

# How To Choose A Mattress For Back Support



Choosing the right mattress is crucial for achieving restful sleep and maintaining proper back support.

## Tips for choosing a mattress:

### Firmness Matters

Choose a mattress that offers medium-firm support to keep the spine in a neutral position while still being comfortable.

### Focus on Materials

Opt for memory foam or hybrid mattresses, which adapt to body contours and provide pressure relief.

### Test for Alignment

Lie down to check if the mattress keeps your shoulders, hips, and spine aligned without creating pressure points.

### Zoned Support

Look for mattresses with zoned support features that cater to different body areas, such as firmer zones for the lower back.

### Consider Sleeping Position

Match the mattress type to sleeping habits. Side sleepers need softer surfaces, while back sleepers benefit from firmer support.

### Durability Counts

Choose a mattress made of high-quality materials designed to maintain its shape and support over time.

[www.killeenfurniture.com](http://www.killeenfurniture.com)

Ashley HomeStore

1101 South W S Young Drive,  
Killeen, TX 76543

Phone: (254) 634 - 5900

