

# 5 POINT MATTRESS SHOPPING CHECKLIST

## Know Your Sleep Position

1

**Side Sleepers:** Focus on your pressure points (shoulders, hips). Recommended feel- Medium to Plush Mattress.

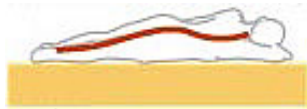
**Stomach Sleepers:** Beware of a soft mattress.

Recommended feel- Medium to Firm Mattress.

**Back Sleepers:** As long as the mattress is conforming to your natural “S” curve then Plush, medium or firm can all be an option.

## Know Your Support

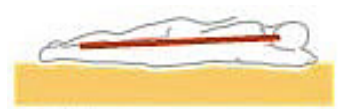
2



Too Firm



Too Soft



Just Right

## Know Your Materials

3

The materials in a mattress greatly affect the durability of the mattress. It's important to know what's in your mattress to help make sure it fits your requirements when looking.

**Latex:** make sure it's 100% all-natural latex or blended. Latex lasts the longest of the three and if you want to stay more natural then latex is the way to go.

**Memory Foam:** Don't go with anything less than 4 or 5 lbs density. Also make sure it is an open cell foam.

**PolyFoam:** Make sure the density is no less than 1.8lb.

4

## Know Your Budget

Before going mattress shopping decide on a budget that's comfortable for you.

Heres a budget guide to help you out.

### BUDGET GUIDE

1-5 years: \$200-\$500, 5-10 years: \$500-\$1300, 10-20 years: \$1100-\$2500

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## Know Your Comfort

When you first lay on a mattress your body is tense and not relaxed. We recommend you spend at least 3-10 minutes on each mattress to give your muscles and joints time to relax. Doing this will allow your body to detect any uncomfortable pressure points or pains that are not being relieved by the mattress.