

# Understanding Different Mattress Comfort Types



Mattresses are available in different comfort levels to meet different sleeping requirements.

Understanding mattress comfort levels is important to choose a suitable type.

## Plush

- It has a soft surface
- Suitable for back and side sleepers
- Lower motion transfer so that one partner does not feel movements of other

## Firm

- Suitable for stomach sleepers
- Offers better support due to firm surface
- Helps in relieving back pain by supporting the spine



## Factors To Be Considered When Choosing Suitable Comfort Level

**Body Weight**



**Sleeping Style**



**Any existing body aches**



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