When To Replace Your Mattress - Checklist

Signs It's Time For A New Mattress

- **Visible Sagging or Lumps**: Noticeable dips or uneven areas that don't bounce back.
- **Aches and Pains in The Morning**: Waking up sore in your back, shoulders, or hips.
- **Restlessness At Night**: Tossing and turning more than usual.
- **Allergy Flare-Ups**: Dust mites and allergens build up over time, especially in older mattresses.
- **Noise Issues**: Springs creak or foam has lost its firmness.
- **Better Sleep Elsewhere**: You sleep more comfortably in a hotel bed or on a friend's couch.
- **Age Factor**: Your mattress is **7+ years old** (especially if used nightly).

Quick At-Home Test

1. Lie down in your usual sleep position.
2. Notice whether your spine feels supported and aligned.
3. Roll to the center - if you feel a dip, it's a red flag.
4. Sit on the edge - if it collapses easily, the support is wearing out.

Tips Before Replacing

- **Rotate or Flip (if possible):** Some mattresses extend life when rotated.
- **Check The Foundation:** Sometimes the issue is with the bed frame or box spring.
- **Invest Wisely:** Choose a mattress type (memory foam, hybrid, innerspring) that suits your sleep position and comfort preferences.
- **Trial Periods:** Many brands now offer 90-365 night sleep trials - use them to find the right fit.