




**BUYING YOUR TEEN A MATTRESS:  
A PARENT'S GUIDE.**



A young woman with brown hair is lying in bed, propped up on a light blue pillow. She is holding a black smartphone up with both hands, as if taking a picture or recording a video. The background is a bright, slightly blurred room with white curtains. The text is overlaid on a white rectangular area with a dashed purple border.

## Why your teen probably needs a new bed.

**They grow up fast.** Many teens are sleeping in the same bed they had in first grade. Good thing they don't grow out of mattresses as fast as they grow out of jeans.

**They need support.** Experts say a mattress stops giving adequate support after seven years. A supportive new mattress will last them all through their teen years.

**Here come the hormones.** Teens don't start secreting the hormone melatonin until 11p.m. or midnight. With this smaller sleep window, teens can't afford to toss and turn on an old mattress.

**D in Calculus.** Sleep deprived teens are often unprepared or unable to learn, not to say, moody and lethargic. A new mattress can give kids a real boost in the classroom.

**Bedtime is free time.** Texting, IMing, playing video games all take a bite out of precious sleeping hours. The right mattress ensures the sleep they do get is quality sleep.

# How to buy a mattress.

1. Go online; visit a store with your teen. Find out what brands and styles they like. Rack-up some good quality time in the meantime.
2. Have your teen look in the newspapers for deals. They'll catch-up on current events and improve their reading comprehension.
3. Take your time. Make sure you get the right bed. It took you 13 years to raise a teen, and look how they turned out.
4. Teach fiscal responsibility. Experts say a quality queen-size mattress should cost around \$800.
6. Know the return policy before you buy. Some dealers may not let you return a mattress.
7. Think long term. Teens have a tendency to grow four inches in a summer. A bigger bed may payoff down the road.
8. Ask questions. How is this bed different from others on the floor? Is delivery of a new bed and removal of an old bed included in the price?
9. Proper attire is proper. If you bring your daughter with you to the store make sure she's dressed right. Climbing on and off beds in a skirt can be awkward.



## Bed 101. Types of mattresses.

There are many types of mattresses out there, so here's a little primer to help you know what to look for in the store:

**Innerspring mattresses:** The most traditional type of mattress set, they are comprised of systems of open coils or metal springs layered between padding. While searching, you may come across the term "coil count." Usually, the higher the coil count the better the support.

**Encased Coil Spring Mattresses:** Feature an advanced innerspring system like that found in the original Pocketed Coil® spring mattress by Simmons, in which the coils are individually wrapped in soft fabric allowing them to adjust independently to body weight.

**Hybrid mattresses:** These have combined layers of foam and coils, blending the best qualities of each. They're the perfect choice for parents who can't decide between coil and foam and would like to split the difference.



Pocketed Coil® springs are wrapped individually for perfect support.

**Foam mattresses:** These come in two forms—memory foam and latex foam. Memory foam is made of high-density polyurethane and conforms to the body, reducing pressure points and helping provide natural alignment. If this sounds right for your teen, look out for the Advanced NxG<sup>®</sup> Memory Foam found in the ComforPedic<sup>®</sup> mattress by Simmons. Many prefer its advanced qualities, like heat dissipation, quicker recovery and consistent comfort. Latex Foam is hypoallergenic and derived from natural rubber tree sap. The Simmons<sup>®</sup> Natural Care<sup>®</sup> Latex mattress also includes soy-based foams and a cover made from natural fibers.



**Air mattresses:** Use air chambers as their primary support. A quality air mattress will mold to body contours. Some models come with adjustable chambers that allow your kid to adjust the firmness of the bed whenever they like.

**Water mattresses:** Come in several varieties but are all designed to conform to the body and reduce pressure points. Built for stability, today's waterbeds don't produce the wavy feeling you might remember.

**Within each classification of mattresses, you'll also find various comfort levels such as firm, pillow top and plush. Each has its advantages, but really it comes down to personal preference.**



# Tips to sleep by.

**Set a rule.** Irregular sleep patterns can affect kids' biological clocks and the quality of their sleep. 10 p.m. is good time for lights-out.

**Early to bed, late to rise.** Adolescents need 9 hours of sleep a night. Studies show that many teens get far less than that.

**It's a school night.** During the school year, stick to a bedtime and wake-up time, even on weekends. This will help your child stay adjusted to the early school schedule.

**No Skateboarding.** Exercise or intellectual stimulation a few hours before bed can negatively impact sleep.

**Clean your room!** Create the ideal sleep environment by making sure their bedroom is uncluttered, dark and cool.

**The birds and Z's.** Talk to your teenager about the importance of sleep. Make sleep a priority for the entire family.

**Have them do as you do.** If parents get to bed at a good hour, teens will usually follow suit.

For more information, visit [www.simmons.com](http://www.simmons.com).

