

How to Shop for a Mattress

By David Kleinman

Type?

- Foam
 - 80% satisfaction
 - Motion Isolation
 - Pressure Reduction
- Spring
 - 60% satisfaction
 - Bounciness
 - cooler
- Hybrid Options
 - Foam Coils
 - Spring with foam cover

Store vs Online

- Instore
 - Large markup at Instore
 - Lay on bed for 15-30 minutes at least
 - Recommended Stores: Urban Mattress, Sears, Denver Mattress, Factory Mattress
 - Avoid: Mattress Firm and Mattress 1
- Online
 - Try out periods with free/cheap returns
 - Many Options - too many options
 - Difficult to research - be careful of reviews

Budget?

- Suprisingly Awesome Podcast -
<https://gimletmedia.com/episode/12-mattresses/>
 - Don't go too cheap, but don't go too high

Traits

- Foam Density - 3lbs+
- CentiPur US? Made in USA?
- Thickness of comfort layer - 3 inches plus
- Warranty Period
- Return Policy - How easy is it to return?
- Reviews
- Firmness
- Cooling Gel vs Memory Foam
- Latex vs Memory Foam

Low End

- Classic Brands 12 inch Cool Gel Memory Foam Mattress
 - 4lb pcf Memory Foam
 - Slightly Firmer
 - Sold on Amazon/Wayfair
 - Nice removable cover
 - Price for Queen - \$306.81
 - 25 year warranty
- Zinus Green Tea Foam Mattress
 - 3lb pcf Memory Foam
 - Medium Firm to Soft
 - Sold on Amazon
 - Price for Queen - \$289
 - 10 year warranty

Mid Tier

Casper
ONE PERFECT MATTRESS

GH**OST**BED
By Nature's Sleep

leesa

TUFT & NEEDLE

High End

- 5 lb plant based memory foam
- 15 year warranty
- \$1099 for queen
- Two Firmness levels available

loom & leaf
BY SAATVA

Other Options

- Helix - Personalization
- Purple - Hyper Elastic Polymer - egg test
- Zaahn - Two sided mattress
- Eight - App for sleep data
- BedInABox
- Bear
- Layla
- Lull
- Yogabed
- Brooklyn Bedding #BestBedEver
- Keetsa
- Cocoon by Sealy
- Novosbed
- Eve

Trusted Review Sites

- The Sweet Home
- SleepLikeTheDead