

Mattress Recommendations

A frequently asked question we get is, what kind of mattress should I be sleeping on? And the answer differs for men and women. Generally speaking, men do well with mattresses that tend to be more firm. This is due to the fact that men's bodies are typically more dense due to muscle mass and a more narrow structure. For this reason it is recommended to have a firmer mattress so the mattress supports the weight rather than sinking in and absorbing the body. Women on the other hand do better with softer mattresses, because it allows curves to sink into the bed proving more comfort.



There are two mattresses recommended by the office:
The Select Comfort mattress. This mattress is ideal for people that sleep with a partner because of its dual mattress control. This allows women to adjust their side of the mattress to soft and men to have the firmness they desire as well.
Available at: www.sleepnumber.com



The Tempur-Pedic memory foam mattress. This mattress provides good support and should have a medium thickness level for maximum benefits.
Available at: www.tempurpedic.com

We do understand that these mattresses are costly and are not realistic for everyone. However, they do have a longer lifespan and have 20+ year warranties. Also, if the cost is not ideal regular spring mattresses that are firm for men and soft for women are also suitable.



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