



## How to choose a mattress

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I believe it is unnecessary to spend time explaining the importance of deep and relaxing sleep. There are already so many things to lose sleep over. I don't want to add to them by mentioning that we may be sleeping on the wrong kind of antigravitational device.

*But how do we make the right choice?*

When we decide to buy a bicycle, we can get a fairly clear picture of its characteristics, performance possibilities and even a general idea of its technological quality, just by looking at it. The bicycle, like other self-explanatory mechanical devices, tells us something about itself before we've even tried it.

Choosing a mattress is not quite so easy, because the mattress gives no information about itself. It just looks like a parcel, perhaps with beautiful wrapping, and containing who knows what. Naturally, making a choice based solely on the quality of the wrapping will almost certainly lead to disaster for our health and comfort.

Generally, for mattress quality we can refer to specialist organisations and technical experts who are able to describe and certify the characteristics that make a good product stand out from a bad one.

A mattress's comfort characteristics are also well known. These include how much they yield to pressure, how inviting they are, and their elastic response. These can all be measured and documented.



*What characteristics respond to individual - my - needs?*

The best piece of advice for making a wise choice is: try out the mattress, just as you would if you were buying an item of clothing, which is also the advice given by the Consortium of quality mattress manufacturers.

As you might expect, it is only possible to try it for a short time and the conditions will not be ideal (a few minutes fully dressed) but it will still be enough to make comparisons and to get a fairly accurate idea of what is right for you.

One basic test is to try and move your arm under your stretched out body while lying on the mattress. If your arm gets through with some difficulty, the mattress may be too soft; if it passes too easily, it is too hard.



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MATERASSI DI QUALITÀ

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