

What are YOU sleeping on? – Comparing a Conventional Mattress to Comfortaire®.

A mattress is a mattress is a mattress. Right? Well, try explaining that to your aching back the next time you toss-and-turn all night on a poor quality one. You spend a third of your life sleeping, so it only makes sense to purchase a mattress that fits your body (and budget) and will support you comfortably from head to toe. Enter Comfortaire®.

A far cry from conventional bedding, our complete line of air-controlled mattresses allows *you* to adjust the firmness level of either side of your bed with the simple touch of a button. Sound easy *and* comfortable? It is. And that's just the beginning. But before we can compare that old mattress you've been using to the ultimate sleeping experience provided by Comfortaire®, you need a crash course in some basic mattress anatomy.

Making up the Bed

In its most basic form, a mattress is composed of three elements: the ***foundation***, the ***mattress core*** and the ***upholstery layers***. The ***foundation*** serves as a shock absorber, as well as a source of extra support and increased durability. Whatever type of mattress you're using, the ***mattress core*** – or center chamber – is meant to provide support while you sleep. The various foams and fibers that wrap around the core to provide surface comfort are called the ***upholstery layers***. Bedding manufacturers like Comfortaire® build upon these three fundamental components to make their products more comfortable to consumers.

Comparing Apples to Air

If you're like the majority of Americans, you're probably used to sleeping on an innerspring mattress. Although other types of bedding choices are out there (such as solid foam or waterbeds), for this discussion, we'll be comparing innersprings to air.

Innerspring mattresses are the most widely purchased, using the support of steel coils in an endless variety of configurations. Though most Americans continue to buy innerspring bedding, there are some disadvantages to owning and sleeping on this type of mattress. First there's the endless flipping and rotating required to extend the life of the bed. Then there's the fact that you only have one choice in firmness, regardless of your (or your partner's) needs.

Perhaps worst of all, the steel coils that are designed to provide support often break down over time, causing "depressions" in the mattress that produce body aches and a dramatic reduction in sleep quality. What's more, once the foam and/or upholstery layers wear out, it's off to the store to purchase a whole new

mattress. Sounds like a whole lot of trouble for the money, doesn't it? Well, there *is* an alternative. Let's talk *air mattresses*.

Airbeds, like those made by Comfortaire®, are designed to *look* like the familiar mattress/foundation combination. But that's where the similarities end. Our mattresses have an air-filled core for support, allowing individual adjustment and configuration based on comfortability requirements. Pregnant? Injured? Just push the button on our dual-control system, and adjust the amount of air that's directed to support *your* body. Simply stated, our mattresses change with your needs.

Unlike the mattress cores found in conventional bedding, the support provided by a Comfortaire® core *never* wears out. There's never a need for turning, flipping, or rotating. If the foam shell around the core ever gets damaged, just replace it. No need to purchase an entirely new mattress. And when your body is fully supported, as it is with any Comfortaire® mattress, your weight is evenly distributed, and any pressure points are virtually eliminated. This means your brain receives fewer "it's time to turn over" signals in the middle of the night and you experience a higher quality of sleep.

Waking Up Refreshed

Owning a Comfortaire® mattress can make all the difference in a good night's sleep. By providing the maximum amount of comfort, support, and durability, sleeping on air will guarantee you'll never wake up on the wrong side of the bed!

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