

# top10

- ✔ Knowledge is power. So before you visit a store, go online and research mattress brands and styles.
- ✔ Take your time. You'll spend more hours in bed than on your couch. So don't make a rash decision. Regret feels even worse at 4 a.m.
- ✔ Shop the sales. Check your local newspaper ads for the best saving—especially around holidays.
- ✔ Buy the set. Mattresses and foundations are designed to work together. Getting one without the other may reduce the comfort and support you receive. Plus, it might shorten the bed's lifespan and possibly affect its warranty.
- ✔ Know the policies. Some dealers may let you return a mattress. Be sure to ask for all the details about this. It may influence where you buy.
- ✔ Test for real. For example: If you're a side sleeper, lie that way for a few minutes. Don't feel rushed. A good salesperson will leave you alone while you do this.
- ✔ Bad back? Look for models specifically designed for people with back pain. They'll help keep your spine aligned while you sleep.
- ✔ When picking a size, think long term. Stepping up a size now can save you the hassle and expense of buying a new and bigger bed if you, um, settle down in a few years.
- ✔ Be curious. Ask the salesperson how the mattress you're interested in is different from the others on the floor. Also, if you're going to buy, find out if delivery of your new bed and removal of your old one are included.
- ✔ And lastly, when you go shopping for a mattress, don't wear a skirt. It'll save you from feeling awkward when you climb on and off all those different beds.



# \* night night

advice for better sleep

- ✔ Make sure your bedroom is dark, cool and uncluttered.
- ✔ Prepare your mind and body for sleep: read for pleasure, take a hot bath or do light stretching before bed.
- ✔ Limit the use of your TV or computer in your bedroom and turn your clock away from you.
- ✔ Establish a regular sleep schedule and don't sleep in. Instead, take power naps.
- ✔ Try not to drink caffeinated beverages or eat chocolate after 2 p.m. We know this one is tough, but it's for your own good.

For more information,  
visit [www.simmons.com](http://www.simmons.com).

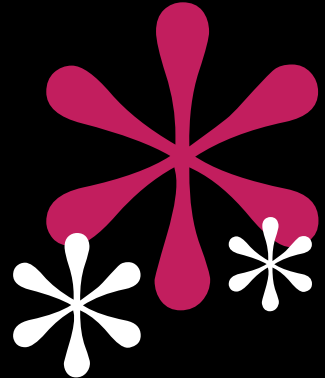


# a girl's guide to mattress shopping



# If you can nod to any of the following, then it's time for a new bed.

- ✔ When you bought your mattress, you were sporting a "Rachel" haircut.
- ✔ Your bed dips like a hammock but isn't nearly as relaxing.
- ✔ You wake up feeling like you stayed out late, even though you stayed in.



If you're still reading, you probably have a bed that's more than seven years old, which is the age experts say a mattress stops giving you the support it should. After all, your body changes a lot in seven years, and your mattress should keep up with your needs. Although you've probably dreaded looking for a new bed since you bought the last one, know that with the right information at hand, this shopping experience doesn't have to be unpleasant. Remember that more comfortable, restful nights await you.

# \* what's your type

know your mattress

As with finding a mate, getting recommendations from friends is nice, but remember, this is one of the most personal things you'll ever buy. It has to work with your curves. So don't limit your testing. The best way to find the perfect bed is to try models with different levels of firmness. Read on to learn about several basic types of mattresses. All are designed to give you comfort and support. You just have to find the one that feels right.

“How can I find the perfect bed?”



- ✔ *Innerspring mattresses*, the most traditional type of mattress set, typically use systems of open coils or metal springs layered between padding.
- ✔ *Encased coil spring mattresses*, such as the original Pocketed Coil® spring mattress created by Simmons, feature an innerspring system. The coils are individually wrapped in a fabric pocket, enabling each coil to adjust independently to your body. And even if you're not sleeping alone, you can feel like you are. Because these coils move independently, if your partner rolls over, the motion won't disturb your beauty sleep.
- ✔ *Memory foam mattresses* are constructed of high-density polyurethane and conform to the body to reduce pressure points and provide natural body alignment. When you research, be on the lookout for new and better types of foam such as Advanced NxG® Memory Foam in Comforpedic®. Latex foam is hypoallergenic and derived from natural rubber tree sap.
- ✔ *Air mattresses* use air chambers as their primary support. A quality air mattress will mold to body contours. Some models come with adjustable air chambers, so you can change your bed's firmness whenever you like—which comes in handy when you overdo it at the gym.
- ✔ *Water mattresses* come in several varieties but are all designed to conform to the body to reduce pressure points. Today's designs have eliminated the uneasy feeling of sleeping on the high seas.