



# **THE ULTIMATE CHEAT SHEET TO BUYING A MATTRESS**

**THE FOLLOWING IS A GUIDE TO HELP YOU  
SELECT THE BEST TYPE AND SIZE  
MATTRESS FOR YOUR NEEDS, WHETHER  
ITS FLAT OR ADJUSTABLE!**

# Types of mattresses

## Innerspring

Innerspring mattresses provide your body with support with a steel coil support system. Inner spring mattresses can have coils that are connected into one unit, or that are in individual pockets. Elements that can vary between different models are: Coil gauges, Coil design, and Spring shapes. Coils can be covered in a number of different upholstery materials and types of padding. These include foams, latex, and layers of smaller coils



Memory foam contours to the shape of your body



## Memory Foam

Memory foam mattresses use a high-density polyurethane, or visco elastic foam, to support the body. The memory foam can be located in the core of the mattress, in the upholstery layer, or both. Memory foam contours to the shape of your body to eliminate pressure points

## Latex

Like memory foam, latex mattresses use latex to support the body either in the core of the mattress, in the upholstery layer, or both. Latex also provides support while contouring to the shape of the body. The latex in mattresses can be either from plant based sources or made with petroleum byproducts.

## Gel

Gel mattresses are constructed of foam that have gel inside. The foam and gel combination are used in the core, the layers of upholstery, or both. There are different types of technology used to add gel to the foam. Depending on the type of gel used, the gel and foam combination can offer you different levels of comfort and heat dissipation.

## Pillow Top

A pillow top mattress has additional layers of upholstery sewn to the top of the mattress. This layer can be made from different materials such as various fibers and types of foam.

## Hybrid

Hybrid mattresses combine a top layer of foam, such as memory foam or latex, and a steel coil support base. Hybrid beds can also have different areas that are made with different materials to support certain parts of the body such as the head, hips, and knees. These mattresses use zones of gel or foam only on the parts of the mattress where your head, knees, or hips rest. This provides additional contouring for those areas of the body, while still supporting the spine with the intention of eliminating pressure points.



## Sizes

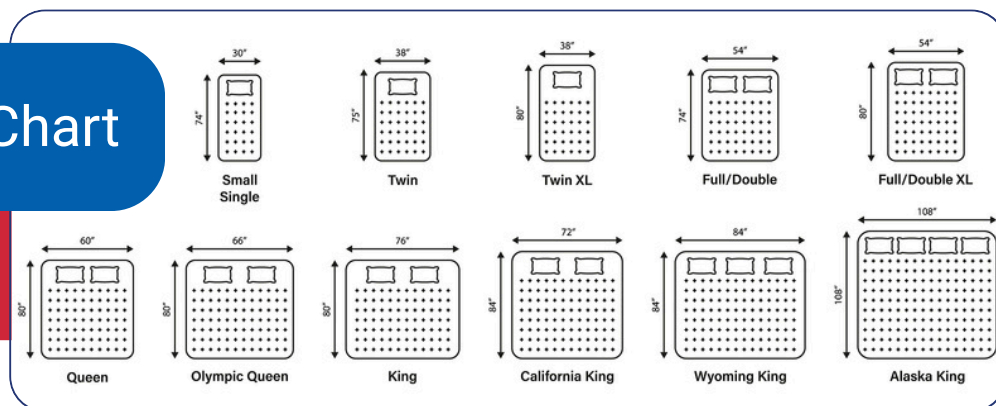
### Twin

Twin mattresses are the smallest mattress available, aside from crib mattresses. They are typically 75 inches long by 38 inches wide. These mattresses may be too short for full-grown adults. This might be a good choice when you need to buy a mattress for a child or teenager.

# Full

Full size mattresses are also 75 inches long and are 53 inches wide. They are only 15 inches wider than a twin mattress. This does not add much additional sleep space for two adults. A full mattress may be a good choice when you want to buy a mattress for a child who wants a bigger bed.

## Mattress Size Chart



# Queen

Queen mattresses are 80 inches long by 60 inches wide. They are 6 inches wider and 5 inches longer than a full size mattress. This is the most popular size bed sold, but still provides adults with 9 inches less width than if they slept on a twin mattress. Queen size is probably the smallest bed a couple should look at when they want to buy a mattress.

# King

King size mattresses are 80 inches long and 76 inches wide. King mattresses are 18 inches wider than a queen size mattress and provide 38 inches of personal space for each person.

Before you buy a mattress, take some time to decide what will be the best type and size for you. Not everyone has the same needs and buying a mattress is a very personal decision. Not all mattresses are made equally and though we've provided a lot of information on how to choose the right one, ultimately, the best way to choose is to visit one of our locations and demo them for yourself. Our show rooms have hundreds of mattresses for you to test out and our experts will aid you in the process. Whether you are looking for a traditional flat mattress or a customizable adjustable mattress, Land of Sleep has it!