

# Mattress Buying Guide



## *The importance of a great mattress*

At Sealy Posturepedic, everything we do is designed with you in mind, to ensure you experience a great night's sleep. That's because we know that getting the right amount of quality sleep each night makes a difference to your health and vitality.

This guide is designed to help you choose the right mattress - one that supports your sleeping habits and your lifestyle.

## *What type of mattress is best for me?*

There are two main mattress types, each with different technology features that provide a different sleep feel.

### **INNERSPRING MATTRESS**

Sealy mattresses are constructed using coil springs, arranged in a structured way to form the core of the mattress. A combination of specially selected comfort layers and premium natural materials are applied above the spring unit to assist in conformance and pressure relief.

**Sealy innerspring mattresses have many benefits, including:**

- A support system that has been designed with orthopaedic and sleep scientists to properly cradle your body, relieve muscle tension and align the body to its natural position
- Greater air circulation for a healthier, more comfortable sleep experience
- A durable structure that provides years of performance for ongoing use



### **FOAM MATTRESS**

Designed with advanced components, Sealy Optimum™ foam mattresses feature a unique combination of superior visco-elastic foams to create the ultimate in comfort and pressure relief.

**Sealy Optimum™ mattresses have many benefits, including:**

- Pressure relieving layers which contour to the body, aiding in increased circulation
- Firmer foam layers to deliver a high level of conforming support
- Reduced motion transfer



# Comfort levels

Comfort levels range from very soft to extra firm - so it is best to find out your comfort preference first. Try several different comfort levels when you're in-store.



Very Soft



Very Hard

## Which bed is right for my sleeping position?

### FRONT SLEEPER

Look for a firmer comfort layer with a good quality support system so that your spine is aligned throughout the night. Mattresses that are too soft may cause lower neck and back pain through allowing your body to curve too much.

### SIDE SLEEPER

You'll sleep well on a mattress that has a softer comfort rating, allowing your shoulders and your hips to push deeper into the mattress than the rest of your body. This helps disperse pressure and improves circulation, reducing the chance of tossing and turning at night.

### BACK SLEEPER

A medium amount of comfort - not too hard or too soft - is just right for you. This will ensure that your shoulders, back and hips are cradled with the right amount of cushioning, while the rest of your body can enjoy absolute comfort.

## Other things to consider before heading into store

### ARE YOU SHARING YOUR BED WITH A PARTNER?

Comfort and support are key to avoid tossing and turning during the night.

- In many cases, the need to roll over regularly comes from feeling sore or uncomfortable which often triggers the second person's movements. To prevent both from tossing and turning, the right comfort and support are essential.
- The size of the mattress is also important as some people need more space around them than others. This can affect the overall quality of your sleep.

### IS THE MATTRESS FOR A CHILD OR A GUEST?

- If you are purchasing a mattress for a child, consider the right size for their needs. It may be worthwhile investing in a bigger bed, so they don't outgrow it too soon. A good night's sleep is especially important for young children, as it directly impacts mental and physical development.
- If you are buying for a guest room, consider a mattress that will cover a wide variety of different sleepers - a medium to firm mattress is usually recommended in this case.

### TEMPERATURE

- If you like a warmer sleep, a softer mattress could be better for you, as there is more material and surrounding insulation. On the contrary, firmer mattresses are better if you like a cooler sleep, as the elevation of the mattress surface will help you sleep.
- Other factors to consider are your choice of bedding, the mattress protector and the room temperature or air-flow in the room.

### ALLERGIES

- Choose a mattress that has been designed to reduce allergies and look for options that contain natural materials in the upper layers of the mattress - such as wool, silk and other natural fibres.
- A mattress protector can also help to protect against bed bugs, dirt, and allergens.

### HEALTH

- A good balance of comfort and support is key when selecting a mattress, as it helps to keep the spine aligned and may assist with back ailments or injuries.
- If you are experiencing sleep issues due to health reasons, speak to your medical practitioner about your best options.

## *Shopping tips*

- Buy the best quality you can afford. Good quality mattresses aren't cheap, but this doesn't mean you have to spend a fortune to get the right one either. What's most important is finding a mattress that supports you and makes you feel comfortable.
- Dress comfortably and take your pillow along to the store, so you can recreate your normal sleeping environment.
- Be sure to try out each mattress and take the time to feel the difference, making a note of what you liked and what you didn't.
- Lie on a few different beds within your comfort level, and make sure to ask a retail sales person for guidance on the various features and benefits of each range.
- Try before you buy - taking the time to lie on the bed is a valuable investment. Make sure you lie down on each bed for at least 10 minutes in your normal sleeping position to help determine the best bed for you.

## *When you get your mattress home*

- When you receive a new mattress, it may have a 'new mattress' smell to it, so remove the packaging and give it time to air out before putting on your mattress protector and sheets.
- Some people find that their new mattress feels a little different from when they tried it in-store. Often, it may feel slightly firmer as it's never been laid on before. Keep in mind that store mattresses have been tried several times, so they'll feel softer than one that is brand new. If this happens, just give it a try - it should soon be how you remembered it to be!
- To provide adequate comfort, a mattress will have various layers of padding and foam. As you lay on the mattress, a body signature will start to form in the place where you sleep. To prevent these impressions from forming too quickly, we recommend rotating the mattress every 3 - 4 months or with the change of season.

## *Further mattress buying tips*

If you need extra assistance, please get in contact with us, as we would love to help answer any other questions you may have [www.sealy.co.nz/webform/contact-sealy/](http://www.sealy.co.nz/webform/contact-sealy/)

You may also find it helpful to try our bed selector tool to help get you started [www.sealy.co.nz/bed-selector/](http://www.sealy.co.nz/bed-selector/)