



New Mattress Linked to Improved Sleep

Study: Subjective Rating of Perceived Back Pain, Stiffness and Sleep Quality Following Introduction of Medium-Firm Bedding System

The groundbreaking study “*Subjective Rating of Perceived Back Pain, Stiffness and Sleep Quality Following Introduction of Medium-Firm Bedding System*,” published in the *Journal of Chiropractic Medicine* (Winter 2006), confirms the link between a new mattress and improved sleep. The first – and only – research of its kind, the study provides firm scientific evidence of the critical link between mattress quality and sleep quality, as well as the importance of regular mattress replacement.

The study, authored by Bert Jacobson, EdD, Tia Wallace, MS, and Hugh Gemmell, DC, EdD of Oklahoma State University, studied a control group of 59 healthy participants (30 women and 29 men) contrasting the participants’ sleep on their own mattresses (at least five years or older) to their sleep on a new bedding system.

The researchers noted that sleep deficiency interferes with daytime activity, social interactions, mood and loss of work productivity, further making the case that sleeping on a new mattress can improve overall quality of life.

The following key findings show a new mattress to be a significant factor in improved sleep:

- When sleeping on a new mattress, respondents reported significant reductions in lower back discomfort and spine stiffness together with significant improvements in sleep quality and sleep comfort. The improvements were significant regardless of participants’ age and weight. What’s more, even those who originally reported they did not have back or sleep problems showed significant improvements on a new mattress.

Percent Improvement After Four Weeks on New Bedding			
<i>(vs. Four Weeks on Old Beds - Baseline)</i>			
	High-pain group	Low-pain group	Average
Low back pain	+63.3%	+47.3%	+55.3%
Spine stiffness	+63.3%	+38.0%	+50.7%
	Poor sleepers	Good sleepers	
Sleep quality	+65.8%	+58.1%	+62.0%
Sleep comfort	+77.3%	+64.2%	+70.8%

- The study showed the age of participants’ original mattresses contributed significantly to back stiffness. (Note: participants’ beds were 5 years and older, with a mean age of 9.7 years).

- New bedding systems provided both immediate and sustained benefits in sleep. Participants noted an increased improvement in sleep quality each week, all attributed to the new mattresses.

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A good night's sleep can lead to a happier, healthier, more productive life, and when the quality of sleep improves, the quality of your life improves. To Start Every Day with a Good Night's Sleep™, the Better Sleep Council recommends evaluating mattresses for replacement every 5-7 years.

For more information on the link between sleep and the mattress, as well as tips on how to get a better night's sleep, please visit www.bettersleep.org.