

Bed Checklist

With up to a third of our lives spent in bed, it must be comfortable.

Sleeping on a supportive, good-quality bed can be the difference between a refreshing night's sleep and waking up tired and aching.

Ask yourself the following questions to identify if your bed may be the cause of your poor night's sleep:

Is your bed seven years or older?	
Did you recently have a better night's sleep on a different bed (such as staying at a friend or in a hotel)?	
Are you waking up unrefreshed more often than you used to?	
Do you and your partner disturb one another when you move in bed?	
Does your bed look worn or damaged?	
Does your bed feel lumpy?	
Is your bed noisy when you move?	
Do you or your partner both roll to the center of the bed?	
Are the legs or feet of the bed damaged?	
Do you or your partner suffer from aches and pains each morning when you wake?	

If your bed is getting old or the quality of your sleep is suffering it may be that you need to replace your bed.

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