

# 7 Signs You Need A New Mattress

## 1. You wake up in pain.

An old mattress can become lopsided and uncomfortable, making it hard on your body to relax while you sleep.

## 2. There's a dent (or two) in the mattress

No matter the price or quality of the mattress, it doesn't last forever. The older your mattress gets, the more likely you are to find lasting impressions in it.

## 3. You'd rather sleep on the couch

If you find yourself lounging out in the living room.....all night..... Maybe it's because your bed isn't comfortable enough to crawl into after a night of binge watching Netflix.

## 4. You're more stressed than usual

Oklahoma State University did a study with 60 men and women to see if their stress levels changed after sleeping on an old mattress for a month, and a new mattress for a second month. The results were clear: stress levels decreased during the second month.

## 5. Impression doesn't return back to normal

When a mattress gets too old, the form of the memory foam stops forming back to its original level and doesn't move to fit your body as much as it first did.

## 6. Your allergies are acting up

The older your mattress is, the more dust mites live in there and affect your sleep.

## 7. Changes in body- injury, weight loss/gain, pregnancy

If you're looking to get a better night's sleep without the allergies and back pain, a new mattress is the right answer!