

Mattress Firmness Guide: Finding Your Ideal Support Level

The right mattress firmness is key to better sleep, proper spinal support, and reduced back discomfort, helping you wake up feeling rested and pain-free.



Types Of Mattresses

Soft for side sleepers – Provides pressure relief on shoulders and hips, reducing aches.

Medium for combination sleepers – Balances support and comfort for those who change positions often.

Firm for back sleepers – Keeps the spine properly aligned while supporting the lower back.

Extra firm for heavier individuals – Prevents sagging and offers extra support for larger body types.

Memory foam for pressure relief – Contours to your body to reduce tension points.

Hybrid mattresses for support and comfort – Combines innerspring support with foam comfort layers.

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