

# MATTRESS TO GO

*"Expert Advice at an Unbeatable Price."*

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## Bedding Checklist

If any of the items on this checklist describe your current mattress set, you may want to think about replacing it.

Is the cover soiled or torn?

Does the mattress surface look uneven?

Is there more than 1.5 inches of depression in the mattress?

Does the foundation (box spring) have an uneven surface or does it bend easily?

Does the mattress have areas of uneven comfort? Can you feel the innerspring unit through the layers of padding and upholstery?

Do you lose sleep because of being uncomfortable in your mattress set?

Do you frequently have your arms or legs "fall asleep" from pressure points which are created by an uncomfortable mattress?

Does your sleep set make noise as you move about during the night?

Do you and your partner sink toward the center of the bed?

Is the border of the bed uneven or broken down?

Do you fight for enough space? Do you feel cramped or crowded?

Do you constantly wake up with a backache?

Is your mattress set over 7 years old?

## Seven Reasons to Replace Your Mattress, from the Better Sleep Council

1. It's more than 7 years old. The mattress industry recommends that you replace an old mattress and its matching foundation (box spring) every seven years or so. That's because they've probably lost much of their original comfort and support after that many years of nightly use. In fact, start examining your mattress for replacement annually once it's been around for five years.
2. You wake up stiff or in pain. Your mattress wears out gradually over time and your body adapts to the changes in unhealthy ways. If you wake up in the morning—or worse, in the middle of the night—with sore muscles, an aching back, overall stiffness, or tingling arms or legs, it could well be caused by sleeping on a mattress past its prime.
3. You're tired of tossing and turning. If you're shifting position enough to wake up you or your partner, or even making it hard to get to sleep, it's probably because your body isn't comfortable. If there are no health issues that explain it, it may be that it's your aging mattress that's suffering a loss of comfort. Ask yourself if you slept really soundly somewhere else recently—maybe a hotel or a friend's guest room with a great, new bed? That's a good indication that your own bed needs replacing.
4. Allergies are a problem. Old mattresses become archives for allergens, dead skin cells and body fluids, and breeding grounds for dust mites, germs and even the dreaded bedbugs that have become so widespread recently. This happens even though you've been washing your blankets, sheets and mattress pad regularly. But how often have you actually cleaned your mattress over the years? Time to get rid of it—and its unwanted population.
5. It was your partner's mattress. When you and your partner got married or moved in together, whose bed did you keep? Maybe you're sleeping on one and the other is in the guest room. Do you know when it was bought or, for that matter, who all has slept on it over the years? Could you use the extra sleeping space that a larger bed would offer? Or just a fresh start? Time for a fresh mattress and foundation.
6. Your body has changed. Your old mattress felt terrific when you first tested it out in the store and bought it. But that was years ago. Your body has probably changed since then—aged a bit, perhaps put on a few pounds, developed a couple of physical problems it didn't have then. And what about your partner? If you shopped for a mattress today, you'd probably make a different choice. Perhaps it would be even more supportive but with more cushioning on the surface for extra comfort.
7. There are more choices now. If you haven't been mattress shopping in the 21st century, you'll find so many more options to meet your personal needs for the comfort and support that provide the most restful, rejuvenating night's sleep. There are exciting new technologies, as well as important enhancements to the tried-and-true ways to build a great mattress. Have you experienced the many new “memory foam” constructions or adjustable, customizable comfort options? There are “plush” beds and “pillow-tops”, pocket coils, foam-encased springs and beds built to be eco-friendly. Lying down and trying out new mattresses can actually be fun!

Not sleeping well can have profound negative effects on your health and well-being, including your day-to-day alertness, energy and mood. Don't underestimate the importance of sleeping on a good mattress—one that's fewer than 7 years old and built with quality materials. You spend about one-third of your life sleeping on your mattress, so it needs to do the best possible job of making sure you start every day with a good night's sleep.