

3 KEYS TO YOUR BEST NIGHT'S SLEEP

A clear-eyed guide to better rest.

PREMIUM MATTRESS

Buyer Guide

What to Check Before
You Spend \$1,000+

A smarter way to choose a mattress
that actually fits the way you sleep.



MATERIALS
& CONSTRUCTION



FIRMNESS
& SUPPORT



TRIAL PERIOD
& RETURNS



WARRANTY
TERMS



DELIVERY
& SETUP



CERTIFICATIONS
& SAFETY

THE PRACTICAL SLEEP EDIT

Make the room calmer. Buy a mattress smarter.
Build habits that actually fit your life.

INSIDE

01 The bedroom reset 02 The mattress decision
03 The wind-down routine + Printable worksheets

START HERE

Better sleep, better questions

No miracle promises. Just useful, testable changes.

Before changing everything, identify what may be disrupting your nights. Start with the simplest explanation.

01

THE ROOM

Light, sound, temperature and comfort.

02

THE MATTRESS

Pressure, support, movement and heat.

03

THE ROUTINE

Timing, stimulation and winding down.

YOUR SEVEN-NIGHT MISSION

Observe. Change one variable. Review what happened.

KEY ONE

Design a room for rest

Four elements that can make a meaningful difference.

1

LIGHT

Dim bright evening light.
Block unwanted morning light.

2

SOUND

Reduce repeated disturbances.
Try background sound if useful.

3

AIR + TEMPERATURE

Adjust airflow and bedding
until comfortably cool.

4

COMFORT

Check pillow height, fabrics
and clutter before buying.

TONIGHT'S EXPERIMENT

Choose one bedroom variable to change.
Keep other variables steady for a few nights.

KEY TWO

Find your mattress match

A construction is a starting point, not a verdict.

COMPARE

Mattress Types

Find the construction that fits your sleep style.

**FOAM**

Contours & isolates motion

**HYBRID**

Balance of support & airflow

**LATEX**

Responsive & durable

**INNERSPRING**

Traditional feel with strong support

THE REAL COMPARISON

Memory foam: contouring; check heat and movement.

Hybrid: coils + comfort layers; check edges and motion.

Latex: responsive; verify materials and certifications.

Innerspring: coil-forward; examine the comfort layers.

Prioritize comfort, support and written return terms.

KEY TWO

Look beyond the price

The sticker price is only one part of the purchase.

01 BASE PRICE

What you will actually pay today.

02 DELIVERY

Setup, stairs and mattress removal.

03 FOUNDATION

Compatible frame or adjustable base.

04 RETURNS

Restocking, pickup and shipping fees.

BEFORE CHECKOUT

- ☐ Will this work with my current bed base?
- ☐ What exactly does the warranty exclude?
- ☐ Who pays if I return the mattress?

KEY THREE

Small habits. Real consistency.

A wind-down routine should be easy enough to repeat.

01

MORNING

Keep a reasonably consistent wake time; seek daylight.

02

AFTERNOON

Notice whether caffeine or naps affect the night.

03

EVENING

Dim lights, put work aside, choose a quiet activity.

04

BEDTIME

Keep it simple; adjust anything that is not helping.

CONSISTENCY BEATS PERFECTION.

7-NIGHT RESET

Your first seven nights

One manageable focus a night. Adapt the sequence.

01

OBSERVE

Record your baseline

02

LIGHT

Dim the bedroom

03

SOUND

Address one disturbance

04

AIR

Adjust bedding or airflow

05

COMFORT

Check pillow and mattress

06

WIND DOWN

Try a short routine

07

REVIEW

Look for patterns

PRINTABLE WORKSHEET

Seven-night sleep diary

Estimate times. Rate sleep from 1 (poor) to 5 (great).

NIGHT	BED	WAKE	HOURS	1-5	NOTES
1					
2					
3					
4					
5					
6					
LOOK BACK Which change helped? What will you repeat next week?					

PRINTABLE WORKSHEET

Mattress comparison card

Use one sheet per mattress; rely on written terms.

MODEL + RETAILER

TOTAL DELIVERED PRICE

COMFORT + SUPPORT

HEAT + MOTION + EDGES

TRIAL + RETURN FEES

WARRANTY + FOUNDATION

BEST REASON TO BUY

BIGGEST CONCERN

THE BUYER CHECKLIST

Seven checks before you buy

A useful reference to keep next to the product page.



THE ULTIMATE
Mattress Buyer Checklist

7 key things to check before you buy.

- 1**  **Mattress type**
Hybrid, foam, latex or innerspring?
- 2**  **Firmness & support**
Matches your body and sleep position?
- 3**  **Trial period**
How long, and who pays returns?
- 4**  **Warranty**
What's actually covered?
- 5**  **Delivery & setup**
White-glove, stairs, old mattress removal?
- 6**  **Certifications**
Organic, non-toxic, verified?
- 7**  **Adjustable-base compatibility**
Supported, and any warranty impact?

*Better sleep.
A healthier, happier you.* 

PRO TIP

Ask for the full trial and warranty in writing before purchase.

Confirm any restrictions that apply to your chosen bed base.

YOUR TAKEAWAY

A smarter sleep checklist

Check what you have done. Return to anything you missed.

☐ I identified my biggest sleep disruption.

☐ I tested a bedroom change before buying products.

☐ I compared mattress feel, support and temperature.

☐ I checked total price, delivery and return terms.

☐ I read warranty and foundation requirements.

☐ I tracked seven nights instead of guessing.

☐ I know when ongoing symptoms need expert attention.

No product guarantees improved sleep or health.

Better nights are built, not bought.

YOUR NEXT THREE MOVES

01 NOTICE

What keeps interrupting your rest?

02 TEST

Choose one practical change.

03 REVIEW

Track it for a week. Keep what helps.

PRETTYHAPPYHEALTHY.COM

Educational only, not medical advice. Persistent insomnia, loud snoring with breathing pauses or significant daytime sleepiness warrant professional evaluation. Retailer terms and product details can change.