



SC41's NATURAL MATTRESS SELECTION GUIDE

FINDING THE
MATTRESS OF YOUR DREAMS



Shopping for a Natural Mattress

Purchasing a new mattress can be a big investment.

And it's not just financial.

The right mattress can lead to waking up refreshed and rejuvenated.

A mattress that isn't the right fit can lead to sleepless nights, body pain, and the whole host of challenges that accompany inadequate sleep quality.

We hope this worksheet helps **clarify and de-clutter the process** of becoming the happy owner of a natural mattress, no matter where you are.

Research and Preparation

First, we need to identify our needs in order to choose the quality of mattress that is right for us.

- **Identify your sleep preferences and needs:**
 - Sleeping position: _____
 - Desired firmness level: _____
 - Other requirements: _____

- **Measure your bed frame or available space for the mattress:**
 - Width: _____ inches
 - Length: _____ inches

- **Research natural mattress materials:**
 - Natural latex: _____
 - Plein-Air Wool: _____
 - Organic cotton: _____

- Other materials: _____
- **List potential mattress brands or models that meet your criteria:**
 - a. _____
 - b. _____
 - c. _____
- **Determine your budget: \$_____**

Questions to Ask

Second, it's what's inside a mattress that gives us the best nights sleep.

- **What are the core materials used in the mattress?**
 - Layer 1: _____
 - Layer 2: _____
 - Layer 3: _____
- **Is the latex 100% natural, or is it blended with synthetic latex?**
 - Percentage of natural latex: _____%
- **Are the materials certified organic/chemically safe by these respected agencies?**
 - Oeko-Tex
 - cradle-to-cradle
 - FSC
 - Naturtextil
 - Greenguard
 - LGA
- **What is the mattress's support system, and how does it promote spinal alignment?**
 - Support system: _____

- Spinal alignment features: _____
- **How does the mattress regulate temperature and prevent heat retention?**
 - Temperature regulation features: _____
- **What is the expected lifespan of the mattress, and what factors contribute to its durability?**
 - Expected lifespan: _____ years
 - Durability factors: _____
- **Is there a sleep trial, and what are the terms of the return policy?**
 - Sleep trial length: _____ nights
 - Return policy terms: _____
- **What is the warranty coverage, and what are the requirements for filing a claim?**
 - Warranty length: _____ years
 - Warranty coverage: _____
 - Claim requirements: _____

Verifying Information

- **Research the company and read customer reviews**
 - Number of positive reviews: _____
 - Number of negative reviews: _____
 - Common themes in reviews: _____
- **Request test results and certifications**
 - Test results received: _____
 - Certifications verified: _____

- **Consult with independent mattress experts or consumer advocacy groups**
 - Expert/group 1: _____
 - Expert/group 2: _____

- **Be cautious of greenwashing and unsubstantiated claims**
 - Unverified claims: _____

In-Store Experience

- **Visit a store to test mattresses in person, if possible**
 - Store visited: _____
 - Mattresses tested: _____

- **Take note of store environment**
 - Atmosphere: _____

- **Take note of comfort, support, and pressure relief**
 - Comfort rating (1-10): _____
 - Support rating (1-10): _____
 - Pressure relief rating (1-10): _____

- **Lie down on the mattress for at least 10-15 minutes in your usual sleeping position**
 - Time spent testing: _____ minutes

- **Compare the in-store experience with reviews from family and friends, as well as Mattress Underground Forums**
 - Friend/family member experience: _____

Making the Purchase

- **Confirm the mattress meets all your requirements and preferences**
- **Verify the warranty and sleep trial terms**
 - Warranty verified: _____
 - Sleep trial terms verified: _____
- **Check for any current promotions or discounts**
 - Promotion/discount applied: _____
- **Place your order and arrange for delivery or pickup**
 - Order number: _____
 - Delivery or pickup: _____
 - Delivery/pickup date: _____
- **Prepare your bedroom for the new mattress arrival**

Post-Purchase and Evaluation

- **Allow time for your body to adjust to the new mattress (usually 30-60 days)**
 - Adjustment period: _____ days
- **Evaluate your sleep quality and comfort**
 - Month 1 sleep quality (1-10): _____
 - Month 2 sleep quality (1-10): _____

- **If needed, initiate a return or exchange within the warranty period**

- Return/exchange initiated: _____
- Reason for return/exchange: _____

- **Leave a review to help other consumers make informed decisions**

- Review platform: _____
- Rating given (1-5): _____

Bonus: Natural Mattress Glossary

Adjustable Support

Some mattresses offer the capability to adjust the firmness level to suit personal comfort preferences, enhancing individualized support. Traditional mattresses often come with a fixed firmness level that cannot be adjusted, potentially leading to a compromise in comfort or support for some users.

Ergonomics

The design and arrangement of furniture and mattresses to provide optimum comfort and avoid stress or injury. Some mattress manufacturers focus on ergonomics to enhance sleep quality and overall health. Cheaper mattresses may not prioritize ergonomics, which can result in less optimal body support and potentially contribute to discomfort or pain.

Mattress Protectors

Covers that are designed to protect the mattress from spills, stains, and wear. They also help in maintaining the hygiene of the sleep environment.

Mattress Toppers

Additional layers of padding used to increase the comfort of a mattress. Usually sold separately from mattresses, they come in a wide range of prices, quality, and durability.

Motion Transfer

A term that refers to how movement on one part of the mattress affects other parts.

Natural Latex Mattresses

Crafted from rubber tree sap, these mattresses are eco-friendly, hypoallergenic, and highly durable, providing excellent support and comfort. Natural latex is different from traditional memory foam, which is made from synthetic materials that contour to the body but can retain heat and make movement difficult.

Natural Wool

Often used in natural mattresses for its natural temperature-regulating properties, providing warmth in winter and coolness in summer, while also acting as a natural fire retardant. Contrast this with synthetic fibers, which are often used in cheaper bedding, and do not offer the same temperature regulation or natural fire resistance as wool.

Organic Cotton

Used in natural mattress coverings, organic cotton is grown without harmful pesticides or chemicals, offering a soft, natural, and hypoallergenic surface. Traditional mattresses may use non-organic fabrics that include synthetic fibers and chemicals.

Pocketed Coils

These coils are individually wrapped, allowing them to move independently and reduce motion transfer across the mattress. Inexpensive mattresses might use continuous coil systems that are interconnected, leading to more motion transfer and less contouring to the body.

Sleep Hygiene

Practices that facilitate good sleep quality and full daytime alertness, such as diet, healthy exercise, and not drinking caffeine at night.

VOCs (Volatile Organic Compounds)

Chemicals that can off-gas from synthetic materials. Ideal mattresses are made from materials that emit zero or low VOCs, promoting a healthier sleep environment. Traditional mattresses, especially those made from synthetic materials, can emit higher levels of VOCs.

Enjoy your new natural mattress and improved sleep experience!



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