

MATTRESS FOUNDATION AND BED FRAME BUYING GUIDE



BRANDSOURCE

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OVERVIEW

Mattress foundations (box springs) and bed frames are intended to support, stabilize and keep mattresses off the floor. Combined with bed frames, mattress foundations ensure that the mattress will perform as intended, including its suggested life span, and provide sleepers with the support, and comfort they expect from the brand.

This guide will help you navigate around the varieties of mattress foundations and bed frames available to suit your needs for a new bedroom or an upgrade.



THE DIFFERENCE BETWEEN A MATTRESS FOUNDATION AND A BED FRAME

Mattress foundations, which include box springs, provide support to the mattress to preserve its life expectancy. Box springs and mattresses are normally sold as matching sets and are placed onto a bed frame to keep them off the floor.

A bed frame is a structure onto which lays the box spring and mattress, or just the mattress if the base meets certain criterion. If a bed frame is built with wooden slats evenly spaced apart of 2 to 3 inches, a box spring is not required, and the mattress can be laid across it with full support and provide breathability. Equally, platform beds which are constructed with a full wooden base can hold a mattress, maintain comfort and support, and help prevent sagging.

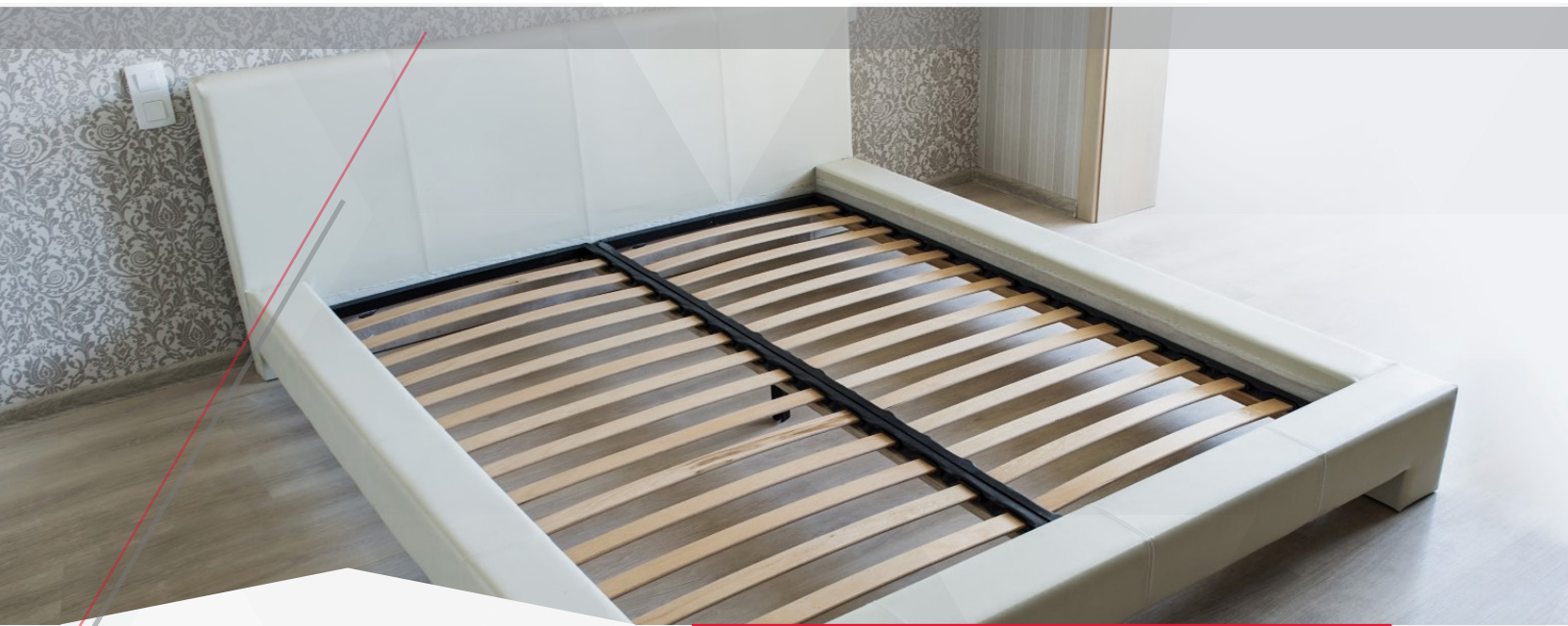


WHY YOU NEED A MATTRESS FOUNDATION AND BED FRAME

Bed frames and mattress foundations, which include box springs, serve the same purpose but in different ways. Placing a mattress directly onto the floor is not ideal. Choosing a bed frame and/or mattress foundation will not only add to the comfort and support the mattress is intended to provide, but it will help with its longevity as well. Some manufacturers will include this requirement in their warranties, so it is important to read the small print.

Bed frames and mattress foundations have many purposes:

- They keep the mattress, sheets and blankets, off of the floor.
- They help support the mattress and keep it from sagging.
- They help absorb the shock of constant moving or jumping on the bed.
- Bed frames with slats will provide breathability and ventilation preventing heat trapped within the layers
- They ensure that the integrity of the mattress is maintained over the manufacturer's suggested life span



MATTRESS FOUNDATION TYPES

Four basic foundations are available to place under a mattress that vary both in technology and construction. They can be combined with some bed frames to ensure the mattress longevity.

Box Spring

These days, most box springs don't have springs, so the word foundation has become more appropriate to describe the system onto which lays your mattress. New generation box springs are sturdy boxes made of wood or metal covered with a fabric that matches the one used on the mattress.



The box spring normally rests on a metal or wooden frame and serves as a buffer between the mattress and the frame to protect it from wear and tear and to satisfy most manufacturers' warranty requirements.

Low-Profile Box Spring

As mattresses become thicker and higher, considering a low-profile box spring becomes necessary. When a standard box spring, which generally measures 9 inches high, is placed under a mattress of 15 inches or more, it becomes more difficult to climb on the bed and reach the bedside table. Matching a low-profile box spring which measures approximately 5 to 6 inches with a thicker mattress makes climbing into bed easier and the overall look of the bed less awkward.



Bed Slats

Bed slats is a wooden frame construction containing slats acting as the support system for the mattress, without the need of a box spring. The slats are placed no more than 3 inches apart to support the mattress, keeping it from sagging. Bed slats offer breathability, therefore avoiding moisture to accumulate in the mattress.



Bunkie Boards

A bunkie board is a great alternative to bed slats and box springs. Typically made with plywood or particle board, it lays on the bedframe to support the mattress. A bunkie board is considered ideal for foam, memory foam, and latex mattresses.





BED FRAME TYPES VS. MATTRESS FOUNDATION REQUIREMENTS

Design, function and cost are considerations when deciding on which foundation and bed frame is best suited to your needs.

Metal Bed Frame

A metal bed frame is intended to hold both the box spring and mattress off the floor. Wheels are optional, and this frame is not only economical but considered to provide durability. Some models offer the possibility to attach a headboard to it and even a footboard. These types of frames are perfect for upholstered bed headboard that are sold individually.



Wood Bed Frame

A wood bed frame (bedstead) typically includes a headboard, rails, and optional footboard depending on the style of the bed. The support system within the box structure is generally not enough to properly hold a mattress and will therefore require a box spring, bunkie board, or bed slats. This type of bed frame will normally be able to accommodate an adjustable bed frame foundation if ever you choose to go this way.



Wood Bed Frame with Slats

Some wood bed frame come with slats set at no more than 2 to 3 inches apart that will provide adequate support for the mattress. When buying your new bed, check the components included with your bed to avoid any surprises once you get home.



Wood Platform Bed Frame

A wood platform bed frame is designed with a solid base or slats to hold the mattress. The construction typically includes a headboard and displays a low profile. A box spring is not required with this base as it can support any type of mattresses. Platform bed may come with drawers for more storage options in the bedroom.



Metal Platform Bed Frame

A metal platform bed frame is similar in design to a wooden bedframe with slats but constructed entirely of heavy-duty steel. It has a sturdy construction and sleek modern design that can hold many varieties of mattresses including memory foam, latex and innerspring. Coming in at a low price point, this low-profile foundation does not wear or warp over time and does not require a box spring.



Adjustable Bed Base

Adjustable foundations are powered bases that raise and lower the top and bottom parts of the mattress for ultimate comfort and support. Many options are available including USB ports, heated massage, and wireless remote control.

For more information on these foundations, read our **Adjustable Bed Base Buying Guide**.

IN SUMMARY

BED FRAME TYPES	FOUNDATION REQUIREMENTS
Metal Bed Frame	Requires a box spring.
Wood Bed Frame	Requires the addition of a box spring, slat system, bunkie board, or adjustable bed base.
Wood Bed Frame with Slats	No additional mattress support is normally required, but it can be combined with a box spring if desired.
Wood Platform Bed Frame	Normally includes support for the mattress in the form of a bunkie board or bed slats. It can, however, be combined with a box spring if desired.
Metal Platform Bed Frame	No additional mattress support is required.
Adjustable Bed Base	No additional mattress support is required.



MATTRESS FOUNDATION AND BED FRAME SIZES

Foundations and bed frames, like mattresses, come in all of the standard sizes.

SIZE	DIMENSIONS
TWIN	39" W x 75" L
FULL (Also known as Double)	54" W x 75" L
QUEEN	60" W x 80" L
KING	76" W x 80" L

The height of the frame from the floor should be a consideration when choosing a metal frame or platform bed frame. The lower the frame the closer you are to the floor and while it may not be an option for people suffering with mobility issues, it is ideal for young children.

PROFILE	HEIGHT FROM THE FLOOR
STANDARD	9" from the floor or higher
MEDIUM	6" to 8.5"
LOW	5" or lower



TIP:

When looking for a new bed frame and mattress, always consider the overall height of your complete sleep system. Your bed height will have an impact not only on how your bedroom looks, but also on your comfort level. A bed that is too low may be hard to get in and out of while one that is too high might involve some jumping, and complicate accessibility to the night stand.

To calculate your **overall sleep system height**, simply add the following dimensions:

**BED FRAME TYPE HEIGHT + BOX SPRING HEIGHT (if needed)
+ MATTRESS THICKNESS**

The overall bed height that will work for most people falls between 16 and 25 inches high. So make sure yours lies in between those numbers. The closer you get to 25 inches, the easier it will be to get in and out of bed.

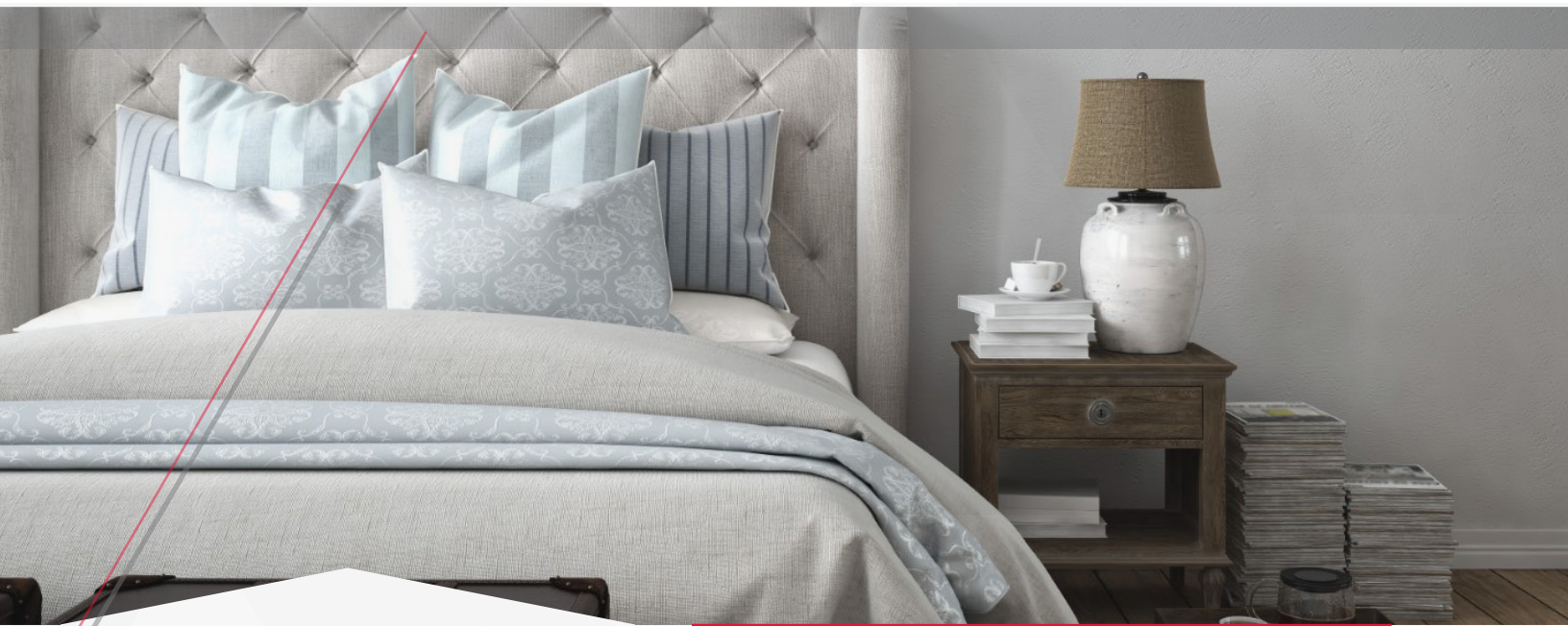


MATTRESS FOUNDATION AND BED FRAME BUDGET

Budget considerations are always on the table when making investments such as beds, mattresses, and foundations. Choosing the simplest and least expensive sturdy metal bed frame, which requires a box spring and a mattress, can fit any budget. Add a nice headboard to it and you're all set. Metal bed frames are perfect for guest rooms where you don't want to spend all your budget.

To add a bit more style to your bedroom, wood bed frames are the way to go. They offer the most variety in styles, but will generally be a little bit pricier than simple metal bed frames. Some don't require a box spring, but you will need to factor in the cost of a box spring for those that do.

Finally, the adjustable bed bases, powered by a motor and operated with a remote control, will offer a custom comfort and support level that will enhance your well-being and address your health issues. They come in a variety of price ranges based on features and options.



MATTRESS FOUNDATION AND MANUFACTURER'S WARRANTY

It is important to read and fully understand the mattress manufacturer's requirements when considering a foundation. Not all mattresses are created equal and some need extra support to avoid typical issues like sagging.

The risk of not using a suggested foundation with a particular mattress could void the manufacturer's warranty. If a mattress is placed on an uneven surface, the wear and tear will occur sooner than manufacturer suggests and will not be considered as defective.



HOW TO SHOP FOR A BED FRAME AND MATTRESS FOUNDATION (CHECKLIST)

Here are some of the key factors we think you should consider when shopping for a new bed frame and mattress foundation:

- 1.** Allocate a budget according to your needs.
- 2.** If you're looking for a new bed frame, check with your local retailer on how to properly support your mattress. What kind of support will you need?
 - ☐ Box Spring ☐ Bed Slats ☐ Bunkie Board ☐ Adjustable Bed Frame
- 3.** If you are looking at an adjustable bed base, will it fit into your current bed frame?
- 4.** If you are considering a metal bed frame, do you need headboard and footboard attachments, and wheels?
- 5.** Determine the desired height of the base by considering the height of the mattress and box spring, if applicable. Today's standard heights range from 16 to 25 inches.
- 6.** The décor and atmosphere you want to create in the bedroom should be considered when choosing your mattress foundation.
- 7.** Ask about warranties and return policy.



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OUR SHOWROOM**
where one of our experts
will be happy to help you
find what you are looking for!

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