



# **THE RIGHT TIME TO FIND A NEW MATTRESS**

## **Know When to Give Your Old Mattress a Rest**

You've spent every night together for years. But the connection between you and your mattress is slowly wearing away. Find out if you should be in the market for an upgrade.

There is no expiration date for your bed. It's not going to suddenly become useless one day like a shattered dish or a dead car battery. Mattresses wear down gradually over time – so slowly that you might not realize when they're past their prime. One question to ask yourself is, when is the right time to find a new mattress? Here are a few things to consider.

## **A New Mattress Can Mean a Whole New You**

If you're doing your best to get the recommended 8 hours of sleep each night but can't seem to get the rest you need, you might be a prime candidate for a mattress upgrade.

A 2009 Oklahoma State University experiment found that switching to a new mattress from one that was 5+ years old immediately improved sleep quality and reduced minor back discomfort. It gets better. They also found that sleep quality continued to improve in the four weeks following the switch.

## Most of Us Wait Three Years Too Long (or more)

While there is no hard and fast rule about how long a mattress lasts, it's suggested that most have a life span of around 7 years. But our research finds that people tend to consistently keep their mattresses for 10 years on average. That's 730+ nights dealing with a worn-out sleep system.

Can you even remember what year it was when you bought your current mattress? Like in so many aspects of life, time goes by so quickly. You've probably been sleeping on the same mattress a lot longer than you think.

## You're Not So Young Anymore, Either

It's not just the age of your mattress that matters. Around the time we hit the big 4-0, our bodies become more sensitive to pressure. That means sleeping on a lumpy, bumpy or sagging mattress when you're older is more likely to lead to tossing and turning throughout the night. In other words, you might need to consider the state of your mattress more frequently as you age.

(BTW: Age isn't the only barometer you should consider. Think about other changes that happen to you over time, like weight gain/loss or physical health issues that can change your mattress needs.)

## How to Tell Your Mattress Has Gone Too Many Miles

Think of your old mattress like a well-worn running shoe. It probably feels good when you put the shoe on because, over time, it has stretched and moulded to perfectly fit your foot. But the cushioning is compressed from repeated use. It doesn't offer all the support it once had. The material is worn in certain places. Plus, it's been soaked in sweat over and over again.

All the same things happen to your mattress.

Signs like these can tell you you're ready for a mattress upgrade:

You feel like you sleep better in hotels or even on the sofa

You regularly wake up with stiffness, numbness or aches

You can feel lumps, notice sagging or see tears in the fabric

The box spring underneath your mattress squeaks or groans whenever you move

You recently added or changed your bed partner and you haven't gotten good sleep since – which could mean you need a new mattress, a larger mattress or both

You're sneezing and sniffing more often at night. (Mattresses trap a lot of allergens over time.)

## Time to Find the Perfect Upgrade

There are a lot of mattress choices out there and it's important to know that they're not one size fits all. But shopping for a new bed system doesn't have to be so confusing. Read our tips for choosing a mattress and take the Better Bed Quizz™ to help set the priorities that are most important to you. Soon you'll be sleeping on the mattress of your dreams.