



When to change a mattress

HEALTH AND HYGIENE REASONS

Mattresses should be replaced every 5-7 years, for obvious reasons of hygiene. Even though not many people like to think about it, our beds are the homes of large numbers of unwelcome and unpleasant guests:

- every night our bodies secrete around a 1/3 litre of sweat and humours, more or less the same as the contents of a drinks can, which night after night are absorbed by our mattresses. Some of these substances evaporate during the day, some do not;
- every night we shed approximately 1.5g of dandruff and dead skin (about 100-200 g every year);
- a mattress that has been used for 5-6 years contains up to 200g of dust, made up of organic and inorganic particles;
- what's more, mattresses are natural breeding grounds for spores, bacteria, viruses, and last but not least, the notorious dust mite, faithful enemy of allergy sufferers. It is estimated that a mattress that has been used for ten years may contain as many as two million dust mites and, what is worse, their droppings.

Maintenance is very important: the bedroom must be aired regularly for at least 15-20 minutes a day, with the mattress uncovered. It is essential to remember that mattresses must be replaced after 5-7 years' use.



ERGONOMIC REASONS

Wear and tear is not the only reason for replacing a mattress. If you wake up in the morning with certain parts of the body feeling numb or painful, or perhaps you've woken up in the middle of the night with your limbs feeling heavy with no sensitivity, it may be time to think seriously about the state of your mattress. Our bodies give out clear warnings when the mattress we are sleeping on is not giving us enough or the right support. It's important to watch out for the tell-tale signs. Our bodies have extraordinary powers of adaptation and after a while, those signals may start to quieten down. But sleeping on an unsuitable or worn-out mattress may cause serious problems in the long run.

TABLE WEIGHT/HEIGHT

This table shows the correct amount of elasticity for a mattress according to weight and height (source: Consorzio Produttori Italiani Materassi di Qualità).

h/weig ht	<50	50/60	61/70	71/80	81/90	91/100	>100
<150	Yellow	Red	Red	Green	Green	Green	Green
150 160	Yellow	Red	Red	Red	Green	Green	Green
160 170	Yellow	Yellow	Red	Red	Red	Green	Green
170 180	Yellow	Yellow	Yellow	Red	Red	Red	Green
180 190	Yellow	Yellow	Yellow	Yellow	Red	Red	Green
190 200	Yellow	Yellow	Yellow	Yellow	Red	Red	Green
>200	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Green

-  very elastic
-  medium elasticity
-  firm