

Mattress Lifespan Guide

When to Replace Your Mattress



Knowing when to replace your mattress helps improve sleep quality, and protect your long-term health.

Average Lifespan

- 01 Innerspring: 6–8 yrs
- 02 Memory Foam: 8–10 yrs
- 03 Hybrid: 7–9 yrs
- 04 Latex: 10+ yrs

Replace If You Notice

- 01 Sagging
- 02 Lumps
- 03 Squeaking
- 04 Worn edges

Body Signals

- 01 Back or neck pain
- 02 Poor sleep
- 03 Tossing at night

Health Matters

- 01 Dust buildup
- 02 Allergens
- 03 Hygiene issues

Quick Rule

Over 8 years + discomfort = replace

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