

## Why Sealy

It's true, **more orthopedic surgeons sleep on a Sealy Posturepedic mattress**. Why? Here are some of the reasons:

### Unsurpassed Quality

- Sealy has the **highest quality standard in the mattress industry**. In fact, consumers rate Sealy Posturepedic ahead of the competition in terms of product quality and durability.

### Unmatchable Durability

- The box springs in Sealy sleep sets contain steel modules and a solid steel spine for increased support and durability. Its modules are resilient, meaning they "work" to absorb the shock of weight and motion.

### Incomparable Support for Your Back and Body

- The Sealy Posturepedic innerspring was **designed in cooperation with leading orthopedic surgeons** to provide correct support for your back and body.

### No Mattress Manufacturer Spends More on Research and Development (R&D)

- Sealy Posturepedic mattresses feature **the most advanced bedding technology** in the bedding industry.
- Sealy has more **patents on mattress and box spring technologies** than any other manufacturer.

### A Key to Vibrant Living

- Sleep is extremely important to help us live full, vibrant lives. Sealy Posturepedic mattresses enhance the quality of your sleep so you "sleep right" (**with proper spinal support**) and **wake up feeling truly refreshed** and ready to take on the day.

# Buying Guide

## Comfort

### The Basics

Comfort, **how the mattress feels**, is a matter of personal preference. What feels comfortable to one person may feel uncomfortable to another person. Therefore, whoever is going to use the bed should try several different models before making a purchase.

Surface comfort is determined by the UPHOLSTERY of the bed. Upholstery refers to the various layers of material between your body and the innerspring. Both **the type and thickness of these materials will produce different levels of feel** and therefore different degrees of comfort.

So you'll need to **determine your comfort preference**. Sealy Posturepedic mattresses are available in the following comfort levels: firm, cushion firm, plush, and ultra plush. It's important to note, however, that all Sealy Posturepedic sleep systems offer correct back support regardless of firmness.

- **Definition of Firm:** Firm mattresses offer the least surface "give" and would be considered harder in feel to the other surface comforts.
- **Definition of Plush:** Plush mattresses offer more surface "give" and provide a softer surface comfort.

### Why Sealy is Best in Comfort

- Sealy has the highest quality standards in the mattress industry. In fact, **consumers rate Sealy Posturepedic ahead of the competition in terms of product quality and durability.**
- Sealy spends more money on research and development (R&D) -- by far! -- than any other mattress manufacturer. **And Sealy's R&D experts have produced patented, industry-leading comfort components**, such as StayTrue Fibers and Foam, Marvelux, Resilium, Infinilux and the breakthrough UniCased Construction.
- **Sealy works closely with its upholstery suppliers** to ensure only the finest quality foams, fibers, and ticking that meet Sealy's strict standards are used.

## Buying Guide

### Support

#### The Basics

Sealy Posturepedic sleep systems offer correct back support regardless of firmness. This is the Sealy Posturepedic heritage, designed in cooperation with orthopedic surgeons and patented in 1950.

The myth "firmer is better" is not necessarily true. Your body type determines what comfort is better for you.

A mattress that's **too firm** for your body will not support all parts of the body evenly, and may cause discomfort at the body's heaviest parts, the shoulders and hips. The increased pressure on these points reduces blood circulation and will cause tossing and turning. This may result in a poor night's sleep and a far less productive day.

A mattress that's **too soft** for your body will not keep the spine in proper alignment. This will cause your muscles to work through the night straighten the spine, again leaving you tired and aching in the morning resulting in a less effective day.

**We invite you to take the Sealy Roll Test at the FCA Design Center** to discover the uniform comfort and support only Sealy Posturepedic provides. The best test for proper support is to lie down on the mattress and experience its support by lying the way you do while asleep. If you feel your body sagging, the mattress is not giving you proper support. Also, if you feel excessive pressure, the mattress is not giving you proper support.

**Support is a function of the INNERSPRING in the bed.** The innerspring is located in the center of the mattress. The type of support it provides depends on its **coil configuration and design**. Our premium mattresses use coils of heavy gauge steel that are hinged together for conformance and stability. The UniCased Edge system prevents edge breakdown while giving you uniform comfort and support all the way to the edge. **Solid edge support means** you won't feel as though you're going to slide off the mattress when lying or sitting near the edge.

#### Why Sealy is Best in Uniform Support

- Sealy's **patented, industry-leading Posturepedic Innerspring** senses an individual's body weight and responds with the appropriate support.
- Sealy manufactures its own Posturepedic Innersprings **for quality control** and consistent performance.
- Sealy uses **twice-tempered steel** so the coils will return to their original height repeatedly over time for a consistent surface feel. Twice-tempered steel is 62% stronger than basic wire steel.
- Sealy has the **highest quality standards in the mattress industry**. In fact, consumers rate Sealy Posturepedic ahead of the competition in terms of product quality and durability.

# Buying Guide

## Durability

### The Basics

**No doubt you want a sleep system that is going to last;** therefore, durability is very important.

The type of upholstery materials, and the type of steel, and the design of the innerspring impact the durability of the mattress. For example, our coil systems are heat tempered twice, which helps maintain their shape so they last longer. Our UniCased Edge and Base optimize the performance of the Posturepedic innerspring through its unibody design. **The box spring, however, provides the greatest measure of durability** in a sleep set.

**The purpose of the box spring** is to extend the life of the sleep system. It absorbs the major portion of stress and weight placed on the sleep surface. It works much like a "shock absorber" in a car's suspension to eliminate stress in the mattress unit and prolong the mattress comfort life.

**A worn-out box spring can shorten the life of a mattress** up to 50%. Not using a box spring with your mattress can also shorten the life of the mattress. A properly designed box spring provides strong support along with some flex.

### Why Sealy is Best in Durability

- The Sealy Shock Absorber Plus Box Spring is better than ever with 20% more steel for added durability.
- Sealy has the **highest quality standards in the mattress industry**. In fact, consumers rate Sealy Posturepedic ahead of the competition in terms of product quality and durability. For quality-control purposes, Sealy produces its own steel components right here in the United States. **No other mattress manufacturer makes their own steel components.**

## Answers to Popular Questions

### **Q. What kind of support/frame is necessary for bedding today?**

**A.** Use a sturdy bed frame! If your mattress is a queen or king set, make sure that your frame has the extra center support needed to prevent bowing and sagging. This is required to ensure complete warranty protection for your sleep set.

### **Q. How do I carry or move my mattress?**

**A.** Two people should normally carry your Sealy mattress flat on its side. It's easier to handle and less likely to get damaged. Don't bend your mattress under any circumstances. Bending may damage the innerspring unit. Flex rather than bend the mattress when going through doorways, and don't bend the corners when putting on fitted sheets.

### **Q. How and why do I rotate my bedding?**

#### **How do I avoid body impressions in my mattress?**

#### **How do I maintain consistent comfort feel throughout the life of my bedding?**

**A.** We recommend that you rotate your Sealy mattress on a regular basis to refresh its comfort. Mattresses contain many layers of upholstery padding to increase their comfort life and support performance. Body indentations can be a normal occurrence in new mattresses, and indicates that the upholstery layers are conforming to a person's individual body contours. To help minimize body impressions, mattresses should be turned occasionally throughout their life.

### **Q. How do I care for my mattress?**

**A.** Keep your Sealy mattress clean. We suggest using a mattress pad. Don't allow your mattress to get wet. Protect it from water or other liquids. Don't use dry cleaning fluid of any type on your mattress. These chemicals could damage some of the comfort and upholstery materials.

### **Q. How do I clean my mattress?**

**A.** Keeping your Sealy bedding clean is simple with the use of a protective mattress pad. Vacuuming is the only recommended cleaning method. If you must clean a stain, use mild soap with cold water and apply lightly! Don't ever soak a mattress or foundation, and don't use dry cleaning fluid of any type on your mattress -- these chemicals could damage some of the comfort and upholstery materials.