

# Debunking Mattress Myths



**W**e are always looking for scientific research that can help people sleep better because a good sleep is integral to our physical and mental health. A lot of the time opinions and even old wives tales seem to take the place of facts and so Sleep Experience decided to compile this list that separates mattress facts from fiction. The information comes from a number of sources including Consumer Reports, National Sleep Council, Live Science and more.

## Seeing is not believing

You can't look at a mattress and see that it's comfortable you have to try it out. That means taking the time, at least 15 minutes, resting in different sleep positions on each different mattress.

## Size doesn't matter

Don't underestimate the size of the mattress you need especially if you sleep with a significant other. A double bed is 54 inches wide, so 27 inches for each person while a king is 78 inches wide which gives each person an extra full foot.

## Tossing & turning normal or not?

Tossing and turning in your sleep is normal - almost everyone does it but if you wake yourself up in the process then it's a sign that your mattress is not comfortable.

## You only need a new mattress when it starts sagging

Changes in your body, more weight, diseases such as diabetes and arthritis and back pain, might mean that your current mattress, even if it's only a few years old, no longer provides the support you need.

## Everyone needs a firm mattress

Nope! There has never been a study that has confirmed that a firm mattress is better. What's best is a mattress that feels good to you.

## Mattresses last forever

No they don't. Over the years your mattress fills up with dead skin cells, sweat, dust and more and become a breeding ground for dust mites.



Although there is no study calculating exactly how much heavier your mattress gets, Ohio State University determined that a typical two year old pillow is 10% heavier because it has somewhere in the neighbourhood of 100,000 to 10 million mites inside - you can imagine how many may be in your old mattress. As your

body changes so does your mattress. If you have a permanent imprint of your body in your mattress it's time for a new one.

## Washing bedding regularly prevents dust mites

Unfortunately it's not that easy. To prevent dust mites you need to cover your mattress in a good mattress protector so that your dead skin cells won't filter through the sheets to your mattress. Vacuuming your mattress regularly helps too.

## Mattresses are expensive

Not many people balk at paying over a buck and a half for a coffee a day on the way to work. The average person keeps a mattress for 10 years and pays about \$1000 for it. Over the ten

years it will have cost only about 27 cents a night. And as much as coffee provides the jolt that helps wake you up in the morning you really wouldn't need it if you had had a good night's sleep on a comfortable mattress in the first place. Savings from not needing coffee over 10 years? Over \$4,000.

We welcome you to visit Sleep Experience if you have any more questions about mattresses that we haven't covered. We know the value of a good sleep and that your comfort is essential to making that happen each and every night. We will take the time to make sure you know all the facts about each and every mattress in our show rooms.

*Jim Conlon*

**Sleep Experience**

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