

# Do You Need a New Mattress?

Take our quick quiz to help determine if a new mattress is for you.

- 1.) **Do you wake up with stiffness, numbness, aches and pains?**  
(not caused by injury or chronic conditions)
- 2.) **Have you recently slept better somewhere other than your own bed?** (such as a hotel)
- 3.) **Does your mattress show visible signs of overuse?**  
(it sags, has lumps, the interior is exposed, etc.)
- 4.) **Is your mattress 5-7 years old\*?**  
How long a mattress will last depend on several factors, such as amount of use and original quality. In general, a mattress set that has been in use 5-7 years is no longer providing you with the best comfort and support.



## Results:

If you answered “**No**” to all the questions - ***your mattress is still in great shape and should be providing you with a great night’s sleep.***

If you answered “**Yes**” to one or more of the questions see the scale below:

**1 – 2 times:**            ***A new mattress is a good idea.***

**It’s time to start gathering information.**

You can find more information on the importance of sleep, snoring, mattresses and more at [www.bettersleep.org](http://www.bettersleep.org) &/or [www.sleepfoundation.org](http://www.sleepfoundation.org). Smulekoff’s carries [Simmons](#), [Tempurpedic](#) and [King Koil](#). Information is available on the Smulekoff’s website ([click here](#)) or you can go to the individual manufacturer’s websites. Just click on their name.

**3 times:**            ***Get a new mattress soon – very soon!***

**Start seriously shopping, now.**

You will want to “test rest” mattresses. This is best done by coming to Smulekoff’s 3<sup>rd</sup> floor mattress gallery in comfortable clothes and lying down. The Better Sleep Council suggests that you lay like you sleep - on your back, side or stomach. Notice the differences in softness and support between mattresses. It is easy and relaxing to “test rest” and compare our more than 70 models including every mattress from the basic to ultimate luxury. You will find a mattress just right for you.

**4 times:**            ***You Need a New Mattress! It is time to BUY!***

You are not getting the restorative sleep needed to stay healthy & function at your best. Shop Smulekoff’s as soon as possible. We are open Monday & Thursday until 8pm, Saturday 10-6 and Sunday Noon-5. It is easy to find the right mattress for you from over 70 mattresses on display. Plus financing options, delivery and old mattress removal make our great price an even better deal.

Portions of the quiz adapted from The Better Sleep Council [www.bettersleep.org](http://www.bettersleep.org)