



### Did You Know?

- 46% of Americans do not get enough sleep.
- You spend 1/3 of your life on your mattress.
- Adults need 7 to 8 hours of good sleep each night. Teenagers should sleep 9 hours and young children require 10 hours of sleep.
- People that sleep less than seven hours a night are more likely to be overweight or obese. Sleep impacts the balance of hormones in the body that affect appetite.
- Next to survival, the need for sleep is the most fundamental, both biologically and psychologically.
- You burn more calories sleeping than you do watching TV.
- Inadequate sleep causes pre mature aging by depriving our bodies of oxygen, elevating our blood pressure and increasing our levels of stress hormones.
- Naps improve memory.
- Unsatisfying sleep is also unhealthy; weakening the immune system and increasing the risk of high blood pressure and heart disease.
- A good night's sleep is an essential factor in work productivity, overall energy, and physical and mental agility.
- Losing two hours of sleep can impair your performance equal to a .05 blood alcohol level.
- Sleeping on a bad mattress will cause stiffness and back, neck and/or shoulder pain, and impair your quality of sleep.
- Sleep is a time for your body to repair damage caused by stress, ultraviolet rays and other harmful exposures. Your cells produce more protein while you are sleeping. These protein molecules form the building blocks for cells, allowing them to repair damage.
- Your mattress should be replaced every 5 to 7 years to maintain the ultimate support and comfort.
- Replacing your mattress every 5 to 7 years is the most effective way to control allergens and dust mites.

## You Need a New Mattress If...

- Your mattress is 7 to 10 years old.
- You wake up with stiffness, numbness, aches, and pains.
- You had a better night's sleep somewhere other than your own bed (such as a hotel or friend's guest room).
- Your mattress shows signs of overuse (it sags, has lumps, you can feel the coils, etc.)

## Better Sleep Tips

- Maintain a regular bedtime and wake up schedule.
- Establish a relaxing bedtime routine, such as soaking in a hot bath or hot tub and then reading a book or listening to soothing music.
- Create a Sleep Environment. Make sure your bedroom is dark, cool, and quiet and that your pillows, mattress, and coverings provide you with comfort.
- Exercise regularly, but finish your workout at least few hours before bedtime.
- Avoid alcohol, nicotine, and caffeine close to bedtime. They can lead to poor sleep, keep you awake or disrupt sleep later in the night.
- Finish eating at least two to three hours before your regular bedtime.
- Use your bedroom only for sleep and sex; this will strengthen your association between your bed and sleep.
- Remove work materials, computers, and televisions from sleep environment.

## Shopping For Your New Mattress

- 1) Before you head out to shop for your new mattress be sure you have on comfortable clothes, if you have a partner you should shop together, and be prepared to spend time making your selection – try out as many different mattresses as it takes to find the right one.
- 2) Select your size. If the size you currently have is working, then just replace it with the same size. If you feel restricted in any way, then decrease the size of your mattress. If you feel you need more sleeping surface then increase the size of your mattress. Remember; changing the size of your mattress means you will need to purchase new linens, headboard, and possibly a frame.
- 3) Select your comfort. This is a decision that has to be made by you and/or your partner. Always evaluate a mattress for comfort and support. The mattress that best addresses these needs is the mattress for you.
- 4) Look for proper support, a mattress and foundation must support the body at all points with the spine in the same alignment as a person with good standing posture.
- 5) Take the mattresses for a “Test Drive”, experts say to lie down on the mattress in your normal sleeping position; lie on the mattress for as long as it takes to determine whether you like it or dislike it. We found that a 15 minute “Test Drive” can predict long-term satisfaction.

## Why SleepWell Mattress Outlet?

- We sell high quality, famous brand name mattresses at a fraction of retail cost.
- Our knowledgeable sales staff; help educate you to the benefits of each mattress giving you the information you need to select the best mattress for your individual sleeping needs.
- Purchasing your new mattress at SleepWell Mattress Outlet allows you to purchase the very best mattress your budget permits.

## *Count Your Savings Instead Of Sheep!* Comparison Shopping Guide

Store	SWMO	_____	_____	_____
Brand	_____	_____	_____	_____
Model	_____	_____	_____	_____
Comfort Level	_____	_____	_____	_____
Coil Count	_____	_____	_____	_____
Edge Support	_____	_____	_____	_____
Materials	_____	_____	_____	_____
Mattress Height	_____	_____	_____	_____
Retail Price	_____	_____	_____	_____
SWMO Price	_____	_____	_____	_____
Savings	_____	_____	_____	_____

Comments \_\_\_\_\_  
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## Shopping Tools

<b>Mattress Sizes</b>	Twin 38" x 75"	Queen 60" x 80"
	Twin XLong 38" x 80"	King 76" x 80"
	Full 53" x 75"	California King 72" x 84"
	Full XLong 53" x 80"	
<b>Comfort Level</b>	Firm	Plush Pillow Top
	Cushion Firm	Ultra Plush Pillow Top
	Plush	Euro Top
	Ultra Plush	Box Top
	Pillow Top	

## Mattress Terms

**Tickling** – The mattresses outermost layer.

**Upholstery Layers** – Materials used under the quilt to add to the comfort and firmness of the mattress.

**Standard Foams** – There are countless types of foam materials with a variety of different feels. They can consist of man made materials (mainly polyurethane), and natural fibers such as wool, cashmere, and silk.

**Specialty Foams** – Latex and Visco Elastic Memory Foam each have their own unique properties. Latex Foam is a natural, biodegradable foam, that comes from the rubber tree found in the rain forests of South America. Farmers view the latex as a replenishable source of income that outweighs the value of the land to a logging operation. Each bed made helps save 8.5 acres of virgin rain forest from being chopped down. Latex contours to your body, distributes your body weight evenly, minimizes pressure points, reduces motion transfer, is naturally resistant to bacteria, mold, mildew, mites, and other odor causing germs, and has an open cell structure that enables the mattress to breathe – allowing the release of body heat and moisture.

Visco Foam is a man made foam that reacts to body temperature and body weight, conforming and molding to the shape of your body. This is the foam that was developed for NASA to provide comfort for traveling astronauts. Visco molds and contours to your body, spreading your weight over the entire sleeping surface. When you move the foam gradually returns to its original position. It minimizes pressure points, reduces motion transfer, and is highly resistant to bacteria, mold, mildew, mites, and other odor causing germs. Another benefit to Visco Foam mattresses is that it does not need to be turned.

**Innerspring** – Provides even distribution and support for proper spine alignment.

**Coil Counts** – Count based on a full size mattress. The higher the coil count the more coils in the mattress. There are many variables in coil design, function, and durability in mattress manufacturing today; to understand individual coil specifics would take days of research.

**Coil Wire Gauge** – The lower the gauge number, the thicker the wire.

**Edge Support** – Added rigidity found at the edge of the mattress, increasing the usable sleep surface by 10%, offers a solid place to sit at the edge of the mattress, and helps prolong the life of your mattress.

For locations visit us at [www.SWMATTRESS.com](http://www.SWMATTRESS.com)

**Handles** – Let you reposition the mattress on the box spring; they are not meant to support the full weight of the mattress.

**Non Flip** – Most new mattresses are non-flip one sided mattresses. Helps prolong the life of the mattress and eliminates the hassle of mattress flipping.

**Box Spring** – Combination of steel coils and modules on a wood base that adds support and firmness to the mattress. Acts as a shock absorber. Most of today's mattresses are not manufactured to use box springs.

**Semi-Flex Box Spring** – A unique grid/leg assemble which is very efficient, firm, durable, and noiseless. Most of today's mattresses are manufactured to use semi-flex box springs.

**Foundation** – A wood and foam platform to set your mattress on. They have no give or shock absorbing abilities. Many of today's mattresses are manufactured to use foundations.

**Corner Guards** – Help keep the foundation's fabric from chafing against the metal corners of the bed frame.

**Warranty** - Prorated; a warranty in which you receive a portion of your original purchase price. For example: 1/10 = full year replacement or repair for one year, year 2 – you would receive an 80% credit towards a new mattress, year 3 – 70% and so on. Non-Prorated; full replacement or repair for the length of the warranty.

## When You Get Your Mattress Home

*You can increase the lifetime of your mattress with a few simple procedures.*

**Rotating Your Mattress** – Mattresses today are made much thicker than they used to be. Because of that, you may notice body impressions developing. This is an indication that your mattress is performing properly and conforming to your body. This is not a defect, but totally normal. To equalize these impressions, it is recommended that you rotate your mattress every 30 days during the first year. Thereafter, your mattress should be rotated every three months. If you have a one-sided mattress rotate the mattress from end to end – that is, move the mattress 180 degrees. The foot of the mattress is now at the head, and vice versa. If you have a two-sided mattress, rotate it as above, and then turn it over so the bottom is now on top.

**Cleaning** – It is recommended that a mattress pad be used on your new mattress. Vacuuming is the only recommended cleaning method. If you must clean a stain use a mild soap with cold water and dry thoroughly. Warranties are void if the mattress is stained.

**Foundation** – The purpose of the foundation or box spring is to extend the life of the mattress. Warranties are void if the mattress is purchased without a foundation or box spring.

**Frames** – A good quality mattress should be supported by a good quality frame. King and Queen mattress's should be supported by frames that include a strong cross support to prevent sagging and add years to the life of your mattress set. Warranties are void if proper support is not used.