

Get Some Sleep on a Back-Friendly Mattress

When was the last time you purchased a new mattress? Did you know it is recommended that we replace our mattresses every 7 to 10 years? Some mattresses need to be changed even more frequently.



How do you know if you need to change your mattress?

We use a very fancy method of determining that called the “squishability test”. First go to the corner of your bed where you rarely sit or sleep and bounce, notice the firmness of the area. Now go sit on the part of your bed where you regularly sleep and bounce. If you notice any difference in ‘squishiness’ it is time for a new mattress.

Your next question would be which mattress is the best?

There are an overwhelming amount of options out there! Ultimately most of the selection process is up to personal preference but the key is that there is uniformity of support throughout the mattress; wherever you sit or lay on the mattress each part of our body should feel equally supported. We do recommend staying away from pillow tops as they do tend to upset the sleep system. If you are experiencing acute back pain it’s best to stay away from water beds or air mattresses.

As we've heard an infinite amount of times; we spend one third of our lives sleeping. If that's the case, at least in our humble opinion, we better make the best of it!