

Are you having sleepless nights? It may be time to buy a new mattress

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Replacements are required with most products within several years or so. The same goes for mattresses on which you sleep and relax daily. It has been found that in total, you spend almost one third of your life on mattress, therefore it plays a vital role in the general well being and health of a person.

The life of a mattress depends upon various factors like original quality, and amount of use. Usually, a mattress that has been in use for six years or more cannot provide you the best comfort and support and should be replaced. You need to keep in mind that the physique of a person changes with time and the need for support and comfort increases with age.



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Therefore, it becomes imperative to compare the foundation and mattresses you are using to the new models available in the market every few years.

Signs that the mattress has worn out

- Waking up sore or tired

If you often wake up with aches and pains, numbness or feel like you haven't slept, it's time to replace your mattress. Having a stiff body in the morning and feeling that you would get better sleep in a hotel bed than yours, means that your existing old mattress is no longer providing you the required support.

Moreover, when the mattress is no longer comfortable, you are more likely to toss and turn at night, which may lead to poor sleep.

- Saggy, lumpy or worn mattress

Inspect your mattress carefully while changing your bed sheets. If it appears to be lumpy, worn, tired, dented and saggy, it most likely needs to be replaced.

- You prefer to sleep on the recliner or couch

If you find your couch or recliner more comfortable than your bed, this is a sure indication that you need to buy a new mattress. People who prefer to sleep in a recliner benefit from an easily adjustable bed as they can enjoy a mattress support with a slightly upright sleep.

- It has been a long time since you bought a mattress

If you don't remember the time you last got a mattress, it's time to go shopping for a new mattress. Moreover, think about any body or lifestyle changes that have occurred since you last got a mattress. If you have got married, increased your activity, have lost or gained weight or have developed body ache problems, it means the old mattress is no longer apt for the person you are today.

In addition to that, today's technology advancement has changed the support and foams used in mattresses. You can

check best mattress reviews online on [Sleep Junkie](#) before going out to purchase a new one as it will serve as a guide and will help you in deciding the best mattress you should go with.

- Your partner remains sleepless

If you are unable to [decide on a new mattress](#), you can discuss the issue with your partner. If he or he is unable to have proper sleep at night and keeps on tossing and turning, it means that your mattress is no longer providing required support.

Moreover, if your partner keeps on tossing and turning, you will also not be able to get much sleep.

- Your mattress is home to unwanted guests

A worn and old mattress can provide good accommodation to dead skin cells, allergens, and bedbugs and even dust mites, which can't be avoided even if you wash bed sheets regularly. If you are feeling the same, replace your mattress immediately.

- An impression is left on the mattress when you sleep

This happens due to sagging and shifting which makes a permanent impression in the mattress. Moreover, this sagging is because of an uneven distribution of weight on the mattress, that's why you and your partner are not getting adequate sleep and comfort and you require a new mattress for marital synchronisation.

- Your mattress is contaminated

If you feel ashamed in front of your relatives and friends because there are stains of urine, blood or other fluids on your mattress, it's time to get it replaced. A stained mattress is not only embarrassing, but is allergic too.

Conclusion

Being healthy is important to live well and longer, but if you are not able to get an adequate and good sleep, you are likely to remain tired and unhealthy. Therefore, it's important to check you mattress and replace it, if required.

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