



Posturepedic[®]

Mattress Buying Guide





A Great Mattress Can Change Your Life

At Sealy Posturepedic, everything we do is in support of a good night's sleep. That's because we know that getting the right amount of quality rest every single night makes a difference to your vitality each day.

This guide is designed to help you choose the right mattress – one that supports your sleeping habits and your lifestyle.

Making the right decision can seem challenging, so we have separated this guide into easy-to-understand sections, in order to help you make a well-informed choice.

Once you know what type of mattress suits your body and sleeping style, we recommend you try our interactive Mattress Selector tool to help decide which Sealy Mattress is the right one for you.

“We just love our bed, it’s amazing how much better you feel after a good night sleep. My husband has a bad back and since changing to this mattress, he has slept so much better.

Julie K, July 2021





What type of mattress is best for me?

The right mattress should have you waking up feeling refreshed in the morning after a night of restful, comfortable sleep.

There are various kinds of mattresses on the market today, providing different levels of support and comfort.

In order to sleep soundly, you need the right balance of these elements in a mattress that offers long-lasting quality. Discover Why Sealy Posturepedic is best for you.

The Posturepedic Difference

Backed by world-leading orthopaedic research, Sealy Posturepedic® features innovative technology designed to sense your weight and respond with the appropriate level of support. This will help to maintain your body's natural alignment so that you sleep soundly and wake up ready to take on the day.

Sealy Posturepedic® mattresses have many benefits including:

- A support system that has been designed with orthopaedic specialists and sleep scientists to properly support your body, relieve muscular tension and align the body in its natural position
- Constructed with locally sourced materials, all tested and selected to provide long-lasting quality
- All mattresses are made to order right here in Australia by master craftspeople

If you're looking for a quality mattress where restful sleep is your top priority, you can't go past a Sealy Posturepedic®.



POSTUREPEDIC
TECHNOLOGY



Choosing the right mattress for your needs

Ready to shop for a new mattress but not sure where to start? There are a few things you should consider - after all, the more you know about your own sleeping habits, the easier the decision will be!

Ask yourself the following two key questions:

Question 1

Who is sleeping in the bed?

Are you sleeping alone or with a partner?

It is important that both parties get a good night's rest. Often, technologies in the bed market focus on not being able to feel a partner's movement; however, it is important to address the underlying issue causing frequent motion.

In many cases, the need to roll over comes from feeling sore or uncomfortable. Repeated tossing and turning often disturbs the second person. Eliminate restlessness with a mattress that offers the right comfort and support.

The size of the mattress is another important factor to think about — some need more space than others. A lack of sufficient space can also affect the overall quality of your sleep.



Is the mattress for a child or a guest?

Sleep is one of the most important requirements in early childhood development. By the age of two, most children have spent more time asleep than awake and, overall, a child will spend 40 percent of his or her childhood sleeping. A good night's sleep is especially important for young children, as it directly impacts mental and physical development.

If you are purchasing a mattress for a child, consider the right size for their needs. It may be worthwhile investing in a bigger bed so they don't outgrow it too soon.

If you are buying for a guest room, consider a mattress that will cover a wide variety of different sleepers - a medium to firm mattress is usually recommended in this case.

Question 2

A modern bedroom with a bed, pillows, and bedside tables. The bed has a grey headboard, white bedding, and a brown blanket. There are four pillows: two light grey, one red, and one purple. The room is lit by two spherical pendant lamps. A vase with flowers is on the left bedside table, and a stack of books and a small white container are on the right bedside table.

Is there anything keeping you awake at night?

Temperature issues?

Firmer mattresses elevate the body and hold you aloft on the surface. This promotes natural air circulation and may assist sleepers who feel too warm at night.

Your preferred temperature may also depend on various external factors, including your choice of bedding; the mattress protector; your room temperature; available airflow and your overall health. These factors should be taken into consideration before making a decision.

Allergies?

Choose a mattress that has been designed with treatments in place to reduce allergies, while also looking for options that contain natural materials in the upper layers of the mattress such as wool, silk and other natural fibres. A mattress protector can also help to protect against bed bugs, dirt and allergens while having cooling properties.

Which bed is right for my sleeping position?

Front sleeper

Front sleepers often benefit from firmer comfort layers that maintain spinal alignment throughout the night. Mattresses that are too soft may cause neck and back pain as the body dips and muscles become strained.



Side sleeper

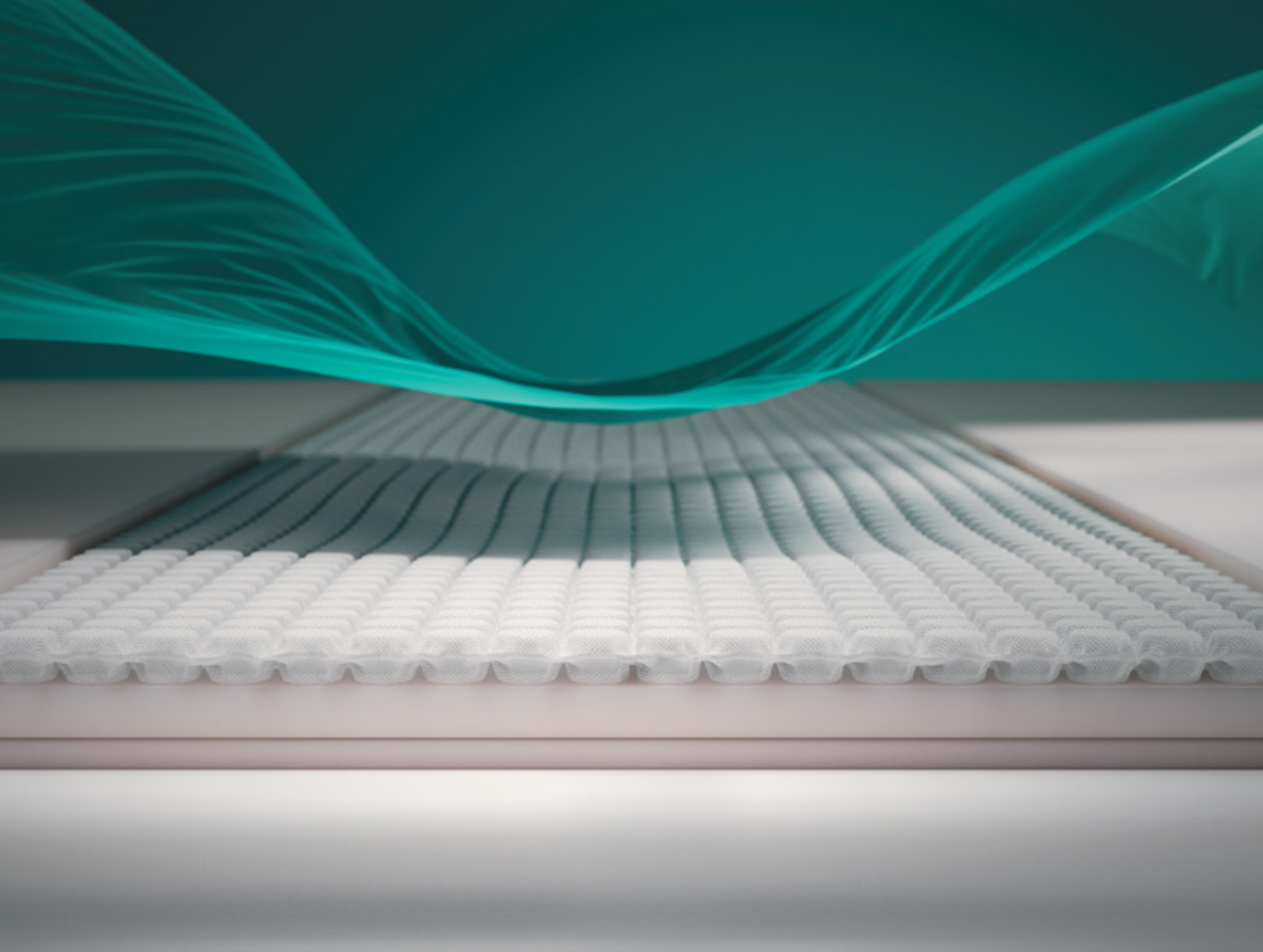
You'll sleep well on a mattress that has a softer comfort rating, allowing your mattress to contour to your shoulders and hips while maintaining your natural sleeping position. This helps disperse pressure and improves circulation, reducing the chance of tossing and turning at night.



Back sleeper

A medium amount of comfort – not too hard or too soft – is just right for you. This will ensure that your shoulders, back and hips are cradled with the right amount of cushioning, while the rest of your body can enjoy absolute comfort.



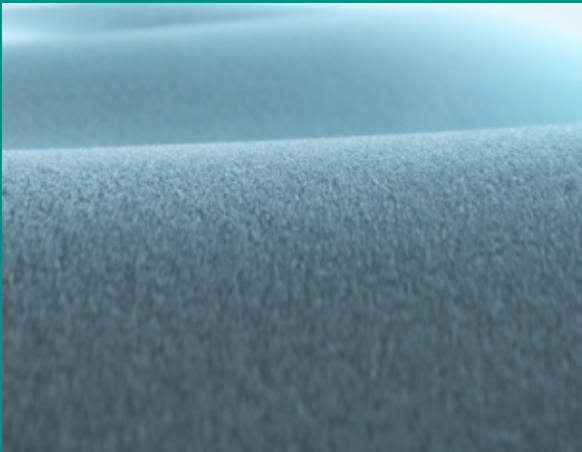


Sealy's mattress technology

For the past 75 years, Sealy has been at the forefront of global mattress technology. We consult with leading orthopaedic specialists and consistently invest in Research and Development.

We prototype, develop and test our technology and materials to ensure only the best mattresses are produced.

When you choose a Sealy mattress, you are buying the most innovative and supportive mattress available to date.



Comfort layers

A key role in relieving pressure points, Sealy uses a combination of high quality comfort layers that offer the ultimate in conformance and pressure relief. To identify what feel of mattress is right for you, we recommend that you spend 10-12 minutes on a selection of beds with different comfort levels.



Spring technology

A good spring system means good posture – helping you wake up feeling great. Sealy Posturepedic support systems use a patented coil design made of Titanium alloy that is carefully arranged to sense and respond to your body while you sleep, helping to relieve morning backache.



Edge mattress support

Surrounding the full perimeter of the mattress and encasing the spring unit, Sealy has a market-leading edge-to-edge support system, which provides a firmer seating edge and helps to eliminate bed roll-out.



Bed base technology

Sealy bed bases are designed to extend the life of the mattress by dispersing weight, while providing a stable, quiet sleep surface.



4 tips to help you find your Sealy mattress

Shopping for a new mattress should be an enjoyable experience – here's how you can make sure to get the right one for your needs. Remember, this is an investment that you'll easily spend one third of your life in, so take the time to try out as many mattresses as you wish!

Tip 1

Buy the best quality you can afford.

It is important to find a mattress that supports you and makes you feel comfortable throughout the night. Make sure you take your time to find the mattress that suits your needs and offers long-lasting value.

Tip 2

Listen to sleep consultants, but make your own choices.

Understand what sort of comfort level you need before going to a mattress store. The previous section will give you a good idea of what to look for.

With so many names for similar features, just remember to ask what each of them mean so that you can identify the one that's right for you, based on what you know already.

Tip 3

Rest on it for a little while.

It's important to take at least a few minutes to lie on each mattress that feels good. Don't be rushed by a sales attendant, or buy the first one that's comfortable and meets your budget.

If you lay down on one and it's immediately uncomfortable, move on. When you find one

that feels right, rest a while to see if any sore spots show up or if it gets too hot for you. Also, make sure you replicate your current sleeping position as much as possible.

Tip 4

When you get your mattress home...

Sometimes people find that when their new mattress arrives at home, it feels a little different from when they tried it in-store. Often, it may be slightly firmer, as it's never been laid on before.

All Sealy mattresses are made to order from new materials. In-store displays are tried a number of times, so they'll feel softer than one that is brand new. Give your mattress some time to settle and adapt to your shape, weight and sleeping position.

When you receive a new mattress, remove the packaging and allow the mattress to air out before putting on your mattress protector and sheets. This will help to dissipate any 'new mattress' scent.

A mattress has various comfort layers of padding and foam. As you lay on the mattress, these layers will gradually adapt to your shape, weight and sleeping positions. To ensure even settling of the mattress, we recommend rotating your mattress every 3-4 months or with the change of season.



Why choose Sealy?

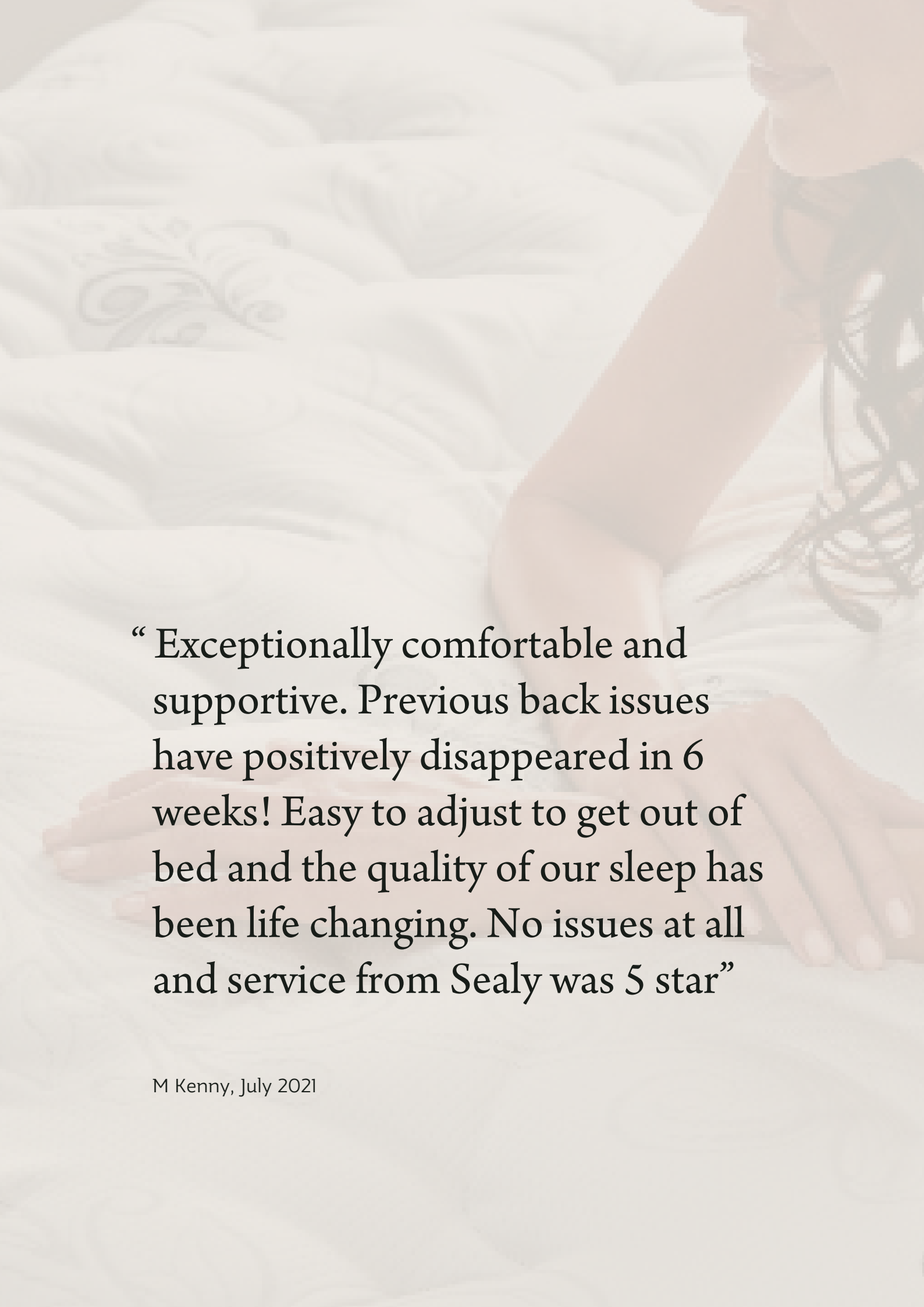
Sealy is Australia's #1 selling mattress brand*.

Remaining at the forefront of mattress technology and sleep science, Sealy ensures that only the best possible rest is delivered for our customers.

Buying Sealy is buying quality.

*Quantum Research



A woman with long dark hair is sitting on a bed with white linens. She is wearing a dark top and is looking down at her hands. The background is a soft, out-of-focus white fabric with a subtle floral pattern.

“Exceptionally comfortable and supportive. Previous back issues have positively disappeared in 6 weeks! Easy to adjust to get out of bed and the quality of our sleep has been life changing. No issues at all and service from Sealy was 5 star”

M Kenny, July 2021



Bring home your perfect mattress from a premium bedding retailer near you.



SEALY POSTUREPEDIC STORE LOCATOR

