



Shop for the Mattress of Your Dreams with E.A.S.E.

Your bed is the heart of your sleep environment, the most critical component of your sleep experience. Finding the ideal mattress for your sleep sanctuary can be somewhat confusing – after all, you don't do it very often and it's not easy to see what's inside. However, the process doesn't have to have you tossing and turning.

To E.A.S.E. any confusion relating to mattress buying, the Better Sleep Council developed the following guidelines to walk you through the process and put you on the path to better sleep.

EVALUATE: Evaluate your current bed to determine if it's time for a new one.

Signs that you may need a new mattress and foundation (box spring):

- You wake up with stiffness, numbness, aches or pains.
- You had a better night's sleep somewhere other than your own bed (such as a hotel).
- Your mattress shows visible signs of age (stains, sagging, fraying, etc.).
- Your mattress has been in use for 5 – 7 years.

ARM: Arm yourself with the knowledge needed to make the best purchase for you

Just like any other major purchase, it is important to research your options before you go to the store. Educate yourself on technological advancements and comfort choices since your last mattress purchase. Ask trusted sources for recommendations on where to shop.

SHOP: Shop to find the right mattress to suit your individual needs

Shopping Tips:

- Shop with your partner.
- Try out a number of different comfort choices.
- Lie on each mattress for 10-15 minutes.
- Shop for the best value, not the lowest price.
- Ask about store services such as delivery, financing and removal of old bedding.

ENSURE: Ensure that you get the most out of your mattress with quality care.

Make sure your new mattress and foundation are properly installed with quality frame *support to prevent bowing and breakage, and be sure to protect it with a good mattress pad.

Visit the BSC online mattress buying guide at www.bettersleep.org/ease