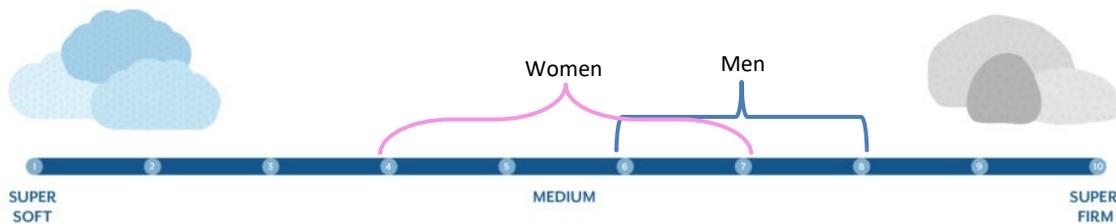


## Mattress Recommendations

One of the most frequently asked question in our practice is what kind of mattress should I buy? My answer is always “the one you like the most”. Like most things in life, there is not one “perfect” mattress that beats all others, despite what marketing tries to get you to believe. The truth is that mattress preferences and even needs vary from one person to the next. Generally speaking, men do well with mattresses that are on the firm end of the spectrum. This is due to the narrow structure and higher muscle mass of men, making us more dense (yup, I said it). A firmer mattress will better support these “dense” individuals rather than sinking in and getting absorbed by the mattress. Women, on the other hand, do better with softer mattresses because it allows the curves to sink into the bed, providing more comfort.

Here is the general spectrum of mattress firmness from 1 to 10. Keep in mind that no one likes sleeping at the extreme ends (1-2 or 9-10). If you do, get a water bed or sleep on the floor. Just kidding, please don't do that.



Men will typically respond best to medium to firm mattresses in the 6 to 8 range, while women fall in the 4 to 7 range. Why the larger range for women? Because they can.

So if you share a bed with the other gender, you hopefully have similar densities or at least preferences for mattress firmness.

Some of the other factors they should determine how firm you should go are sleeping position and age. Side sleepers and the toss-and-turners do better with medium firm mattresses (6 to 7 on our scale) because they offer more pressure relief. Back sleepers have more flexibility when it comes to firmness but generally choose the medium firm level of mattresses (6 to 8). What about stomach sleepers? Ugh. You do realize this is the WORST position to sleep in, creating stress in the back as well as the neck? Fine, if you must, stay firm, in the 7 to 8 range. But do your spine a favor and try to break that habit and sleep on your side or back. Pretty please.

As we age we tend to require a firmer mattress. This is because our body needs more support in the lying down position, and to be honest, a firm bed is easier to get out of than a soft fluffy puff ball.

All of that being said, here are our current mattress recommendations (in no particular order):

**The Select Comfort** – a SleepNumber bed; best for couples that can't agree on one firmness level. While it can be expensive, they have a longer lifespan and have 20+ year warranties (usually).

**WinkBed** – a very good “hybrid” mattress with memory foam AND your typical bed springs.

**Nectar** – best foam mattress based on quality, support and value.

**Saatva** – hybrid mattress (foam + innersprings) that's good for back pain. Their firmnesses can range from plush (3 to 4) to firm (8), so be sure to take this into account when choosing between their different models.

At the end of the day, a bed more on the firmer side with a good warranty is the way to go. Because in the end, you can always buy a plush mattress topper to make it less firm, but you can't make a soft mattress more firm.

Good luck and sweet dreams!