

Required Reading Series:

The Uncomfortable Truth: Why You Need to Replace Your Mattress

Do you regularly wake up tired or achy? Do you sleep better away from home? Does your mattress look lumpy or saggy?

Consumer Reports proclaims that If your mattress is five to seven years old and you're over 40, chances are it is time to replace it.

Why? Because most mattresses last seven years, and as we age, our bodies tolerate less pressure.¹ Compound this with the fact that the average bed is home to anywhere from 100,000 to 10 million dust mites² feasting on your dead skin cells and causing allergies, breathing problems, bumps and more, and you begin to understand the significant health risks posed by your old mattress. This doesn't even take into account the significant cognitive effects of a poor night's sleep we discussed last month (<http://universitiesleep.com/syllabus/getting-enough-sleep.pdf?v=1>) or the fact that those who sleep less than 5 hours a night actually weigh more than their well-rested brethren.³

If sore muscles, brain fade, an expanding waistline and runny nose aren't enough to convince you, have you considered bed bugs?

In a 2015 survey conducted by the National Pest Management Association, 99.6% of pest controllers reported having treated for bedbugs in the past year, compared to just 25% of respondents 15 years earlier.⁴ What's so bad about bedbugs? Besides the fact that they feast on your flesh while you sleep, they are highly portable, hard to kill, leave blood stains on your bed, have a musty odor, and can cause severe rashes.⁵

Now that you are thoroughly disgusted and ready to shop for a new mattress during the next big holiday sale, consider the state of mattresses in publicly shared spaces: dormitories, hotels, hospitals, and hostels. If you work for a college or university, think about the condition of the mattresses in your dormitories.

Your institution buys these mattresses. Your student body sleeps on them. And your student's health and education is the very core of your mission. That is why purchasing Modern Dormitory Mattresses™ from University Sleep is paramount. Everything from the seams and fabrics used on the cover, to the sealed inner environment, and high quality foams and springs used on the inside, make these mattresses comfortable, hygienic, resistant to creepy crawlies and durable. All of which are even more important to consider when beds are used as the main source of furniture for a student's life in the residence hall.

Need help deciding when it is time to replace your institution's mattresses? University Sleep can help. Click here <http://universitiesleep.com/syllabus/checklist.pdf> to see a helpful checklist to walk you through the process today.

Additional reading:

Is it time to replace your University Sleep Mattress? <http://universitiesleep.com/syllabus/checklist.pdf>

Is Your Student Body Getting Enough Sleep? <http://universitiesleep.com/syllabus/getting-enough-sleep.pdf?v=1>

Manufacturer's Note:

University Sleep Products manufactures Modern Dormitory Mattresses™ made in the USA. Visit www.universitiesleep.com to learn more or contact us at info@universitiesleep.com or call 224-281-7181.

1. Source: Consumer Reports "How Often Should I Buy a New Mattress" <http://www.consumerreports.org/cro/news/2007/12/q-a-how-often-should-i-buy-a-new-mattress/index.htm>
2. Source: Global Healing Center "Dust Mites: a Microscopic Threat to Your Family's Health" <https://www.globalhealingcenter.com/natural-health/dust-mites/>
3. Source: Mayo Clinic "Is too little sleep a cause of weight gain" <http://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sleep-and-weight-gain/faq-20058198>
4. Source: Phys.org "New Research May Beat Back Bedbug Epidemic" <https://phys.org/news/2017-03-bedbug-epidemic.html>
5. Source: Center for Disease Control. <https://www.cdc.gov/parasites/bedbugs/faqs.html>