

mattress
next day

FAQs

Mattress Firmness



Did you know...

The mattress industry doesn't actually have a universal, standardised way of measuring firmness! It's all down to what the person in charge of firmness thinks a certain mattress feels like - and as you can imagine, this varies between manufacturers and suppliers. What feels soft to you, might feel way too firm for someone else!

Our Sleep Experts have answered the most commonly asked questions surrounding mattress firmness, so you can make sure the choice you make is the right one for you.



Question

Who decides how firm a mattress is?

Because firmness will differ between manufacturers, we make sure we test every mattress in-house at MattressNextDay. We then use our own firmness rating and compare it to what the manufacturer has suggested. Most of the time we agree, but sometimes we go by our own rating to ensure that all the mattresses across our site are based on the same standards.



You can trust us, we've got 20 years of experience testing mattresses and we've also won a few awards along the way.



Question

What affects mattress firmness?

Lots of things can impact how soft or firm your mattress feels. For memory foam mattresses, the foam needs time to mould to your unique body shape, so it may take a good few nights of sleeping on it for you to feel its intended firmness. Foam naturally takes time to soften, so your new mattress will feel different to what you felt in the shop - it should take about 2 to 4 weeks to 'break in'.

TOP TIP

In fact, all mattress types need time to be broken in, and your body needs a chance to get used to the change of a new mattress before it can decide if the firmness level is suitable.

The best mattress firmness for you will be a personal choice - some firmnesses are better for different sleeping positions, but it is ultimately down to personal preference.



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Question

How can I quickly soften my mattress?

If your mattress is made from foam, there are a few things you can try to soften it up a bit. Heat is what helps the foam mould to your body, so you can use something warm to make your mattress a little more malleable. Don't reach for the hairdryer, as this can damage your mattress, but popping a couple of water bottles in your bed for a while before gently kneading it will help to soften it slightly.

The easiest way to change the firmness of your mattress is to invest in a mattress topper. If you feel your mattress is too firm but you need the support it offers, a soft mattress topper will give you extra cushioning so you can still access the support from your mattress.



Question

Will my mattress firmness change over time?

Yes, mattresses generally tend to get softer over time, as the materials soften and compress after many night's of your body pressure. That's why you should change your mattress every 8 years, to ensure you're getting the best support possible at night.

In the first few months, you may notice your mattress softens as it moulds to your body shape and the materials naturally loosen after being slept on - this is totally natural and intended to ensure your mattress offers you the maximum comfort and support possible.

TOP TIP

Don't judge the firmness or comfort of your mattress straight away - you need at least 50 nights to get used to your mattress.

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