

Consumer Corner

Research Links Mattress Quality To Better Sleep

(NAPSA)—For the first time in the bedding industry, a clinical research study has found a link between better sleep and a particular brand of mattress.

These findings came out of a recent study conducted by leading sleep expert, Dr. James B. Maas, author of the *New York Times* best-seller, *Power Sleep* and a professor of psychology at Cornell University.

The study was designed to test whether people who sleep with a partner slept better on a Simmons Beautyrest than they did on their current mattress.

“I’ve spent more than 30 years studying sleep,” said Dr. Maas. “Most sleep researchers, myself included, have historically thought that mattress surfaces don’t make that much difference in determining the quality of sleep—especially if you’re as sleep deprived as most people are. Mattress manufacturers traditionally advertise ‘advantages’ of their unique products, yet, until now, few have subjected their mattresses to rigorous scientific testing outside their own laboratories, using both subjective and objective measures on a nightly basis.”

Studies show that one of the main causes of interrupted sleep is a partner’s tossing and turning. Test participants’ individual ratings indicated that sleepers woke more “refreshed” and were less disturbed by their partner’s movements. Overall, 100 percent of the participants claimed they would not be willing to return to their former mattress.

The mattresses’ Motion Separation Index™ lets consumers choose the level of motion separation that is best suited to each person’s



individual lifestyle. Simmons Pocketed Coil® Technology reduces motion transfer across the bed. Each spring is independent so when one partner moves the other partner barely feels it—if at all.

All participants in this study had slept on their current mattress for at least three years and all claimed to be quite satisfied with their current product.

All were monitored with a device called an Actiwatch, a small, lightweight, wrist-worn, activity-monitoring device. Each couple was asked to maintain their typical sleep-wake schedules during nights on their current mattress and then nights on a Simmons Beautyrest—of equivalent size to their current mattress.

“I am convinced, scientifically, that the Simmons Beautyrest really does make a significant difference when it comes to sleep,” concluded Dr. Maas. “There were many significant findings from this study—the probability being less than three in 100 that the findings were due to chance alone and not the mattresses.”

For more information, visit www.simmons.com.