

MATTRESS BUYING CHECKLIST



Consider Mattress Type: Research different types of mattresses such as memory foam, innerspring, latex, or hybrid to determine which best suits your comfort preferences.



Assess Firmness Level: Decide on the firmness level that aligns with your sleep position and body weight, ranging from soft to extra firm.



Evaluate Material Quality: Check the quality of materials used in the mattress to ensure durability and longevity.



Test for Comfort and Support: Try lying down on the mattress to evaluate its comfort and support, ensuring it maintains proper spinal alignment.



Check for Motion Isolation: If you share a bed, test the mattress for motion isolation to minimise disturbances caused by your partner's movements.



Consider Temperature Regulation: Look for features such as cooling gel or breathable materials that help with temperature regulation throughout the night.



Read Customer Reviews: Check out reviews from other customers to gain insights into real-life experiences with the mattress.



Review Warranty and Return Policy: Ensure the mattress comes with a reasonable warranty and return policy, allowing you to test it risk-free at home.



Set a Budget: Determine your budget range and stick to it while weighing the features and benefits of each mattress option.



Consult Sleep Experts: If needed, consult with sleep experts or healthcare providers for personalised recommendations based on your individual needs.

