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TEXAS AGRICULTURAL EXTENSION SERVICE  
UNITED STATES DEPARTMENT OF AGRICULTURE  
THE TEXAS A&M UNIVERSITY SYSTEM  
COLLEGE STATION, TEXAS 77843

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BEDDING BOLS

## TEXAS AGRICULTURAL EXTENSION SERVICE

The Texas A&M University System

S.O.S. Shopper:

For smooth "sailing" this month, I hope this "S.O.S.-Smart on Sales" letter on *Bedding Buys* will help you find big savings during the month.

If a new bed is on your shopping list for this year, February is a good month to buy. A good mattress will offer firm, buoyant support. It allows the body to float on an even level with each change in position. When a mattress is too stiff to "give" with body contours, it is difficult to relax. If the mattress is too soft, the body is not aligned properly for sleeping comfort.

This letter and other educational programs are provided at no charge by the Texas Agricultural Extension Service. Extension publications are available from my office to give you shopping guides for other items you may find on sale this month. If you would like to receive any of these bulletins or know more about other Extension programs, please contact me.

Happy Sales!

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County Extension Agent



## BEDDING BUYS

*If you live to be 75 and average 8 hours sleep a day, you will have spent 25 years of your life sleeping or resting.*

Sleeping comfort is based on having a firm, level spring and mattress and plenty of room to move around. Each person needs at least 38 inches of width and a length 9 inches longer than the person's height. Long sizes are 4 to 5 inches longer than regular lengths. WHAT SIZE SHOULD YOU BUY?

Twin	— 39" × 75"	King	— 72" × 80"
Full	— 54" × 75"	Super King	— 76" × 80"
Queen	— 60" × 80"		



Test several mattresses by stretching out on them. You cannot tell much by pressing the mattress with your hand or even by sitting on it. Overall balance is the crucial test. There is a choice of firmness in each type of mattress. Ventilators and handles appear on better bedding.

### Mattresses

The three basic types of mattresses are made in a variety of price ranges depending on the quality of materials used, size, amount and kind of workmanship.

#### Innerspring

The mattress is constructed like a sandwich with linked coils as the essential element. Coil units are covered top and bottom with insulating material to hold them in place and to keep the padding from dropping down into the coil area. If you can feel the coils, you can be sure that the construction is inferior. Ask to see a "cutaway" of the mattress construction. An extra layer of padding in the center third is an asset.

#### Solid Upholstered

Felted cotton, hair or rubberized hair are used in construction. The result is a firm mattress with less resilience than other types of mattresses. A good hair mattress is expensive and must be custom made. An all-cotton mattress

varies according to the quality of the cotton. A fiber-filled mattress tends to become lumpy and must be turned and aired frequently.

#### Foam

Both latex and urethane foam mattresses are lightweight, non-allergenic, mildew and moth proof. The feel is totally different from the surface on an innerspring mattress.

Density or compression determines firmness. Ask the salesperson for compression information. Compression ranges in latex from 13 to 38, with a mid-range of 25 recommended for the average person.

Foam mattresses offer a variety of different constructions. Some units are molded so that the center third provides the most support.

While foam mattresses can be found in 4½- to 6-inch heights, do not let this cause confusion. The shorter unit can be excellent if the spring foundation beneath is resilient.

### Springs

The bedspring or foundation provides one third or more of the total resilience. Most bedding experts strongly recommend that mattress and springs be purchased at the same time. If appearance is not a primary concern; however, unmatched sets can be a good buy.

#### Box Springs

Box springs have steel springwire coils mounted to a wood frame, are padded and covered with ticking. The best ones have coils tied securely to each other, their base and the border.

#### Open-Coil Springs

These springs have steel bands placed over the top of the coils to form a semi-closed surface over which the mattress may be used. Stabilizers are needed to prevent sagging and squeaking.

#### Link Springs

Link springs are primarily used on cots and fold-away beds. They are inexpensive and tend to sag with use.

Although the cost of bedding seems high initially, it is a relatively long-term investment that will reflect its value in years of service and quality of rest. Smart shoppers will buy the BEST bedding they can afford. Since prices can vary considerably among stores, compare prices. A quality mattress set should last 10 to 15 years, depending on the kind of use it gets.

Always use a cover pad on the mattress to absorb body moisture. Without the mattress pad the moisture goes directly into the mattress.

During the first 3 or 4 months, the mattress should be turned upside down and end to end every 2 weeks so it can settle and adjust to body weight. After this period, it should be turned 4 times a year. The first day of a new season will be a good reminder.