

MATTRESS BUYER'S GUIDE

QUESTIONS TO ASK YOURSELF BEFORE YOU START SHOPPING

1 Do I need a new mattress?

On average, most mattresses need to be replaced every **8 YEARS**.

Consider who will be sleeping in the bed and plan to make room! Long legs tend to expand at night...

Do you have pets or kids?



Twin
36 x 75

Twin XL
38 x 80

Full
54 x 75

Queen
60 x 80

Average Mattress Lifespan

Pillowtop	7 yrs
Innerspring	8 yrs
Hybrid	10 yrs
Memory Foam	10 yrs
Latex	12 yrs

2 What size do I need?

Great for **TALL** people!

King
76 x 80

California King
72 x 84

3 What type should I buy?

4 Hybrid mattresses are gaining popularity as a combination of latex, foams, coils and other materials.



1 Innerspring is the most common type of mattress, consisting of spring coils.



2 Latex Foam mattresses are known for their comfort and cooling.

3 Memory Foam mattresses are known for support and pressure relief.

4 Where can I buy?

Online

- see multiple brands at once
- can't try before you buy

Department Store

- salesmen can provide info quickly
- highest prices

Factory Direct

- cuts out the middle man
- limited selection

5 What factors do I consider?

- Support**
Check your mattress that keeps your spine in alignment so you don't wake up too tired!
- Comfort**
Make sure the mattress doesn't trigger any pressure points when you lie down on it.
- Edge Support**
Look for a mattress with strong edges to prevent sagging or rolling off the bed at night!
- Durability**
The typical mattress lifespan is 8 years- anything less in a new mattress should cause some flags.
- Motion Transfer**
If your bed sleeps two, try out the mattress with your partner to see how much you will feel them move at night.

When trying out a new mattress, give your body time to relax! 10 minutes laying down should do the trick!

10 MINUTE TEST

6 What about how I sleep?

Stomach sleepers put their spine and back in a less-than-ideal position. Look for a slightly firmer mattress to maintain support!

For back sleepers, look for a mattress that supports your lower back. The nature of sleeping on your back means added stress to that area.

VERY SOFT

SIDE

STOMACH

BACK

VERY FIRM

7 How much should I pay?

Bargain Prices

Mattresses priced less than \$500 commonly use inferior materials, have less coil count, or are otherwise cutting corners. Just don't do it.

Cheap Foam Mattresses

These mattresses are less durable, have higher levels of off-gassing, and may use more toxic chemicals.

Traditional Brick & Mortar Stores

These mattresses are the most expensive of them all. You may get a quality mattress, but you're going to really have to pay for it.

Buying Online
\$600-\$1200

Buying factory direct from companies online saves you money and you'll end up with more mattress for your money!

8 Do I need a box spring?

MYTH: All mattresses require a box spring.
FACT: In many cases, **wood slats** will do the same thing. This works great for platform beds. Check your mattress warranty to know for sure!

Green Mattress Buying Guide

Eric Sorila-Rothberg



Green Mattress Buying Guide:

The Ultimate Guide to Green Parenting Zion Lights, 2015-11-15 How can the modern family live an environmentally friendly lifestyle Although many adults aspire to be green there is no comprehensive lifestyle guide available for them when they become parents The Ultimate Guide to Green Parenting will be the first book to provide information for living a truly green lifestyle that is based on sound science

Nonprofit Guide to Going Green Ted Hart, 2009-12-09 The definitive practical go to resource guide on helping all charities become more green Nonprofit Guide to Going Green is your comprehensive learning tool to guide nonprofits and NGOs towards becoming greener A desktop reference for any charitable organization to become greener this essential book gives your organization the support it needs to take proactive steps to protect the environment while fulfilling its mission Timely and clearly written with contributions from experts from around the globe Nonprofit Guide to Going Green leads the way in helping charities in all countries meet this challenge Helps nonprofits green their efforts and carbon footprint Shows CEOs presidents deans marketing officers board members proactive steps they can take to protect the environment Teaches how to do a self audit and plan for a more environmentally sensitive future Nonprofit Guide to Going Green delivers a timely and essential call to action for this new century Can your organization afford not to go green

The Sustainable(ish) Guide to Green Parenting Jen Gale, 2021-03-18 The most family friendly way to start doing your bit The Sunday Times The must have friendly green bible of accessible eco tips for families As a parent getting out of the house with everyone wearing shoes on a good day can feel like you re winning so adding being green to the never ending to do list might feel like the thing to bring all your spinning plates crashing to the ground If that s the case then this is the book for you Instead you ll find easy do able ideas and suggestions for you to pick and choose from try out and adapt Plus bucketfuls of encouragement as you explore what works for you and your family No preaching No judgement No guilt

Smart Mama's Green Guide Jennifer Taggart, 2009-06-24 Parents often feel overwhelmed and defenseless against a never ending recall list of toys and baby products Deciphering unpronounceable chemicals they encounter every day can be daunting if not impossible With environmental exposures being closely linked to 70 percent of birth defects new parents faced with the overwhelming responsibility for their babies health frequently turn to organic products But they quickly find they don t have the time to practice a completely green or natural lifestyle The Smart Mama s Green Guide delivers the information busy parents want and the tools to make informed individual choices without the demand to go all out green Packed with practical tips on eliminating or reducing the hidden dangers of toxic chemicals that lurk everywhere this book will empower readers to control what comes into their homes and make informed decisions instead of relying on government regulation of harmful chemicals

Green Guide Editors of Green Guide, 2008-06-10 Paper or plastic Organic or conventional In a world that is rapidly going green how does the average person make decisions that are smart for the family and good for the planet The Green Guide is here to help with the concepts and choices for Earth

conscious living Presented in concise information packed chapters this up to the minute resource touches on every aspect of our lives from grocery shopping to housecleaning to work travel and investing enabling consumers to make informed decisions and simple changes that impact the planet in big ways Easy to follow information and hundreds of fascinating sidebars fact boxes and other key elements recommend how you can replace unhealthy and environmentally damaging practices and products with more wholesome comfortable and aesthetically pleasing alternatives Neither scholarly nor scare mongering in tone the lively text has been written in partnership with a board of noted experts offering readers the most authoritative engaging comprehensive and in depth reference of its kind Created by two of the strongest brands in conservation and the environment and drawn from more than ten years of reputable coverage in The Green Guide newsletter on line and in print this comprehensive resource is destined to become a must have for millions of families and the first name in household reference books in this up and coming category

Home Appliance Buying Guide, 1996 **Easy Green Living** Renee Loux, 2008-04-01 We are what we eat but we also are what we use to clean our homes pamper our skin and decorate our rooms according to Rene e Loux accomplished raw food chef award winning author and host of Fine Living TV's Easy Being Green In her new book Easy Green Living she applies her whole foods philosophy to home garden and beauty routines Rene e Loux demonstrates that being green at home is easy affordable and better in every sense of the word She discusses the daily choices we face that can keep the home personal care and beauty routines free of toxins She exposes the dirt on cleaning products and common hazardous ingredients and reveals her recommendations for greener options including her Green Thumb Guides for choosing non toxic eco smart and human friendly products Peppered with compelling and inspiring facts Easy Green Living is full of 5 Step lists products and recipes for green cleaning helpful charts safer choices for every room and inspirational advice so we can save the planet one cleaning spritz at a time As recent special issues of Vanity Fair Time Newsweek and other major publications have demonstrated going green is an idea whose time has come Whether addressing big picture topics like renewable energy or offering simple suggestions for everyday living this complete lifestyle guide shows that healthier choices don't mean a radical or complicated life change it is after all easy to be green

Animal Crossing: New Leaf - Strategy Guide GamerGuides.com, 2015-10-23 Animal Crossing New Leaf sees you crowned mayor as a result of a bit of an accident When you arrive Isabelle the town clerk will reveal that you've been given the post and from there you can do whatever you please Use your powers as the mayor to shape the town however you wish whether this means building bridges creating public works projects or laying down laws or ordinances as they are known With all this freedom you could soon have the home and town of your dreams Inside this guide How to get the most out of those vital first few days in town The easiest ways to stuff your coffers with loads of money Detailed information on every shop in Main Street Exact dates for every Special Event in the entire game Complete your encyclopaedia with every Bug and Fish in the game Where to find every special visitor and what they can offer you A full furniture list so you can find exactly what you

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extensively on creating healthy homes will help you with simple steps to making your child s nursery safe and nurturing

Planet Home Jeffrey Hollender, 2010 From Seventh Generation co founder and chairman Hollender comes an
indispensable reference for anyone who wants to maintain a healthy home and a healthy world *Green Mattress Under the
Stars* Eric Sorila-Rothberg, 2010-04-29 Eric was born in Jyv skyl Finland in 1944 and immigrated to Canada at age 12 After
becoming a sheet metal journeyman in Montreal he worked across Canada in the trade In 1966 he traveled to the West Coast
where family members followed later Today there are over fi fty of his relatives living in the Greater Vancouver area who
have settled down but Eric has continued to travel At age 32 he tackled an academic challenge and in 1986 graduated from
the University of British Columbia with a degree in history The study of history world travel and photography have formed an
interesting combination in his life which Eric shares with you in this book Being a passionate traveler he met a kindred soul
in 1970 through mutual friends *Marketing Information Guide* ,1961 *The Choice Guide to Baby Product Choice*
Books, 2010-09 Essential buying advice for new parents Our independant guide to the best baby products on the market is
now in its 13th edition Packed with practical information The CHOICE Guide to Baby Products is the result of extensive
research and testing by our CHOICE experts *Skinny Bitch: Home, Beauty & Style* Kim Barnouin, 2011-09-27 Kim
Barnouin has already told her fans how to stop eating crap and start looking fabulous But there s more to being a Skinny
Bitch than eating well Turns out there s crap everywhere not just in food but in cosmetics clothing and home furnishings Kim
blows the lid on all of the nasties in our everyday stuff everything from lipstick to sofa upholstery and shows how we can
make both small and big changes in our home wardrobe and beauty regimen for living the Ultimate Skinny Bitch lifestyle

The Modern Girl's Guide to Life Jane Buckingham, 2009-10-13 A stylishly smart collection of practical advice for the
busy modern woman With information on entertaining etiquette housekeeping basic home repair decorating sex and beauty
this indispensable book has everything today s young woman should know but may not The Modern Girl s Guide to Life is a
collection of all the helpful tips and secrets that get passed on from generation to generation but many of us have somehow

missed It s full of practical definitive advice on the basics the day to day necessities like finding a bra that fits balancing a checkbook making a decent cup of coffee and hemming a pair of pants Modern Girl guru Jane Buckingham includes loads of savvy counsel to help us feel more refined in charge and together as we navigate the rocky terrain that is twenty first century womanhood **Consumer Reports 1999 Buying Guide** Consumer Reports,Consumer Reports Books Editors,1998-10 From cars to cell phones to washing machines this book presents the most objective information available to the American consumer Ratings charts indices **Green, Greener, Greenest** Lori Bongiorno,2008-03-25 How green can you be Green Drive the speed limit Greener Drive a fuel efficient car Greenest Bike or walk The perfect guide to help readers decide how to best spend their time and money to protect the environment Green Greener Greenest offers flexible tips for everyday living all categorized as green greener and greenest Cutting through the labeling and the hype it helps readers choose the advice that fits their schedule their budget and their interests with the understanding that there s never one right way to make a difference This indispensable resource will grow with readers whether a novice in green living or a veteran environmentalist as their interests and needs change over time **Buyer's Guide and Industrial Directory of Chicago** ,1954 **Consumers' Guide** ,1943 **National Geographic Guide to National Parks of the United States** National Geographic,2012 Packed with more colour photographs and detailed maps than any other parks guidebook on the market the National Geographic Guide to National Parks of the United States has been fully updated with comprehensive information and it acts as a practical guide to the crown jewels of the national parks system the 58 scenic national parks that conserve and protect the flora and fauna in some of America s last wilderness areas

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