



Chiropractic Care : Pilates : Yoga : Sports Massage :
Acupuncture : Pregnancy Care : **Back Care**

BUYING A NEW BED / MATTRESS?

We are often asked about what type of beds and mattress are best. We all come in different weights, shapes and sizes, so there isn't one solution that suits all. However, below we have listed some important things to consider when purchasing a bed/mattress.

- 1 How firm should the mattress be?**
The best answer to this, is that you want a 'supportive mattress'. A 15 stone person is likely to need a different amount of support than someone weighing 10 stone.
- 2 Lay on the mattress and check out your posture**
If you're lying on your side, your spine should be parallel to the mattress and your spine should not sag or bow. It's worth taking someone with you to check out your posture while lying on the mattress and remember that the longer you can spend testing it before buying, the better understanding you will have.
- 3 Don't forget your pillow**
Your pillow will also effect your sleep posture and is an important part of keeping your spine and neck straight. So have your pillow with you when testing beds.
- 4 Sharing a bed?**
Take your partner with you when looking for a new mattress as your needs could be very different. If your needs are different consider 2 single mattresses that can be zipped together so that you both get the support you need.
- 5 Does my bed need replacing?**
It's not always to determine whether you need to get a new mattress, but try answering these 3 key questions:
 - Are you and your partner getting a comfortable nights sleep?
If no, your mattress may be the issue
 - Can you feel the springs through the mattress?
If yes, it's definitely time to invest in a new one
 - Is the bed more than 10 years old?
Its time to consider a new one as beds sag and provide less support over time.

Call Shoreham Chiropractic Clinic on 01273 461 155
for your FREE posture and spine check.

