

The 2-Minute Mattress-Fit Checklist

Buy once, buy right — for the surface you spend a third of your life on.

1. Firmness by how you sleep

You sleep mostly...	Aim for	Why
On your side	Soft–Medium	Shoulders & hips need to sink in for alignment
On your back	Medium–Firm	Support the lower-back curve, no sag
On your stomach	Firm	Keeps hips from dropping and straining the spine
Back or hip pain	Medium-Firm, zoned	Support beats softness for pain

2. The three questions that narrow it fast

- **Do you sleep hot?** → Choose a hybrid (coils breathe) or gel-infused foam, not dense all-foam.
- **Share the bed?** → Prioritise motion isolation: memory foam or pocketed coils, so their turning doesn't wake you.
- **Allergies?** → CertiPUR-US foam or natural latex + a washable, antimicrobial cover.

3. Is it even time to replace?

Any one of these is a signal: **8+ years old**, visible sagging, waking stiff, or sleeping better in hotels than at home. Most mattresses lose real support after 7-8 years — and priced by the night, a replacement is one of the cheapest upgrades you own.

4. Buy-smart traps to avoid

- **Trial period:** insist on 100+ nights — your body needs 2-3 weeks to adapt; a 30-day window is too short.
- **"Firm = supportive" myth:** firmness is feel, support is spine alignment. Match firmness to your position, not to "firmer is healthier".
- **Return logistics:** check who pays return shipping and whether it's a real refund or store credit.
- **Warranty ≠ comfort:** a 10-year warranty covers defects, not "I don't like it". The trial is what protects you.

5. The per-night math (do this before you balk at the price)

Mattress price ÷ (years × 365) = cost per night. A \$1,000 mattress over 8 years = about **\$0.34 a night** — split between two people, \$0.17 each. Compare that to a daily coffee, for a third of your life. Run your own numbers at thesleepmath.pages.dev.