

# HOW TO BUY A BED IN 5 EASY STEPS

Can't remember the last time you had a good night's sleep?  
It might be time for you to invest in a better place to rest ▶

Words: Yvette Murrell



↑ Choices, choices, choices. Online bedroom retailer Soak & Sleep offers a variety of mattresses, from pocket-sprung to cashmere topped, all with a 100-night trial.

## Step one: Work out if you need a new one

It's widely reported we spend, on average, a third of our lives in bed – and yet we all too often overlook the importance of having a quality mattress and bed frame. "You should replace your mattress every seven to 10 years and regularly check for signs it's no longer serving you as well as it once did," recommends Ieva Baradouska, comfort expert at Dormeo. But it is also worth noting there is more than only the obvious signs of wear and tear which could indicate it's time for a new mattress. "If you often wake up feeling tired or achy, or you struggle to find a comfortable spot in your bed, it's probably time to look for a replacement," Ieva adds. If the frame has cracks or is wobbly, it's clearly time for change. And equally, if the bed is no longer functional – such as being too small, or fitting awkwardly in your bedroom – you should start looking for a new one.

→ Harrison Spinks's Organza 11700 mattress, £2699 for a standard double, is designed to be turn free – so you shouldn't have to flip it every few months. Shown here with the Lalique Deep headboard in Africa Zanzibar, £649.



Utilise all possible storage areas in your bedroom, particularly if you want a larger bed frame. Loaf's Smuggler headboard, from £495, comes complete with built-in shelving, a retractable table, and works perfectly with this store bed base, from £795 for a single.



Made from natural, handwoven and on-trend rattan, Habitat's Franklin bed is stylish and sturdy. It costs £550 for a double, or £595 for a king size.



## Showroom shopping

**B**ed expert Simon Williams from the National Bed Federation shares his advice on buying a new bed:

- Do your research before you step inside a shop. Think about what your priorities are. Is it price, storage, access, mattress type, or a health issue? Make sure your retailer understands your needs.
- If possible, try and buy a mattress and base from the same place – they will have been designed to go together. If you're only looking to replace your mattress, make sure your measure up first, as bed sizes aren't standardised.
- Get on the bed and see how it feels. Don't be afraid to spend at least 10 minutes lying down in your normal sleeping position. If you'll be sharing the bed, make sure you take your partner with you and try it out together.
- Ask how to look after the mattress. The retailer should be able to provide you with care instructions for the bed, such as how often you need to turn or rotate the mattress. If you live on your own you may want to consider a no-turn mattress, as flipping it can be a two-person job.
- Check you are visiting a honest, reputable showroom selling products in line with flammability and hygiene regulations. The National Bed Federation is a recognised trade association for bed manufacturers and suppliers – look out for the 'NBF Approved' members label.

↓ Create a unified look in your bedroom by matching your bed to your freestanding furniture. Ercol's Remini collection starts from £199 for a compact bedside table, to £779 for a king-size bed frame with headboard.

## Step two: Decide what type of frame you want

"Always buy the largest size the room will accommodate," recommends Adam Black, founder of Button & Sprung. "The larger the bed, the better you will sleep." Measure up your bedroom, making sure you have enough space to walk around the bed and taking into account any wardrobes, radiators, and windows. Once you know what you are working with, you can establish whether you want a single, double, king, or even super-king size bed, before deciding on the exact frame. "Make sure you have enough space to completely relax and spread out, but be careful not to buy a style that's too big if your bedroom is on the small side. You don't want to make the room feel cramped," advises Jonathan Warren, director of Time4Sleep. Also think about functionality. Ask yourself if you need the bed solely for sleeping, or will it have to double up as a practical space for storing extra towels and bedding too? Do you need space underneath for boxes? Do you want a large headboard? This should help you determine whether you need an ottoman or divan, an upholstered bed, or a metal or wooden frame. And as for the colour, Sarah Massouh, founder of Willow & Hall, advises to keep it neutral for longevity. "You can add colour and pattern through cushions and throws – a far easier and less expensive way to subtly change the look if you decide to change your bedroom decor." ▶





Ottomans are great storage beds – just make sure it has an easy-to-access gas-lift mechanism. Time4Sleep's Bromley bed, from £449, has an extra-deep base and is available from a single to a super king size.



### Step three: Choose a mattress that is right for you

There are many different types, but what's most important is finding a mattress that will provide you with optimum comfort and support. "Pocket sprung mattresses are best for sleepers who prefer a springy feeling, as opposed to a sinking one. Memory foam designs are ideal for those who suffer with back pain, as it cradles the body's curves whilst being firm enough to support the back's structure. Hybrids are constructed from a combination of foam (memory, latex, or any other), coils, and sometimes other materials," explains Helen Collins, co-founder of online bedroom brand Myza. It is also worth noting some manufacturers make split-tension mattresses – two types of mattress in one – so if you share a bed, you can both get the support you need.



Create a bed just right for you. Button & Sprung offer upholstered beds in over 90 different fabrics, plus bespoke options. You can also choose between four styles of wooden feet. Prices start from £695 for a Poppy king-size bed, shown.

← This simple yet stylish Bow oak bed frame with slatted headboard, £450 for a double or £499 for a king size, is also available with matching underbed drawers to maximise storage, from House by John Lewis.

### Step four: Do your research

Whether you are shopping online or visiting a showroom to buy your new bed, be sure to look into the company before you purchase. As bed frames and mattresses are such large investments, most reputable retailers will have a long returns window and lengthy guarantees, but it's always worth checking the fine print. When you go to a showroom, make sure you test out the beds by lying down on them in the position you sleep in, remembering to take your time so you can get a good feel for the mattress. If buying online, spend time reviewing different specifications of the mattresses available, such as firmness, materials, and care. And even when do you finally make a purchase, Sarah Smith, head buyer at Soak & Sleep, says you shouldn't be afraid to return an item if it doesn't feel right. "I find that the best test of a mattress is to sleep on it," she says. "Remember, just because the item is in your home, doesn't mean it has to stay there. So if you're not happy - return it!"

## 3 of the best... bed-in-a-box mattresses

Easy to deliver, vacuum-packed, roll-out mattresses are increasing in popularity. Here's our pick...



You won't find any springs in the Casper mattress, but instead there are four-layers of foam with zoned support for a comfortable sleep. It also has a removable cover, so is easy to clean. Priced £550 for a double mattress.

[casper.com](http://casper.com)



Made from durable Herdwick sheep wool and 6000 pocket springs, the Herdysleep mattress provides firm support and the natural fibres help keep your body temperature cool. Priced £649 for a double mattress.

[herdysleep.com](http://herdysleep.com)



Otty's mattress has a unique gel layer infused into the memory foam top, which helps regulate temperature throughout your sleep. This, combined with a high-density base, provides ample back support. Priced £449 for a double mattress.

[atty.com](http://atty.com)

## Step five: Consider delivery and set up

"To make delivery and installation of your new bed as easy as possible, measure your door frames, staircases, or lifts before you order to guarantee you will be able to manoeuvre the bed into the room," advises Ruari Giles of Harrison Spinks. "If you are having a mattress made to order, expect to wait around four weeks for delivery." Bear in mind there may be a charge for home delivery, so you might be able to save money if you collect from the store yourself – but make sure you weigh up the practicalities of this option before attempting to get the mattress or frame home yourself.



The Cornish Bed Company's Maud cast iron bed, from £895 for a single, has a classic Victorian look, but would suit a contemporary bedroom setting.



Handmade in England, the Richmond bed from And So To Bed has been upholstered here in a rich teal velvet, creating a focal point in the bedroom. Priced from £1840 for a double.

## SOURCE Book

**And So To Bed** 0808 141 5838 or [andsotobed.co.uk](http://andsotobed.co.uk)

**Button & Sprung** 0333 320 1801 or [buttonandsprung.com](http://buttonandsprung.com)

**Dormeo** 0800 625 0134 or [dormeo.co.uk](http://dormeo.co.uk)

**Ercol** 01844 271 800 or [ercol.com](http://ercol.com)

**Habitat** 0344 499 4686 or [habitat.co.uk](http://habitat.co.uk)

**Harrison Spinks** 0113 205 5200 or [harrisonbeds.co.uk](http://harrisonbeds.co.uk)

**John Lewis** 0345 604 9049 or [johnlewis.com](http://johnlewis.com)

**Loaf** 0845 468 0697 or [loaf.com](http://loaf.com)

**Myza** [myza.co](http://myza.co)

**National Bed Federation** [bedfed.org.uk](http://bedfed.org.uk)

**Soak & Sleep** 01483 437762 or [soakandsleep.com](http://soakandsleep.com)

**Willow & Hall** 020 8939 3800 or [willowandhall.co.uk](http://willowandhall.co.uk)

**The Cornish Bed Company** 01726 825182 or [cornishbeds.co.uk](http://cornishbeds.co.uk)

**Time4Sleep** 01484 500560 or [time4sleep.co.uk](http://time4sleep.co.uk)

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