

# 9 steps to testing mattresses



## Set aside enough time

You can't buy a good mattress in a hurry or if you're tired or distracted - they'll all feel wonderful! Spend at least 5-10 minutes on each bed on your shortlist

## Shop together - if the bed's for two

Consider separate mattresses or different tensions if there's a big difference in weight and build

## Lie down in your normal sleeping position

Test out how easy it is to turn over and get in and out of bed. Wear comfortable clothing and remove any outdoor clothing and shoes

## Try a selection of beds for comparison

Test different levels of firmness to be sure which is best for you. Remember, there's no industry-wide standard to compare firmness ratings from one manufacturer to the other

## Choose the correct support for your weight and build

A good mattress will gently support your body at all points and keep your spine in the right position, whether you lie on your back or your side. You don't necessarily need a firm bed if you have a bad back - it's about getting the right level of support

## Make sure you have enough room - bigger is better!

Ensure there is room for free, easy movement. Couples should select a bed that's at least 150cm x 200cm (5ft x 6ft 6in). Partner disturbance is a major cause of poor sleep. You should be able to lie side by side, with your arms behind your head and your elbows out, without touching

## Think about the combination

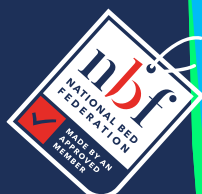
A bed is a mattress and a base working together - don't consider them in isolation

## Shop for the best value - not the lowest price!

Remember, every £100 you spend represents just 2.7p a night over 10 years

## Warranties and guarantees

These cover you against manufacturing defects - not gradual loss of comfort and support which is to be expected over time



For more information visit

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

Look for the NBF-approved logo

