make sure to take a break from lying on it. You might take a 2-minute walk around the store, or you might just sit up for a period of time. But be sure to return to the bed you preferred. If you still like the way it feels, you may have identified your next bed.

Shop with your sleep partner.

Make sure your partner will enjoy sleeping on your new mattress.

If you have children or pets that sleep with you, consider their size when choosing a mattress size.

Make sure you are well rested and refreshed when you search for a mattress.

When you are tired, you are more likely to enjoy the mattress you are lying on.

To get the most accurate impression of a bed, make sure you feel well rested. We suggest visiting the retailer between 10:00 am - 11:00 am or between 3:00 pm - 6:00 pm.

Know what you sleep on, and know how to talk about your sleep.

Talk with the sales associate about what you are currently sleeping on.

Be prepared to talk about how you feel when you sleep on it. Do you wake up with pain? Do you have allergies? Do you have trouble breathing? Tell your sales associate how you feel when you wake up and good to bed.