

# WHAT MATTRESS

# Style is Right for You?



## A guide to choosing the firmness to fit your sleep style

When it comes to choosing the right mattress the first detail you need to consider is your sleeping position.



### Side Sleepers – Firmness 2-7

74% of people sleep on their sides. This sleep position possess more stressed pressure points at the hips and shoulders. Typically needing a soft or medium mattress with firmness scale ranging from a 2-7 contouring to the curves on the side of the body; providing even support, important for spinal alignment, and cushion those areas.



### Back Sleepers – Firmness 4-8

These sleepers are able to sleep well on a wide range of medium to firm mattresses ranging between 4 and 8 on the scale.



### Stomach Sleepers – Firmness 5-7

Most stomach sleepers prefer a medium comfort mattress with a firmness scale ranging between 5 and 7.

## The second factor to take into consideration is body style.

### Light Sleeper (130 Lbs Or Less):

Tend to prefer a mattress that conforms very closely. When they lie down on the mattress, they don't sink down deeper into the layers of the support core and tend to stay on the upper comfort layers. Lighter weight sleepers do well with Soft to Medium mattress with firmness scale ranging from 2-5.

### Average sleepers (130-200 lbs):

A medium-soft to medium-firm mattress is often recommended.

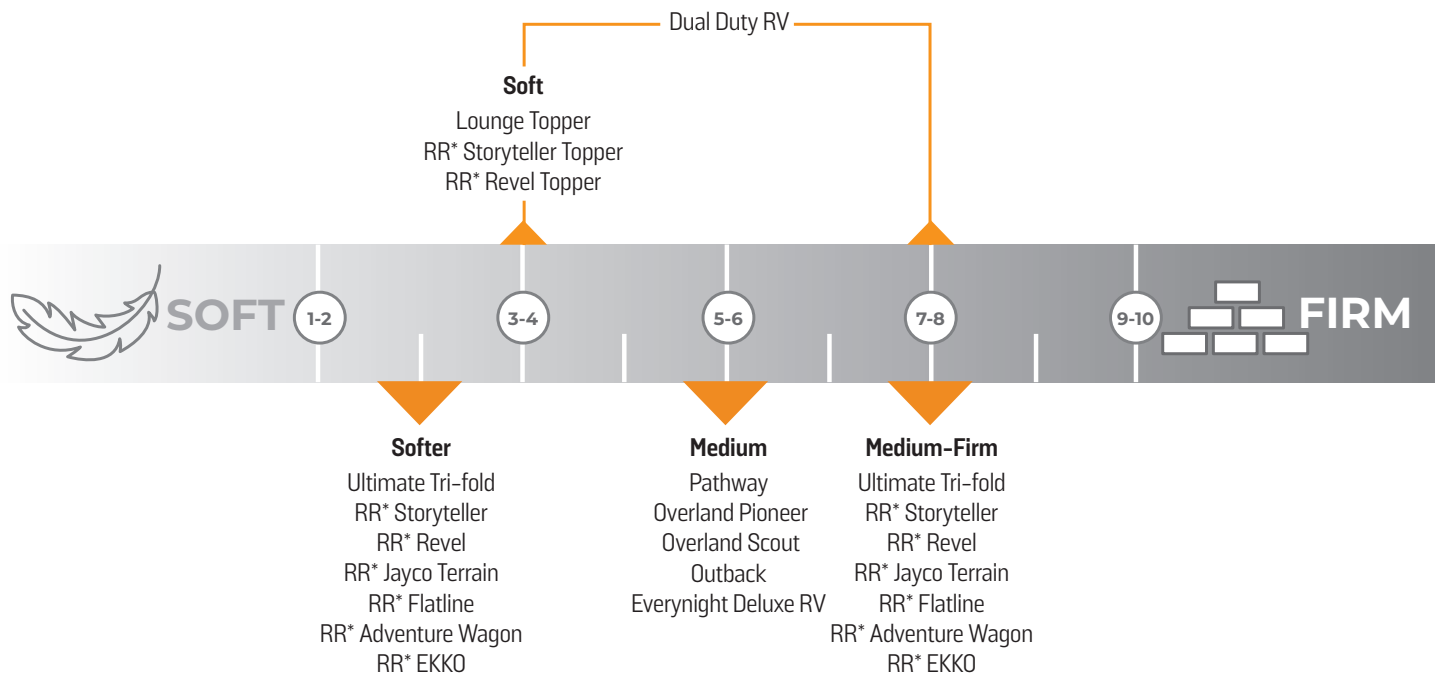
### Heavy sleepers (200 lbs or more):

Sink deep and come into larger contact with the support core of the mattress. For this reason, a medium-firm to firm mattress are recommended for heavier



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+1 800 448 6163  
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## Ideal Mattress Firmness

A mattress that is just right for your sleep style and body weight will offer conforming support and even weight distribution to keep your spine naturally aligned in a fully relaxed position. A mattress that is too soft may feel good at first

but with inadequate support of your lower back and hips it may cause pain and stiffness in time. A hard sleep surface, or a mattress that is too firm will be uncomfortable in high pressure areas such as shoulders and hips.

