

# 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 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**



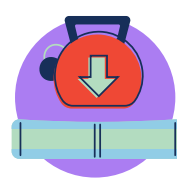
Age of the  
mattress



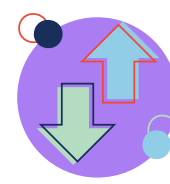
Weight of the  
user(s)



Number and type  
of fillings



Firmness of the  
mattress



Whether it's  
two-sided or  
single-sided

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