

## Do I Need a New Mattress?

How do you know if your mattress is robbing you of sleep? Sometimes it's obvious that your old mattress has seen better days; sagging, worn fabric and protruding coils are all signs that it's time for a new one. Sometimes it may not be so obvious, try asking yourself these simple questions:

- Do you wake up with pain or stiffness?
- Are you not sleeping as well now as you were a year ago?
- Have you had your best night's sleep somewhere other than your own bed?
- Do you feel pain or tingling in your arm when you sleep?

If you answered 'yes' to any of these questions, a new mattress may help you sleep better.

### **Good to know before you buy:**

Here is a checklist of things you should do before you buy a new mattress.

- Establish your needs; consider the comfort and performance required from your new mattress.
- Visit retailers' and manufacturers' [websites](#) and print out the details of the mattress models that you're interested in. Keep in mind that you should shop by type of mattress rather than brand. Most major retailers carry the same types of mattresses under various brand names.
- Record the measurements of your bedroom, hallways and doors, and take them with you to the store to ensure that the mattress you choose will get to where it is going easily and fit properly into the space.
- Shop at a reputable retailer and ask for advice and recommendations based on your needs.
- Don't be afraid to "test drive" and compare mattresses in the store. Couples should test the mattress together for motion isolation and comfort levels.
- Ask to see a cross-section of the mattress to see what you're getting.
- Make notes of the retailer, mattress type, brands and prices so you can easily go back to the one you like best.