

Choosing the Right Mattress

Ensuring you purchase, not only a good mattress, but the right mattress for you, means taking into consideration the various types of mattress options available. The most common types of mattresses are as follows:

FOAM

Within the foam category there are various options, however, from an overall perspective, they tend to provide above-average contouring to the body, pressure relief, and motion isolation.

Memory foam specifically, uniquely conforms to every inch of the body that is pressed into it. When you lift your body from the material, it slowly regains its original form, essentially making it perfect for every body type and every sleeper. It does retain heat though, so this needs to be a consideration for you.

Quality foam mattresses have above-average durability, lasting 6-8 years and sometimes even longer.

- **Advantages**

- Softer on side sleepers and those with joint pain
- Absorbs motion of restless sleepers
- Lack of springs eliminates noise
- More durable than spring mattresses long-term

- **Disadvantages**

- Certain foams trap body heat
- Softness can cause “sinking” feeling
- Insufficient support for certain types of sleeper
- More expensive than spring mattresses

INNERSPRING

The most traditional type of mattress, the spring mattress is made up of a layer of coils surrounded by layers of comfort material that can consist of materials like latex, natural fibres, or foam.

Different types of spring mattresses use different coil types and layouts to achieve different effects. Because their design is less robust, innersprings are regularly available at a lower price than other mattress types. For that reason, they are a common choice as an entry-level mattress among shoppers with a limited budget.

Bonnell coils: traditionally the most widely used and tend to have the lowest price. Each coil has an hourglass shape and is attached to an interior frame made up of a network of wires.

Offset coils: instead of directly attaching the coil itself to the lattice framework, they are slightly set apart and connected with a small, separate piece of metal. With added independent range of motion, offset coils have slightly more contouring and motion isolation.

Pocketed coils: each coil is covered in fabric, and then the fabric casings are sewn together. In this way, the coils themselves are not directly attached. For this reason, they have considerably more ability to move and compress without affecting the surrounding coils, improving contouring and motion isolation.

- **Advantages**

- Offer solid back support
- Available in a wide range of firmnesses
- Budget-friendly options available

- **Disadvantages**

- Can wear out more quickly than foam
- Older springs can become noisy
- Offer less pressure relief on joints

HYBRID

Hybrid mattresses combine pressure-relieving memory foam or latex with the bounciness of pocketed coils to create the “perfect” bed. The idea behind the hybrid was to create a mattress that included all the benefits from two different mattresses.

While they include perks from both mattress types, they also come with drawbacks, including overheating, less pressure relief, and motion transfer.

Hybrid mattresses are also heavy and expensive due to the number of materials they contain.

- **Advantages**

- Softer than springs without the “sinking” feeling of foam
- Offers pressure point relief without compromising on back support
- Typically quieter than spring mattress alternatives
- Regulates temperature better than pure foam mattresses
- Can work for couples with different firmness preferences

- **Disadvantages**

- Higher-quality hybrid mattresses can be expensive
- Doesn't absorb motion as well as foam

While foam, innerspring and hybrid are pretty much all-encompassing, there are a few other options you may encounter:

AIRBEDS

Not to be confused with the blow up mattress you would use for camping or sleepovers, an airbed can provide a high-quality alternative to the bulky mattress, with some even being independently adjustable on either side. Airbeds look like your typical bed, and they're often made with foam layers. Unlike a traditional mattress, you don't have to worry about it sagging over time.

WATERBEDS

Though they were a hit in the 1980s, waterbeds have faded in popularity and are rarely used today. These mattresses use a support core made of tubes filled with water, and the water moves along with the body, creating a floating-like feel. Some waterbeds also allow you to adjust the settings on each side, so if your partner has different preferences, you'll both be happy.

PILLOW TOP

Also called a Euro-top mattress, pillow top mattresses have a layer of padding that can be up to several inches thick on top of the bed. Depending on the type of material in the pillow top, it can offer benefits like cooling, durability, bounce, and enhanced comfort.

ADJUSTABLE BEDS

Adjustable beds have come a long way since those weird commercials of senior citizens using giant remote controls on a bed that looked like it belonged in a hospital. Now most adjustable beds look exactly like a regular bed, they just come with the feature of being able to recline, adjust and even massage your aching back and legs.

Ultimately, you need a good nights sleep. To get a good nights sleep, you need a good mattress. Don't downplay the importance of having the right mattress, so take a moment to think about which type is the best one for you.