



MATTRESS GUIDE

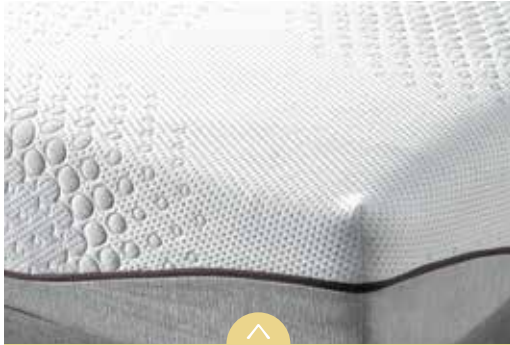
## Our Comfort Guide

When choosing a suitable mattress, there are often so many options it's difficult to know what you need. That's why our handy guide will give you information about the different types, what's perhaps most suited to different people, and how you can get the best out of it. So read on and you'll be on your way to great sleep in no time!

*time4sleep*

# Types of mattress

This guide will look at the four main types of mattress: pocket sprung, open coil sprung, memory foam and latex varieties. Here, we delve into the particulars:



## MEMORY FOAM

Memory foam is the latest revolution in sleep and is a very popular choice with our customers. Memory foam is heat sensitive and moulds to the shape of your body which helps to improve blood circulation and reduce pressure points. For these reasons memory foam is often widely recommended by osteopaths and chiropractors.

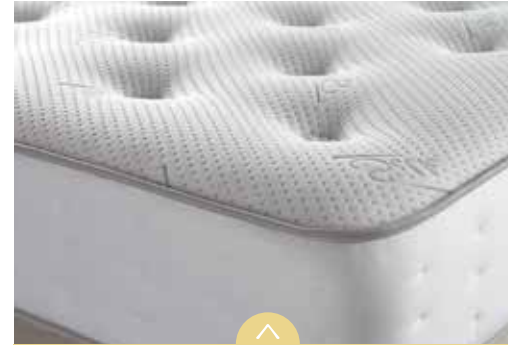
If your looking for a mattress with very high levels of support then a memory foam mattress maybe the choice for you. There are a wide range of specifications available including memory foam in combination with springs and memory foam that also contains cooling properties.



## OPEN COIL SPRUNG

The open coil is perhaps one of the more commonly used types of spring. They're made from lots of metal springs that are all attached to each other using wire. Because they're attached, when the mattress moves according to your body movements, more of the springs around the mattress will be moved with them. While open coil sprung types are fairly simple, easily available and a great mattress for some, the way the spring move can sometimes cause disturbances when you're sharing your bed.

Open coil sprung mattresses are also available with a layer of memory foam, which adds an extra-comfortable and warm topping to the mattress.



## POCKET SPRUNG

Pocket sprung mattresses contain individual springs which are housed in individual material pockets. The benefit of the pocket spring system is that rather than being joined together by a metal helical wire the springs are usually joined down the middle and the springs are free to move independently. This type of spring system removes the issue of roll together which can occur on a traditional open coil spring system.

If your looking for an undisturbed nights sleep and no roll together then a pocket sprung mattress will provide you with greater levels of comfort and support than an open coil system. Pocket sprung mattresses cover a wide range of budgets and the price will be reflected by the number of springs, type of fillings and the type of border used on the mattress. The traditional pocket spring combined with memory foam is one of our most popular selling specifications.



## LATEX

Latex has excellent support and recovery characteristics and has many of the benefits of memory foam in that it provides high levels of support. Latex is often chosen as an alternative to memory foam due to its natural properties and is normally used in combination with springs as a comfort layer. Latex is very much a premium product and prices will vary significantly depending upon the type and amount of latex used along with the other components used within the mattress construction.



## Find your perfect mattress

Finding the perfect mattress will come after a little bit of research. Figure out what's important to you, such as the level of support, how warm it will be and whether they require turning or other maintenance, and take your time. It's better to spend a while trying out a few than being stuck with an unsuitable bed.

For those with a slightly tighter budget, open coil sprung mattresses will certainly fall into your category, but as with most things, the higher the cost, generally, the better the quality. That doesn't mean you need to spend a small fortune to be comfortable, though. Making a few decisions and prioritising your sleep needs can help you choose a perfectly comfortable and suitable mattress.

If you prefer to sink into total support, a foam mattress might be worth your time. For those that do like to feel supported as they sleep, but less 'cuddled' by the mattress, springs may well be more suitable.

As well as choosing what material would best fit your needs, you'll also need to work out how firm or soft you'd like your mattress to be. This is something you can try out in a showroom, and make sure you spend a while laying on each mattress in your usual sleep position to get a true representation of what it will be like.

## Choose your size

You can choose a mattress in either single, compact double, double, king size or super king size from Time4Sleep.

When buying either a new mattress, bed frame or both, make sure you measure up first. You don't want to be stuck with a mattress that's too big or too small for the bed frame, particularly if you're considering the compact versions. Otherwise, you'll be left with gaps for pillows and pyjamas to get lost in!

Do you share your bed? Unless you prefer to sleep fairly closely to your significant other, the more space you have, the better. This way, you're less likely to disturb your partner, or be disturbed while you sleep, as well as maintain better temperature control. You can find the standard measurements for each size below:



SINGLE  
90cm x 190cm



COMPACT DOUBLE  
120cm x 190cm



DOUBLE  
135cm x 190cm



KING SIZE  
150cm x 200cm



SUPER KING SIZE  
180cm x 200cm

## Time4Sleep's top tips

### **Decide on what's important to you**

Be that cost, comfort, support or care, and take your time to decide.

### **Opt for quality**

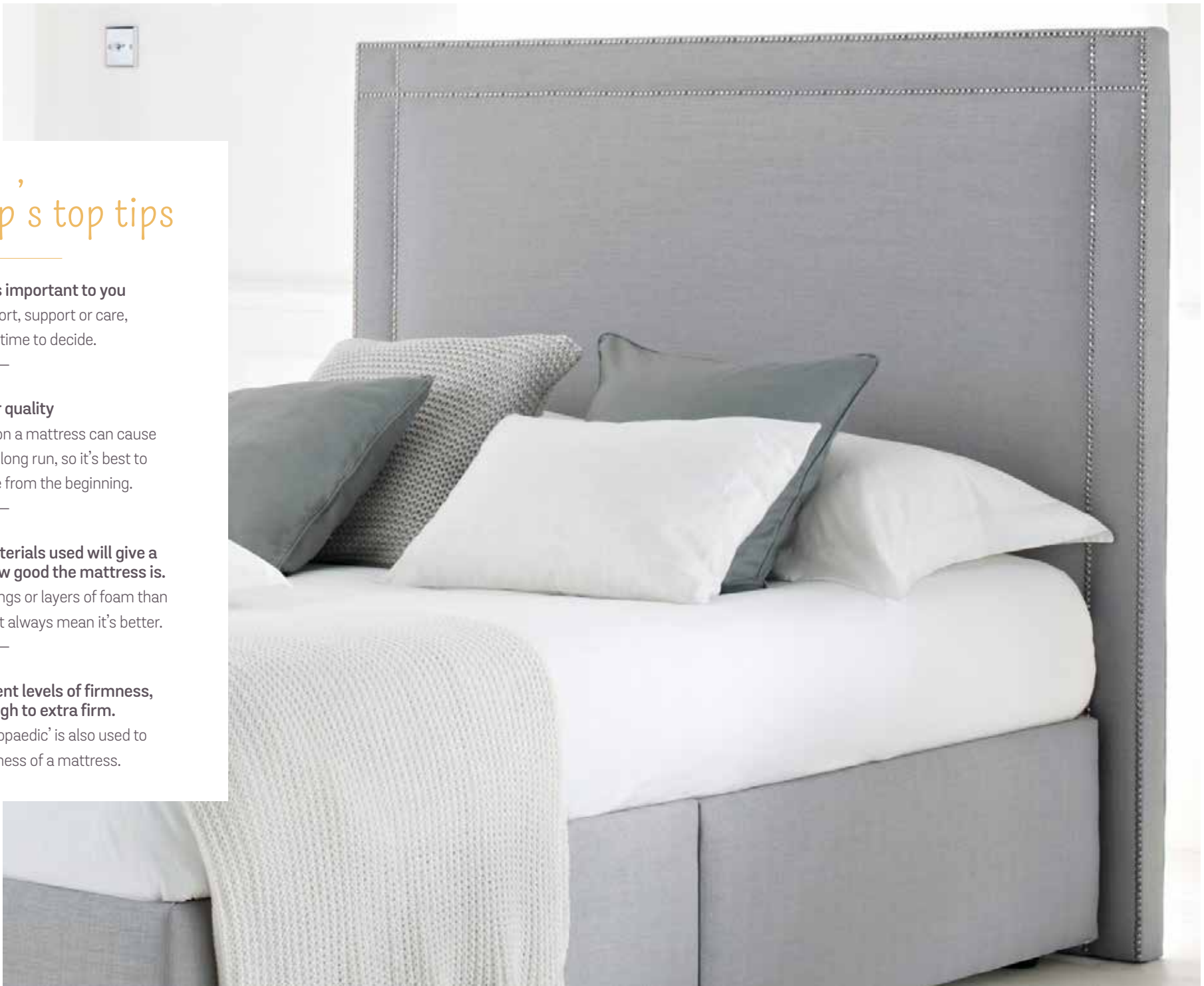
Sometimes, skimping on a mattress can cause you discomfort in the long run, so it's best to invest in a good one from the beginning.

### **The quality of the materials used will give a better indication of how good the mattress is.**

One may have more springs or layers of foam than another, but that doesn't always mean it's better.

### **Test out a few different levels of firmness, from soft through to extra firm.**

The term 'ortho/orthopaedic' is also used to describe the firmness of a mattress.





## The finishing touches

Once you've picked your ideal mattress, having the right type of pillow and bedding can all make a difference when it comes to your comfort. Whether you choose feathers, foam, or lots of extra fleecy blankets, you can really make your bed your haven!



Really make a masterpiece out of your bed. Turn it into the main focus of your room with a beautiful headboard, super-sweet covers and some excellent accessories.



Think mood lighting, scatter cushions and rugs – you name it, there's a style for it.



For all the advice on creating your own style décor in your bedroom, take a look at our [style guide](#), and you'll be practicing your budding interior design skills in no time!

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time4sleep

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### Sources

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