



The most commonly asked questions about mattresses (what to know before buying)

How do you choose a mattress?

The first rule is TO TRY, TRY, TRY. There are hundreds of mattresses on the market, differing in terms of material type (wool, latex, springs, polyurethane), quality and support. Choosing one without first trying it out is a bit like buying a pair of shoes without checking the size.



They might be ok but is it worth the risk?

So it's important to go to a dealer with a test area and expert staff who can help you and guide you in your choice.

What mistakes should I avoid making?

The most common mistake is believing that a mattress must be orthopaedic, or hard. In fact, the right mattress is one that gives the right amount of support: you have to try it to find out. It's also quite common to be influenced by price. Two thirds of our lives are spent on a mattress, and the other two thirds are shaped on it.

What about the value of life and health: can a price be set on them? When should a mattress be changed?

For reasons of hygiene, mattresses should be replaced after a maximum of seven years' use. Every night the body releases a quarter of a litre in sweat, toxins and body humours, which deposit in the mattress. Night after night, year after year, these deposits start creating a friendly environment for dust mites.

What are the signs that a mattress needs changing?

A sure sign of mattress wear is if you wake up with pain in the lumbar region, accompanied by tingling in the limbs and swollen hands or feet. You may also experience discomfort, sluggishness, fatigue and low concentration.

However, if these symptoms occur, it is always wise to consult your practitioner.

What are the consequences of using an unsuitable mattress? Can an unsuitable mattress disrupt my sleep or cause damage to my spine? Why is sleeping well so important?

Physical rest is necessary for muscle relaxation, so that vertebra compression can be eliminated and pressure removed from the limbs. It is important for assimilating trace elements and synthesising certain hormones, as well as recovering intellectual and psychic functions.

What is the right maintenance for a mattress?

Mattresses should be left uncovered for twenty minutes every morning to ensure hygiene and healthy use. They should also be regularly turned over and around (head to toe and top to bottom) to allow even distribution of wear.

