

MATTRESS BUYING GUIDE



BRANDSOURCE

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OVERVIEW

This mattress buying guide is intended to make your next mattress purchase a quick, easy and enjoyable experience. Sleep needs are unique for everyone and helping you find the right mattress to meet your needs is our number one priority.

This mattress buying guide highlights the various sizes, styles, comfort and support levels available. It also teaches you about the variety of materials, technologies as well as power base options and Bed-in-a-Box alternatives.



WHEN TO REPLACE YOUR OLD MATTRESS

How old is your mattress?

If you can count more than 7 years, you should consider buying a new mattress. Not only will your aged mattress lose its comfort and support levels, but it will also carry many allergens that have accumulated over time.

Do you have aches and pains?

As we age, our bodies change and so do our sleep needs. When chronic pain sets in, you should definitively consider buying a new mattress that will support your body and offer comfort where needed.

Do you hear squeaky sounds and other noises?

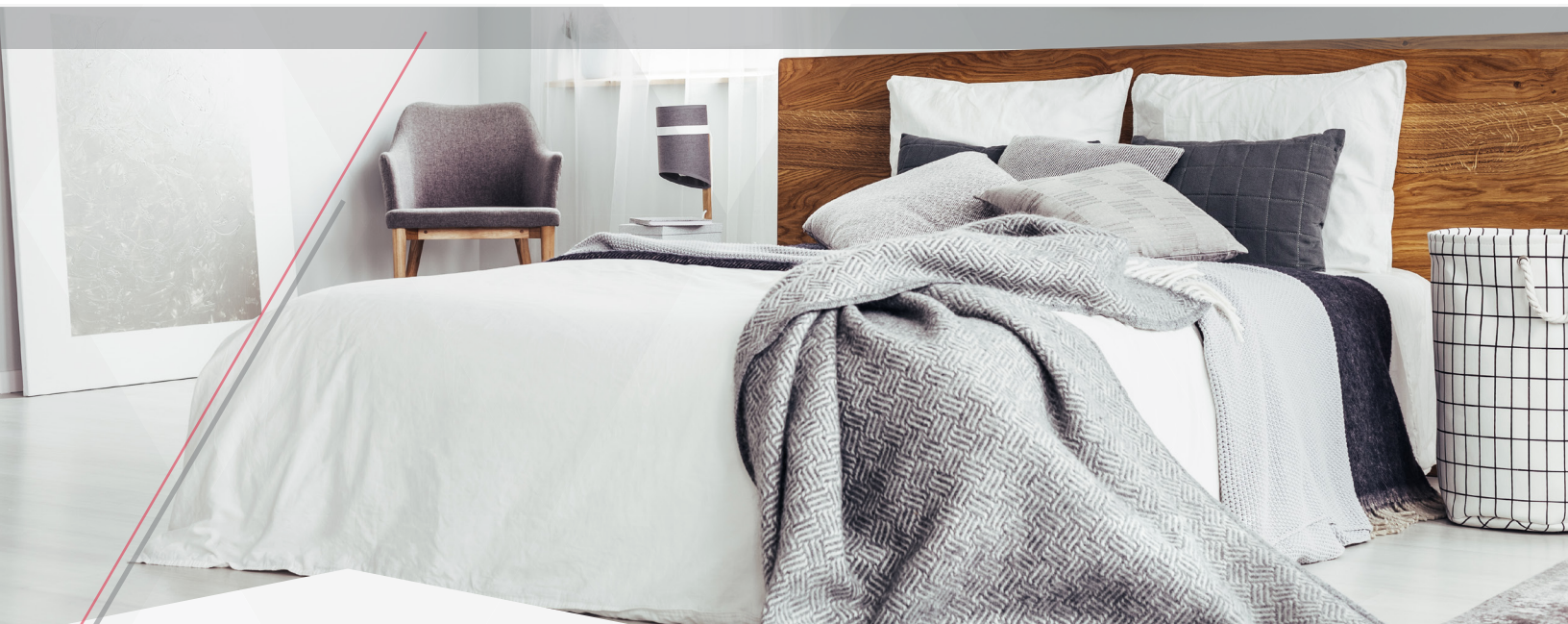
Broken coils and worn down frames create distinct sounds as a warning that it is time to replace them.

Is there visible sagging?

When your body is sinking with every turn, your mattress can no longer give you the optimal sleep experience. When sitting on the edge of the bed brings your knees to your chin, it's a sign that your mattress has lost its shape and support.

Do you suffer from allergies?

Over time, mattresses are dust and allergen mine fields and can double in weight from dead skin cells, dust sweat and other unpleasant things. If you suffer from allergies, purchasing the right mattress is essential to your health and sleep experience.



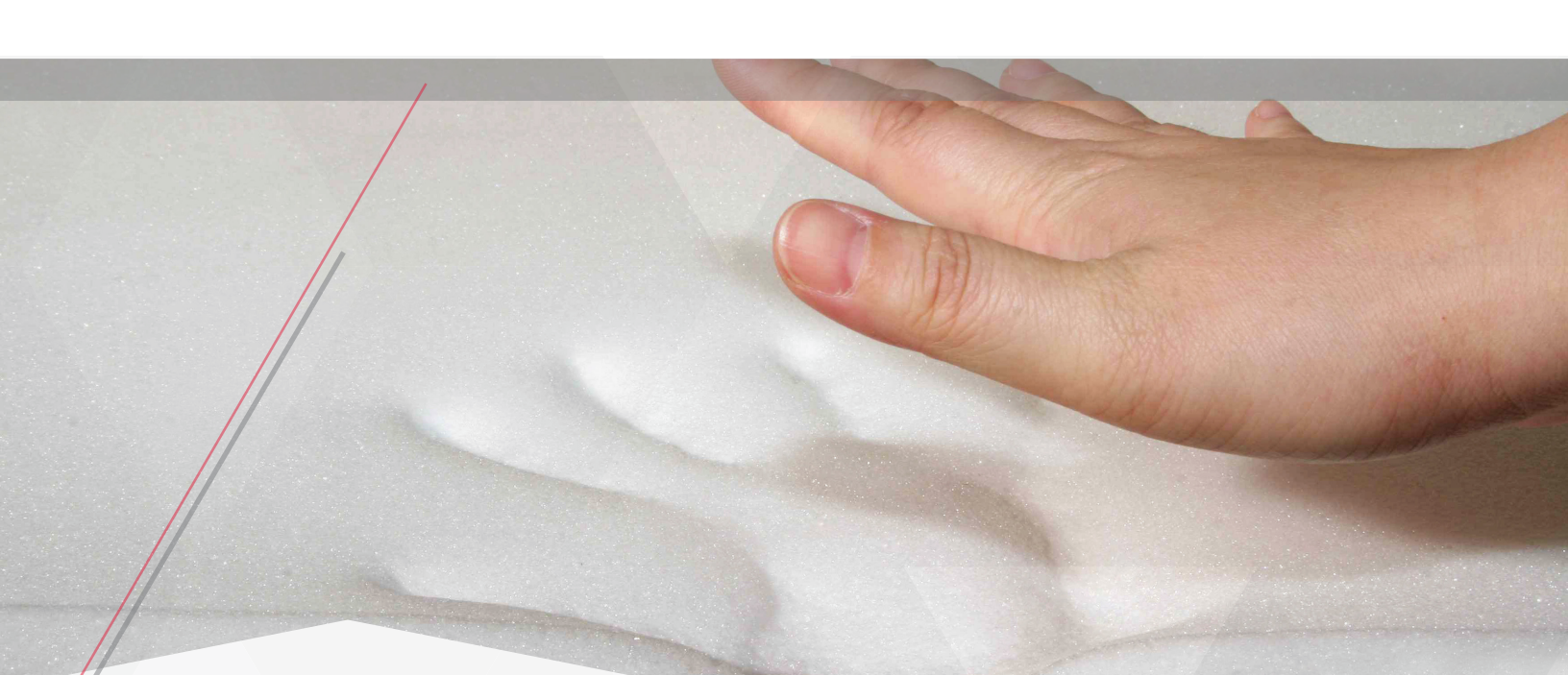
HOW TO CHOOSE THE RIGHT MATTRESS SIZE

There are 6 common mattress sizes to choose from.

SIZE	DIMENSIONS	GENERAL USE
TWIN	39" W x 75" L	Ideal for a young child leaving his crib.
TWIN XL	39" W x 80" L	Mostly used with a Split King adjustable bed base. Can also be used for taller teenagers and adults when space is at a premium.
FULL (also known as Double)	54" W x 75" L	Perfect for young adults or a guest bedroom when space is limited.
FULL XL	54" W x 80" L	Similar to a Full mattress with additional legroom. Ideal for taller people.
QUEEN	60" W x 80" L	The most common mattress size for couples.
KING	76" W x 80" L	The go-to mattress size for two people who want to enjoy their own space. Also recommended for couples with a pet sharing their bed.

Before you start shopping for a new mattress, use a measuring tape to take the dimensions of the room where your new mattress will go. Also up for consideration is the location of the door, closet and windows. Although some rooms may appear large, the placement of these will ultimately determine the position and therefore the size of the mattress.

Delivery is a very important consideration before you purchase your new mattress. The main points to consider before making your choice is whether there are tight corridors to navigate through, or perhaps a winding or narrow staircase, constricted doorways or perhaps a small elevator that might not accommodate the mattress of your choice.



HOW TO CHOOSE A MATTRESS TYPE

Mattresses are available in a variety of technologies, support levels and comfort levels to appeal to various sleep needs, health requirements and budget. Choosing the ones that are best for you will be easy once you know the benefits of each.

MATTRESS TECHNOLOGIES

Once you've determined what you need to enjoy the best sleep experience night after night, the rest is easy! These four mattress technologies offer a varying degree of comfort and support to suit your lifestyle.

Pocket Coils

Pocket coils mattresses are a favourite among couples as the coils are individually wrapped to eliminate any motion transfer. This coil system offers a sense of weightlessness and helps relief stress on shoulders, hips and knees. Pocket coils mattresses also offer great support.

Memory Foam

Memory foam adapts well to the shape of your body relieving stress on pressure points. Memory Foam mattresses have the benefit of redistributing body heat and are a favourite among side sleepers who need additional support on their shoulders and hips.

Gel foam

Gel foam is a new technology that combines the benefits of memory foam and the cooling effect of gel microbeads, providing increased performance. A gel foam mattress never gets warm due to its ability to allow air to circulate. It is not uncommon to see this mattress technology combined with others.

Latex

The latex technology available both in natural and synthetic materials, provides support while adapting to all your curves keeping you in alignment while you sleep. The comfort and cushioning of a latex mattress make it a favourite among back and joint sufferers. Naturally resistant to dust mites and mould, your allergies will not be triggered while sleeping on a latex mattress.

MATTRESS SUPPORT LEVELS

It is important to choose a mattress firmness that matches your body shape. Usually, people with curves prefer a firm mattress while people with less curves, a softer one. The industry firmness scale range is from 3 to 10 with 10 being the firmest.

Soft Mattresses

Soft mattresses typically range between 3 and 5 on the firmness scale. This type of mattress firmness will hug your curves and allow your body to sink into the mattress a couple of inches. Back sufferers who need a soft landing prefer this range in support as do people with a lighter build. It is also great for side sleepers who get the cushioning on their shoulders and hips they need.

Medium Firm Mattresses

Medium firm mattresses fall in the 5 to 7 range in firmness. They are preferred by a large part of the population which makes them a favourite among couples as they are more universal. Medium firm mattresses are perfect for couples who have different sleeping needs.

Firm Mattresses

Firm mattresses range between 7 and 10 and are best for back sleepers. When back issues keep you awake, this level of support will allow the spine to stay aligned, improve overall circulation and relax pressure points.

MATTRESS COMFORT LEVELS

When shopping for a new mattress, an option to consider is how lofty you like the top of the mattress to be when it comes to your comfort needs. The extra layer of fabric with a cloud-like filling for added comfort comes in 4 different styles to suit every preference.

Pillow Top

Pillow Top design at a glance looks like an extra layer of soft padding that appears to be floating above the mattress. The top layer is stitched about 3 inches from the outer edges and will require fitted sheets with deep pockets up to 20 inches.



Compared to a regular mattress, the extra layer of padding of a pillow top mattress adds comfort and support.



Euro Top

Euro Top design is very similar to the Pillow Top in comfort and support except the Euro Top mattress has additional padding making it a more luxurious sleep experience.

Additionally, the Euro Top is stitched right to the edge giving it a more uniform look.

This type of pillow top tends to be more durable as it retains its shape better over a long period of time.

Tight Top

Tight Top design like the Euro Top is stitched into the edge of the mattress and has a variety of fillings and firmness. It lacks the fluffy pillow feel of the other two, however, it can range from firm to plush.

Tight top mattresses offer edge to edge support so anywhere you are on the mattress, comfort and support is there too!



Comfort Top

Comfort Top is an extra thin and flat layer that adds comfort to the mattress. Usually in medium firm or firm options.



NOTE:

Although these mattresses cannot be flipped from top to bottom, the head and foot areas can be switched to ensure even wear.

BED-IN-A-BOX

A Bed-in-a-Box is an innovative way to purchase a mattress. It is typically made of foam, compressed and rolled or folded to fit into a box for easy delivery. Purchased online or in-store, it is the perfect option for apartments, small homes, student dorms, and first-time buyers.



BUYING A NEW MATTRESS AND BUDGET CONSIDERATIONS

There are a lot of feature-filled mattresses for the budget-minded consumer. Once you consider the size and features you want in a mattress to match your specific health and sleep needs, the shopping becomes so much easier.

From Bed-in-a-Box options for the guest bedroom to foam technology for the master suite, mattresses can be as affordable as they are comfortable.



SHOULD YOU BUY A BOX SPRING?

Current mattresses are designed so that they can be easily supported on a flat hard surface. It is best to consider the manufacturer's recommendations for the mattress you are selecting so that it does not affect the warranty. Some softer mattresses, however, would benefit from a support system that will offer more support and extend the life of the mattress.

Read more about box spring and mattress foundations and which one is required in which situation in our **MATTRESS FOUNDATIONS AND BOX SPRING BUYING GUIDE.**



CONSIDERING AN ADJUSTABLE BED BASE OPTION

(POWERBASE OR ELECTRIC BED)

Adjustable beds are foundations that can be raised at the head or foot to create a customizable sleep experience. Adjustable beds are available in Twin, Double, Queen and King sizes; they easily fit into your existing décor and furniture. Additionally, you can choose powerbases with heat and massage options, USB ports for your devices, adjustable legs, and back lighting features.

If you need more information, read our **ADJUSTABLE BED BASE BUYING GUIDE**.



WARRANTIES

MANUFACTURING DEFECTS

All mattress manufacturers offer a Limited Warranty on their products. Although the warranty vary from one manufacturer to another and from one mattress to another, it usually covers manufacturing defects in materials, such as abnormal body impression.

When you get your new mattress, make sure you read the manufacturer's warranty information and that you comply with their requirements such as protecting your mattress with an approved mattress protector and using the proper foundation for your mattress.

COMFORT GUARANTEE

BrandSource offers a 90-day Comfort Guarantee as a trial period once you get your mattress at home. For the warranty to be valid, we ask that you purchase a mattress cover and advise that you would like an exchange within the 90-day period.



HOW TO TRY OR SHOP FOR A NEW MATTRESS

(CHECKLIST)

Buying a new mattress is an investment in your health that can be intimidating and stressful. We've included this handy checklist to help you select the perfect mattress for you (and your partner).

1. Determine your budget.
2. Consider the size of your room to pick the right mattress size.
3. Tell the experts what your health and sleep needs are and they will point you to mattresses comfort and support levels that you should consider as well as the proper mattress technology.
4. Lie down for at least 5 to 10 minutes on your preferred sleeping side before making a decision on the comfort and support.
5. Try more than one mattress.
6. Don't feel pressured to purchase on the first visit but take notes on the mattresses you've tried and are considering.
7. Consider whether you need a new box spring or new foundation.
8. Ask about the warranties and conditions



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

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