

MATTRESS

buying guide

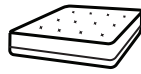


ETHAN ALLEN®
— THE INTERIOR DESIGN DESTINATION —



HOW TO CHOOSE A MATTRESS

230,000 hours—that's a ballpark estimate of how long you'll spend sleeping on a mattress during your lifetime, and why investing in a high-quality mattress is so important. If you're tired of waking up achy and unrested, we've created this mattress buying guide to help take your Daily 8 from second rate to great.



WHICH MATTRESS IS BETTER: FOAM OR SPRING?

In terms of construction, the best mattress for you depends on what helps your body feel supported while you sleep.



EA Signature™ Mattress Ultra Plush

A hybrid mattress combines cushioning layers of foam with innersprings for better pressure relief and airflow, and for that bit of bounce. They often come in multiple firmness options, so you can choose the comfort level that feels right to you.

A hybrid is a good balance if you're not sure whether you have a preference for foam or springs.

A foam mattress is crafted with layers of high-density foam and memory foam that cradle your body, which can be helpful for back pain. Foam mattresses also move less, a plus when your partner tosses and turns.

Foam mattresses can feel dense and like they have less give against your body; if this bothers you, you may like an innerspring better.



DREAM eazzz™ Copper Latex Mattress

Do you like to sit on the edge of the bed? A mattress should be reinforced with high-density foam around the edges to keep you aloft. If you feel like you're going to slide off, move on to a new mattress.



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HOW DO I CHOOSE THE RIGHT MATTRESS FOR MY SLEEP POSITION?

Once you've settled on which materials feel good to you, choose a mattress firmness that keeps your back from curving awkwardly and alleviates the unique pressures that come with each sleep position.



For Side Sleepers

We recommend a mattress firmness that keeps your spine aligned without putting too much pressure on your shoulders and hips. Look for soft or medium firmness (at Ethan Allen, we call them ultra plush and plush).



For Back Sleepers

You need a mattress firm enough to keep your spine aligned but soft enough to support your shoulders, lower back, and hips. Go with medium firmness (plush)—anything softer or firmer may cause your hips or back to ache.



For Stomach Sleepers

A firm mattress keeps your knees, hips, tummy, and chest from sinking in too far and putting strain on your lower back. Skip all-foam mattresses in this case—a hybrid will conform better to the front of your body.

If you're a combination sleeper, meaning sometimes you like to fall asleep in one position and sometimes in another, a mattress of medium firmness (plush) is your best bet.



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HOW THICK SHOULD A MATTRESS BE?

A high-quality 11" mattress can feel more comfortable than a thicker mattress made from low-quality materials, so focus more on the caliber of construction and materials when you're thinking about comfort and support.

Mattress thickness matters most when you're considering the height of your sleep surface. Most people like to sleep between 24" and 30" above the ground. The height of your foundation has the biggest impact on the height of your sleep surface. To help you find your sweet spot, we offer foundations in three heights: 8.5", 5", and 1.75".

SLEEP SURFACE HEIGHT = mattress thickness + foundation height + distance between floor and bed slats/platform base



What about bunk beds or loft beds? To reduce risk of falling from the top bunk, make sure the top of your mattress isn't higher than the side railing.



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WHAT'S THE BEST MATTRESS FOR A HOT SLEEPER?

If you love the cradling feel of an all-foam mattress—or you need some motion isolation from your partner—look for a mattress made with cooling-gel-infused foam that has airflow vents to help heat dissipate away from your body.

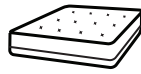
If you have a thing for springs and partner motion isn't as much of a worry, consider a hybrid that combines cooling-gel-infused foam with body-conforming pocket coils. Also, look for airflow channels that help channel heat away from you.



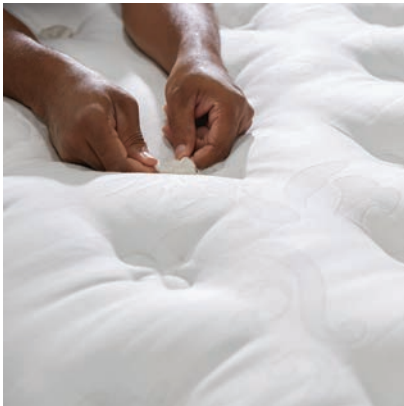
Luna Gel Mattress



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HOW CAN I TELL MY MATTRESS IS HIGH QUALITY?



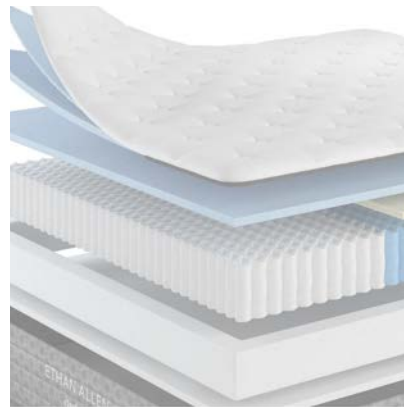
All materials should be hypoallergenic, including foams, fibers, and cushioning. The mattress should look well stitched and feel sturdy when you lift it.



Nonflip mattresses don't require rotation. It's a sign that the materials are made to last.



Edge support should feel firm when you sit on the edge of the mattress. Look for a mattress that has high-density foam around the edge.



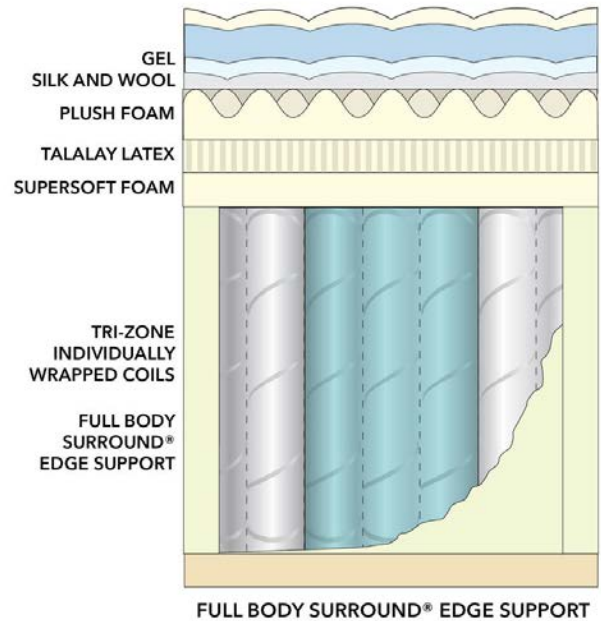
Pocket coils should be individually wrapped for the best support and to reduce partner motion disturbance. A premium hybrid mattress will have tri-zoned coils, which provide extra lumbar support and further shield you from partner movement.



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Foam layers in an all-foam mattress should include a high-density support layer, then a transitional layer for a more buoyant feel, and then a top layer infused with cooling gel for maximum comfort—this cooling top layer is a great feature on hybrid mattresses, too. All foams should be CertiPUR-US® certified for content, emissions, and durability.



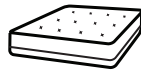
Luxury and premium mattresses include natural materials like silk and wool, and they're hand tufted to prevent the mattress layers from shifting over time. You can still get a great night's sleep on any of our mattresses; a luxury or premium mattress just helps you get the best materials for your investment.

Protect your mattress add an extra layer of comfort with a mattress pad.

See a designer for details.



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WHICH MATTRESS IS BETTER: FOAM OR SPRING?

Our EA Signature™ hybrid mattresses offer the best of both worlds—individually wrapped pocket coils and gel-infused memory foam—in a range of prices and comforts to match your budget and sleep style. We also offer a luxurious specialty foam mattress for those who love the cradling comfort of memory foam. **When paired with a proper foundation, each of our mattresses is backed by a 10-year warranty on materials and workmanship.**



Original
The 11" EA Signature™ Mattress

Essential
The 11" EA Signature™
Claribelle Mattress



Specialty
The 11" Luna Gel Mattress



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Premium

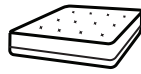
The 16.5" EA Signature™ Aliza Luxe Premium Euro Pillowtop

Luxury

The 15" EA Signature Platinum™
Mattress



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THE FINAL WORD: FOUNDATIONS

Remember that the height of your foundation is the best way to influence the height of your sleep surface. Look for durable options in the height that's right for you.



Stationary foundations (often called “box springs”) can be made from metal or hardwood. We recommend a kiln-dried solid hardwood frame; they’re incredibly sturdy, and they’re also lighter and easier to move.

If you opt for a **motion base**, look for a base that can elevate your pillow, head, and legs—all without moving you away from your night table. Then look for the additional features you want, like massage options, underbed lighting, and Zero Snore settings.



Still Have Questions?
Visit a Design Center and speak with a designer.



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