

When Should You Buy a New Mattress?

If you are one of the many people who sleep on a regular basis, it's likely that you haven't replaced your mattress in quite some time. In fact, you might not even remember where or how you got your current sleep solution. You may not know when you've reached that recommended 10-year mark for replacing it. So when should you buy a new mattress? Fortunately, you don't need to remember the details, because your mattress will tell you when it's time to replace it.

Age Indicates When You Should Buy

Like your old car or that jar of something unrecognizable in the back of your fridge, your mattress will show its age in certain ways. Inner-spring mattresses will begin to degrade on an average of seven years, while memory foam mattresses can last up to and beyond 10 years (check out our [rundown](#) on what's inside your mattress). Both will eventually give in to the effects of aging, however, and begin to produce pressure points.

If you don't know the age of your mattress, you can tell from a variety of ways. If you slide into the middle of the bed over the course of your night's sleep, your mattress is degrading. The same is true if you wake up with pain from various pressure points in the bed. Your mattress should bounce back when you get up off of it. It should be easy for you to switch positions without having to extricate yourself from your mattress.

Scientists have confirmed that a fresh mattress alone will increase your sleep quality and reduce back pain. If you're sleeping poorly at all, it's time to consider buying a new mattress.

Allergies = Buy a New Mattress

Unfortunately, most mattresses are hotbeds of mildew, dust, and toxic chemicals — the perfect breeding grounds for allergic reactions. If it's not allergy season and you're struggling, your mattress could be the problem. Older beds have had years to collect colonies of dust mites, who live out their entire life cycle alongside you as you sleep. Inner-spring mattresses have plenty of air pockets for dust mites to occupy, while many foam mattresses create warm, cozy environments for those same mites.

Especially if your mattress isn't regulating your temperature well, you can sweat up to a quarter of a liter of water per night. This produces the perfect conditions for mildew and mold, which can exacerbate your allergies, asthma, and even skin conditions like eczema. Besides all of this, your mattress (regardless of age) contains **flame retardants**. These toxin-laden chemicals are proven to negatively affect you in a variety of ways.

So if you're experiencing a runny nose or irritated, watery eyes at night, it might be time for a clean slate. You can help reduce the effects by consistently washing your bedding, steam cleaning your mattress, and keeping your sleep environment well-ventilated. But it just might be time to buy a new, **thermoregulated** mattress. And thankfully, with a Medical Letter of Necessity, BioPosture can make it without chemical flame retardants.

Pain or Stiffness Means It's Time to Buy a New Mattress

Obviously, if you're waking up in pain you should consider buying a new mattress. Scientists are continually researching the connection between pain and sleep, but it's clear that they are interrelated.

If you are experiencing regular neck pain, consider changing your sleeping position or pillow. Back pain can indicate a mattress that is too stiff or has developed pressure points. Hip pain can suggest that your mattress is too soft.

The best option, as always, is to check with your doctor, chiropractor, or orthopedic professional about solutions.

Conclusion

You can always make many lifestyle changes to help you get better sleep. Some of these include avoiding caffeine, alcohol, or technology use before bed. However, the fact is that if you're losing sleep regardless of those changes, it's time for you to buy a new mattress. Check with your doctor, chiropractor, or orthopedic professional about your options, and make the investment in better sleep.