

# 3 Steps to a restful Night Sleep

## Is it time for a new mattress?

On average a mattress lasts between 7-10 years. If your mattress is starting to look worn, you are waking up stiff and sore or you are not sleeping as well as you did a year ago, it is probably time for a change.

## Which mattress is right for you?

**Type:** Do you prefer soft, medium or firm support?

**Price:** Always shop for the best value not lowest price. The better the construction the better the support and comfort, the longer the mattress should last. **Size:** Having a larger bed should ensure that you and your partner do not disturb each other while sleeping.

## What mattresses do Next sell?

Next offer an extensive range of mattresses at a variety of price points. Choose from our selection of pocket spring, with pillow top memory foam, energise or orthopaedic or open sprung with pillow top and specialist foam mattresses.

### Comfort Level

2

MEDIUM

#### 2. Medium

If you change positions while you sleep, from your side to your back, then a medium mattress may be your best option.

3

FIRM

#### 3. Firm

If you prefer to sleep on your back or on your front, a firm mattress will give you just the right amount of support.

4

ORTHO-  
PEAEDIC

#### 4. Orthopaedic

Our firmest level of support. Lying on an orthopaedic mattress will help with aches and pains as it gives better support to the back and the whole body.

### Sleeping Positions

2

MEDIUM

3

FIRM

4

ORTHO-  
PEAEDIC



### Mattress Features



**Pillow Top**  
Luxurious fixed top containing several additional layers of fillings for extra comfort



**Coolmax**  
A performance fabric which is engineered to draw moisture away from your skin



**Hand Stitched**  
Traditional hand side stitching for side support and longevity



**Tufting**  
A strong thread is passed through all of the layers of the mattress and secured with a button or 'tuft' keeping the layers secure and prolonging the life of the mattress



**Natural Fillings**  
Luxurious Cashmere, Silk or Cotton layers provide comfort, breathability and maintain a natural sleeping temperature



**No Turn**  
Perfect for people who may struggle to turn a mattress regularly



**Memory Cool Foam**  
The latest advance in memory foam offers all the benefits and great support of standard memory foam with additional temperature regulating technology



**Turn**  
Mattresses should be regularly turned to ensure even wear and longevity



**Cotton**  
A durable layer that helps to keep the body at a natural sleeping temperature

# MATTRESSES

## *Buying guide*

### OUR RANGES

● THE OPTIONS	● WHAT IS IT?	● MATTRESS FEATURES	● BEST FOR
 <p>OPEN SPRING</p>	Open spring has hour glass shaped springs arranged in rows and connected top and bottom. Continuous spring is made up of a single length of wire 'knitted' into a spring construction giving it a higher spring count and a different level of mattress firmness	Great value for money and durable. Available in medium & firm support. Has a firm edge preventing roll off. Not as heavy as other mattresses.	Great all rounder. Perfect for kids and spare rooms
 <p>POCKET SPRING</p>	Individual springs that are housed into their own fabric pocket with a flat wire edge support to hold the pocket spring system together	Each spring works independently so will contour to your body shape. It feels more luxurious.	Separate springs make them perfect for two people of different weights. A long term purchase
 <p>MEMORY FOAM</p>	High density foam that with body heat and pressure will mould to your body shape. These properties make memory foam very supportive, helping to relieve pressure points	Offers excellent support, moulding to your body shape and relieving joint pressure. Feels the same on any base.	People with bad backs who want a supportive sleep
<p>COLLECTION LUXE</p>	Pocket sprung mattress will contour to your individual shape and support those areas most in contact with the mattress. Cotton mix comfort layers for natural breath ability. Along with 1500 supportive pocket springs and natural cotton layers.	Traditional hand side stitching for side support and longevity. A strong thread is passed through all of the layers of the mattress and secured with a button or 'tuft' keeping the layers secure and prolonging the life of the mattress	A durable layer that helps to keep the body at a natural sleeping temperature and for natural breathability
<p>COUNTRY LUXE</p>	Ita, C. Satiaccibut patus con diu se nos, numus maiore ist furorurem elaretem ego cut id menatresse, Patimus munum ora L. Rompere con siliussi publicerevis	British wool is a natural insulator and keeps you warm in winter and is naturally breathable to keep you cool in summer. It is naturally hypoallergenic.	Ita, C. Satiaccibut patus con diu se nos, numus maiore ist furorurem elaretem ego cut id menatresse, Patimus munum ora L. Rompere con siliussi publicerevis