

# Mattress settlement



## Is it normal?

**YES! Settlement - sometimes known as body impressions - forms on the surface of the mattress where the user(s) lie**

### What exactly is it?

It's the layers of comfort fillings above the springs or foam core moulding to the sleepers' body shape

### Why does it happen?

As you sleep in the same part of the mattress each night, settlement occurs quicker in that area than in the rest of the mattress

### Size matters

Settlement will be more noticeable on king size or super king size mattresses as there will be a wider ridge in the middle where no-one has been sleeping

### Quality matters

Better quality mattresses with multiple layers of fillings will have more settlement than less expensive mattresses. However, the lack of fillings in cheaper mattresses will result in a more uncomfortable sleep and shorter mattress lifespan

### Make it last

Follow the care instructions supplied with your mattress - i.e., rotating and/or flipping your mattress over to prolong its life and minimise the effects of settlement

There's no industry standard for determining whether the settlement is excessive, as there are simply too many variables to consider



Age of the mattress



Weight of the user(s)



Number and type of fillings



Firmness of the mattress



Whether it's two-sided or single-sided

For more information visit

[bedadvice.co.uk](https://bedadvice.co.uk)

Look for the NBF-approved logo

