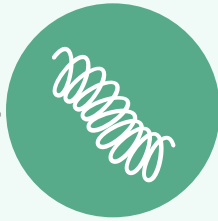


Top Mattress Advice from Top Chiropractors

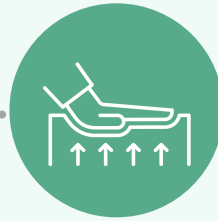
Most chiropractors agree that traditional mattresses should be replaced every 5-10 years. However, choosing an expensive new bed that you'll be sleeping on for the next several years can be stressful, especially if you have no idea where to start. The most popular options include:



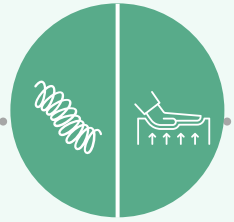
Adjustable Air Bed



Coil Spring



Memory Foam

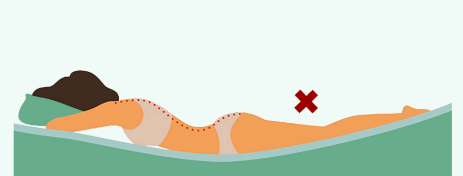
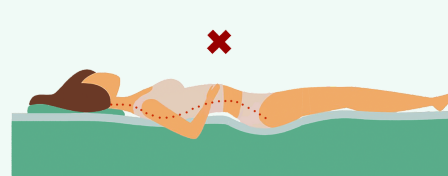
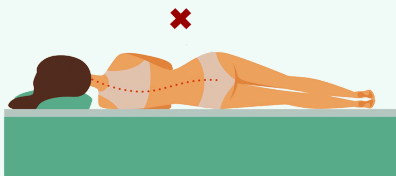
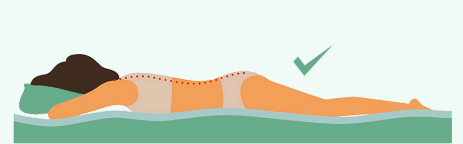
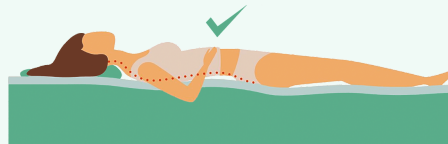
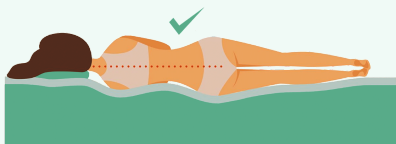


Hybrid
(coil innerspring with a memory foam topper)

A survey* of more than 200 leading chiropractors confirmed that no single style of bed works for **everyone**. However, these experts have some valuable advice to help you choose one that works for **you**.

FIRMNESS

- Most chiropractors recommend a medium to firm mattress; however, this ultimately comes down to your personal preference.
- Choose a firmness that keeps your spine in a neutral position. Have someone snap a picture, then assess how you line up in your habitual sleep position(s).



- Back and stomach sleepers typically prefer a firmer mattress, while side sleepers may desire a little more cushioning.
- Consider a separately adjustable bed if your sleep partner prefers a different mattress firmness.
- When in doubt, go with the firmer (yet comfortable) option. You can always soften a mattress with a topper, but you can never firm up a soft bed.

MATTRESS TOPPERS

- A topper can help dissipate pressure points on your hips and shoulders, but don't go too thick with a built-in topper; it's like fusing a cheap mattress onto your good one. You can always add (and replace) an additional aftermarket topper if needed.
- If you're considering a coil spring mattress, choose one that you can flip. Built-in pillow toppers usually can't.



ASSESSMENT

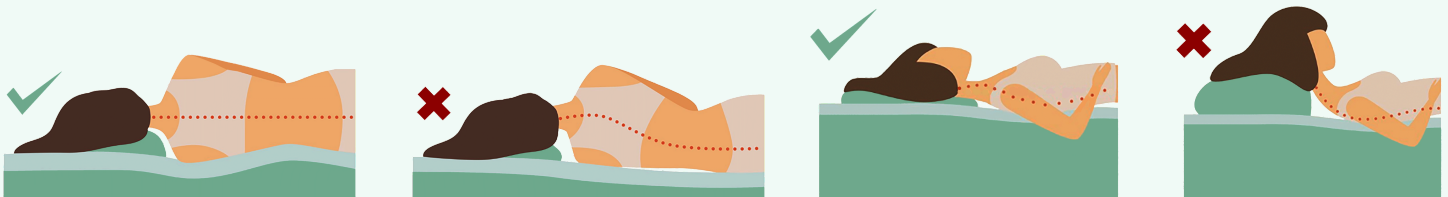
- When mattress shopping, wear comfortable clothes and lie down on several beds to see which one feels best.
- Don't judge something by the first few seconds of comfort. Lay on it for at least 10-15 minutes.
- Make sure the vendor offers a trial period of 60-90 days with a reasonable return or exchange policy.
- Remember that anything new can be uncomfortable at first. Give a new mattress at least a few break-in nights before you abandon it.

COST

- You spend one-third of your life on a mattress, don't skimp on that investment.
- Conversely, the most expensive is not always the best.

PILLOWS

- Make sure your old pillows still work with your new mattress.
- Use a pillow that holds your head in a neutral position while sleeping on your side or back.



Take your time shopping, buy what works for you, don't skimp, and make sure you can return your purchase.