

BUYERS' GUIDE

MATTRESSES

The quality of sleep can have a direct effect on our health and wellbeing, so it is wise to invest in the right design for you

Words: **Yvette Murrell**

Feeling tired, suffering from back pain, or struggling to get comfortable before falling asleep? These could all be signs it's time for a new mattress. The decision to buy one isn't always straightforward – it's a very personal process and not one to be overlooked. We spend around a third of our lives in bed, so it is important you find the right level of comfort and support. There are several types, but the most common choice is between pocket sprung and memory foam. Pocket sprung is the more traditional option, providing a bouncier feeling while reducing movement – ideal if you share a bed. The price varies depending on the number of springs and the amount of filling materials such as wool, horsehair, or a mix of two or more. More modern memory foam designs often feel firmer and offer flexible back support no matter what position you lie in, as they mould to your shape. It is also possible to get hybrid models, which combine both springs and foam, as well as split tension ones, where the two halves of a mattress can differ in material and tension – ideal if you share your bed with a partner who has different preferences to you.

Buying tips

The best way to find the right mattress for you is to go and test a few out. Bedroom showrooms will have a variety of different firmness options on display to try. If possible, spend at least 10 minutes lying down on each to find the right one. If it's for yourself and a partner, try it together.

Or, if you are planning to buy online, look out for brands with extended returns policies on mattresses. These days, it is not uncommon for companies to offer 100-night trials with free returns. Wherever you decide to buy, check if it's an approved National Bed Federation member, a recognised trade association, for peace of mind when purchasing.



EXPERT ADVICE

"The only way you can truly know if a mattress will be suitable for you is to sleep on it. If it's not right, return it – don't let the quality of your sleep suffer."

Yvette, features writer

Most good-quality mattresses range between £500 and £1500 for a double size. Delivery and the removal of an old mattress are often available options, but may come at an additional cost. **KBB**



Handmade in the UK. Button & Sprung's mattresses come with 100-night free returns and a 10-year guarantee as standard. From £545 for a double.



EDITOR'S
PICK

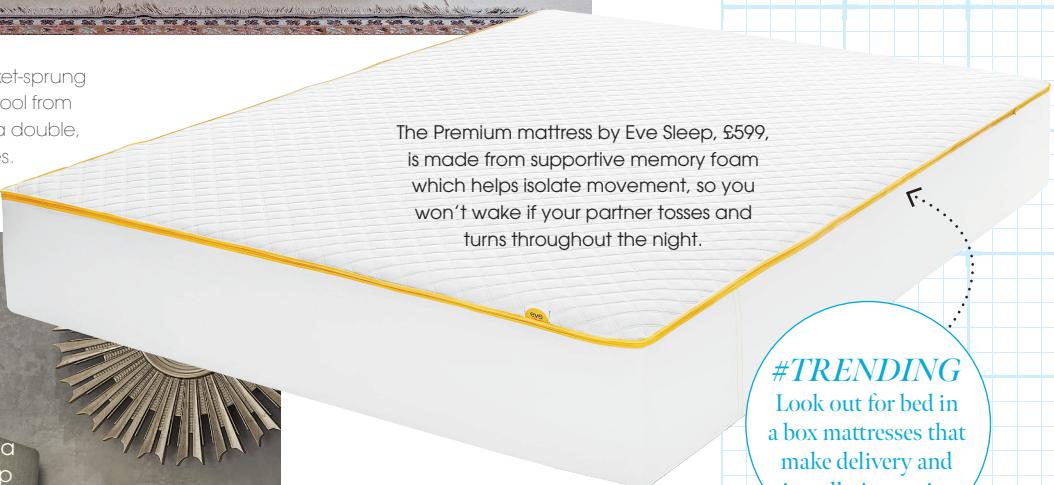
Harrison Spink's Pure Performance Free & Easy Elite collection designs are all turn free, so you don't need to flip them regularly to keep them in good shape. The Santiago, £1749 for a double, features 12200 springs and layers of sustainably-sourced filling – including mohair, wool, and Egyptian cotton.



The double Sealy Haven mattress combines 1500 pocket springs with a core latex filling and is available alone, £799.99, or as a divan set, £999.99, Bensons for Beds. It is shown here with the Accord headboard in Dawn, £139.99 for a double.



↑ Herdysleep's mattress is a pocket-sprung 'bed in a box' design filled with wool from Herdwick sheep. Priced £849 for a double, it is also available in bespoke sizes.



The Premium mattress by Eve Sleep, £599, is made from supportive memory foam which helps isolate movement, so you won't wake if your partner tosses and turns throughout the night.

→ Loaf's Spare Room mattress, £395 for a double, is an ideal option for guest bedrooms and other spaces where it is used less frequently.

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NEED TO
KNOW

Think PRACTICAL

- To increase the longevity of your new mattress, rotate it every few months to reduce the risk of sagging. You may also need to flip your mattress over from time to time, unless it has been specifically designed not to require this.
- How is your mattress going to be delivered? Will it be able to get through your doorways and up a staircase? If any of these might be too narrow, consider the option of a bed in a box – where the mattress is vacuum packed into a more manageable size – or a zip-and-link design where two single sizes are connected to create one large mattress upon set up.

#TRENDING
Look out for bed in a box mattresses that make delivery and installation easier