When Buying A New Mattress - Checklist

Step 1: Know Your Needs

Sleep position:

- Side Sleepers → pressure relief for shoulders & hips (memory foam or hybrid).
- Back Sleepers → medium-firm support to keep spine aligned.
- Stomach Sleepers → firm support to prevent lower back sagging.

- Health Considerations: Back pain, joint issues, or allergies may influence material choice.
- Budget Range: Decide how much you're willing to invest before shopping.

Step 2: Evaluate Mattress Types

- **Memory Foam:** Great pressure relief, motion isolation, but can sleep hot.
- **Hybrid (Foam + Coils):** Balanced support and comfort, often cooler.
- **Innerspring:** Classic bounce, strong support, but less contouring.
- **Latex:** Durable, eco-friendly, cooler than foam, but often pricier.

Step 3: Test For Comfort & Support

- Lie in your **usual sleep position** for at least 10–15 minutes.
- Check **spinal alignment** - your back should feel supported without sagging.
- Move around - does the mattress respond well, or feel too soft/too firm?
- If shopping online, look for detailed **firmness ratings** and user reviews.

Step 4: Practical Considerations

- **Trial Period:** Look for 90-365 night trials so you can truly test it at home.
- **Warranty:** At least 10 years for quality mattresses.
- **Return Policy:** Easy returns or exchanges if it doesn't work out.
- **Delivery & Setup:** Check if free delivery, removal of old mattress, or white-glove setup is included.
- **Certifications:** Look for CertiPUR-US® or OEKO-TEX® to avoid harmful chemicals.

Step 5: Long-Term Value

- **Durability:** A quality mattress should last at least 7–10 years.
- **Maintenance:** Some can be rotated or flipped to extend lifespan.
- **Breathability:** Cooling features (gel foam, coils, breathable covers) matter if you sleep hot.
- **Motion Isolation:** Important if sharing the bed with a partner.

BetterSleepAdvisor.com