

## Buying a Comfortable Mattress

Buying a comfortable mattress is extremely important, especially when you consider you could spend an average of fifty-six hours on your mattress every week—that's over two days in bed! A mattress helps you fall asleep, ~~keep~~ <sup>keeps</sup> you asleep, and helps you wake up feeling refreshed and ready for the day. When purchasing a mattress, do some research first. <sup>add space</sup> Consider how you sleep and what joint or back pain you may experience. Talk to your doctor about any recommendations he or she has, and do basic research online to see the different types of mattresses you can choose from. This will help you feel less overwhelmed when you start shopping for a comfortable mattress.

Head to your local furniture ~~store~~ <sup>delete</sup> or bed store to personally try out mattresses. You won't be able to tell what they are like just by reading about them online. Consider the firmness of a mattress. A firmer mattress will hold out longer, provide more support for your joints, and won't be prone to sagging. It will offer better comfort for a longer time. Does the mattress sag when you sit on it? It's probably not the best choice. However, if it is too firm, you may find you can't sleep well on it either.

There ~~is~~ <sup>are</sup> a variety of firmness options available. Popular today is the memory foam mattress, putting the spring mattress ~~father~~ <sup>further</sup> back on the list. While

the spring mattress is more traditional, you must be very careful when purchasing one. The springs need to be strong. Watch for sagging! They have a tendency to wear out faster and to provide less support as opposed to the memory foam mattress. The memory foam provides support for your entire body by conforming to your body and providing support just where it is needed.

Another mattress choice you might find comfortable is a waterbed<sup>add comma</sup> which completely conforms to your body. It is the most flexible mattress available. If you are switching from spring to water, make sure you are ready for the change.

Yet another choice is the <sup>adjustable</sup> adjustable mattress, which allows you to raise your head or your feet, depending on what position your doctor has recommended you sleep in—or in what position you know you are most comfortable sleeping.

Talk to an informed <sup>sales</sup> sales<sup>'s</sup> associate about any particulars in a mattress you would prefer, and take time to <sup>lie</sup> lay on specific mattresses he or she recommends. Be open to testing something new. Talk about any difficulties you may have with sleeping or any joint or back pain you may suffer from. A knowledgeable associate will be able to direct you to mattresses that will be the most comfortable and helpful for you.

Don't be afraid to take time examining each mattress. Try the different sleep positions you normally find yourself in (after all, you don't just <sup>lie</sup> lay on your

back in bed, do you?) and see how the mattress conforms to you each time. Some mattress stores allow you to return the mattress within a certain number of days after purchase if you don't find it comfortable. If you aren't completely certain about a mattress you have chosen, this could be an option for you. Comfort is ultimately what is important when choosing a mattress, so take your time and do your research when shopping for your new mattress.