



10 Things You Should Know before Buying a New Mattress

1. How do I know when it is time for a new mattress?

Purchasing a mattress is an important decision. One-third of your life is spent sleeping on a mattress, and during that time your body rejuvenates itself. Your mattress affects your quality of sleep and, in turn, how you feel during the day. It is time for a new mattress if you wake feeling tired and achy, or if your mattress is more than 10 years old. If you can flip your mattress, try that first before investing in a new one.

2. How do I decide on a budget for my mattress purchase?

\$500 or \$5000? Mattress prices can vary greatly. You will be sleeping on your new mattress every night for the next 10 or more years, so we recommend purchasing the highest-quality mattress you can afford. We recommend latex mattresses. Latex can be more expensive than conventional innerspring mattresses because they are made of pure latex rubber— simply the best foam choice available today. The good news is latex can last a lifetime, so it may be more cost-effective in the long run. At My Green Mattress we sell all natural latex mattresses at factory-direct prices. That means no middleman, and no high markups.

3. What styles of mattresses are available today?

Latex, memory foam, air, or innerspring? There are many types of mattresses available on the market today. The type of mattress that is best for you is a matter of personal preference. Many furniture and mattress stores offer a variety of mattress types that can range in price from a couple hundred to several thousand dollars. It is best to determine your budget, and then weigh the pros and cons of each mattress type. Finally, decide on the mattress that fits your budget and is most comfortable to you.

4. What size bed should I buy?

Queen or King? The size of your mattress is usually determined by the number of people sleeping in the bed and by the size of the bedroom. If two people will be sharing the bed, we recommend buying the largest mattress that your room will accommodate. See the guide to mattress dimensions below. At My Green Mattress we can also make custom size mattresses to fit boats, RVs, trailers, antique beds and more.

Mattress Dimensions

Mattress	Dimensions
Twin	39" by 75"
Twin extra long	39" by 80"
Full	54" by 75"
Full extra long	54" by 80"
Queen	60" by 80"
California King	76" by 84"
King	76" by 80"
Crib	28" by 52"

5. What level of firmness is best for me?

Plush or firm? The answer to this question is personal. For years, doctors and chiropractors recommended a firm mattress. But, when you think about it, your body contours are not flat no matter what position you sleep in. Whether you sleep on your back, side, or stomach, mattresses that are too firm can leave unsupported gaps between your body and the mattress. Firm mattresses can also put pressure on your shoulders and hips, and can cause problems with circulation. On the other hand, mattresses that are too soft allow your hips to sink. This is the heaviest part of your body and needs proper support to keep your spine properly aligned; otherwise you wake up feeling pain and stiffness. The best mattresses are comfortable for your whole body and keep your spine in alignment from your head to your toes. At My Green Mattress we offer latex mattresses that are perfectly conforming and are available in range of firmnesses to meet your personal needs.

6. Why would I choose a latex mattress over a memory foam mattress?

The natural latex rubber used in latex mattresses is derived from the sap of the rubber tree, while memory foam is a chemically produced synthetic petroleum product. Natural latex is safer for people with chemical sensitivities, is more durable, and normally outlasts memory foam. Most people find natural latex more comfortable as memory foam does not circulate heat effectively and has a sinking feeling. Latex is breathable, resilient and conforming for the best night's sleep possible.

At My Green Mattress we find that latex is the perfect choice for most people including those that suffer from allergies, multiple chemical sensitivities, chronic pain, back problems, and restless sleep.

Consider all the benefits of sleeping on a latex mattress:

- 100% Natural – Latex is free from chemicals, which reduces your exposure to chemicals and manmade synthetics found in conventional mattresses.
- Hypoallergenic – Latex has anti-microbial properties that make it resistant to dust mites, mold and mildew, which helps reduce allergies.
- Pressure Relieving – Latex is supportive and alleviates pressure points that can cause stiffness, pain, tossing and turning.

- Eco-friendly – Latex is derived from the rubber tree, a renewable resource. This means your new mattress is eco-friendly and biodegradable.
- Comfortable – Latex is breathable, eliminates motion transfers, and instantly conforms to your body.
- Durable – Natural latex is resilient and does not break down the way other foams can; therefore your investment will afford many nights of restful sleep.

7. Should I flip my new mattress?

Most mattresses made today are only upholstered on one side. Therefore, you do not have the option to flip it. This is a money saving practice the major mattress manufacturers use, and can diminish the quality and lifespan of your mattress. At My Green Mattress we handcraft two-sided mattresses in our factory giving you the option to flip and extend the life of your mattress.

8. Should I invest in a new foundation? Whatever happened to box springs?

Foundations have replaced box springs for the most part in the mattress industry. Unlike a box spring, which is an actual springed support system, a foundation is a solid base similar to a platform. Foundations are used with a traditional bed frame. Latex, foam, and single-sided innerspring mattresses support your body best when placed on a foundation.

Before investing in a new foundation, we recommend checking your old foundation for signs of wear. To do so, spread your hands like you are going to leave an imprint in cement – like a Hollywood star. Press firmly on your foundation, and work your way down the foundation from head to toe. If you notice that the foundation feels softer or weaker in the hip area, it is time to replace it. If your foundation is 10 years old or older, it is also time to replace it.

9. Are any styles of mattress best for alleviating allergies?

We highly recommend latex mattresses for those who suffer from allergies. Latex has anti-microbial properties that make it resistant to dust mites, mold, and mildew. This relieves allergies and helps you breathe easier during sleep.

10. Where can I buy an environmentally friendly mattress?

Green mattresses are a smart choice for your family and for our environment. Green mattresses are usually made from all natural materials including: latex rubber, natural wool and organic cotton.

Natural latex is tapped from the rubber tree, a renewable resource. Green mattresses are biodegradable and chemical free. Not only are these mattresses good for our health, they are also beneficial to our earth and future generations that will inherit it. If you are in search of a “green mattress,” look no further than the eco-friendly latex mattresses available at MyGreenMattress.com.