

Mattress *Choice*

Better brands. Better prices. *Better dreams.*



*Better Sleep.
Better Dreams.*



Frequently Asked Questions

Q. Will a better mattress improve my dreams?

A. The human body needs deep REM sleep to process the events of the day. This phenomenon in which the eyes dart back and forth behind the lids is a result of dreaming, which comes through a deep, restful sleep. And this healing sleep can best be reached through a proper mattress.

Q. Why does Mattress Choice carry only three brands?

A. By offering the deepest selection of only the world's premium brands, Mattress Choice can ensure that you get a quality mattress at a price you can afford. There is no point in diluting our selection of quality with inferior brands. By dealing only with the best, we ensure only the best night's sleep.

Q. Should I pick a soft or a firm mattress?

A. That all depends on your personal preference level. Just as no two people dream alike, no two people need the same vehicles to take them to the other side. Everyone is different. Proper firmness will distribute your weight and provide back support. Therefore, be sure to bring your partner with you when selecting a bed.

Q. I move a lot in my sleep and I don't want to disturb my partner? What should I do?

A. Simmons has the patented Beautyrest mattress with individual pocket coils to adjust for motion transfer in the night between partners. You may have seen the commercials with the bowling ball and pins, and that's what it's all about, a restful sleep without any disturbance, even if your partner is tossing and turning. If you prefer a Sealy or Serta, give yourself enough room with a king-sized bed.

Q. When should I buy a new mattress?

A. There are many options available to dispose of a mattress is a sustainable and environmentally-friendly way. The best option is a recycling depot. They can make use of the metal springs as well as some of the material. There is no reason your bed should end up in a landfill if you don't want it to.

Q. How can I make my mattress last longer?

A. Rotate it! Flip it around every once in a while. Switch sides. Your bed can last nearly a decade if you treat it with love.

*Only the best of
the best brands.*





Dreams are made of this.

A good night's sleep is essential to prepare your body and mind for peak performance. Mood, productivity and general health are affected by proper rest, and mindful dreams.

Get. More. Sleep.

There are ways of telling if you are chronically sleep deprived.

1. *You need an alarm clock to get up in the morning*
2. *You fall asleep the moment your head hits the pillow (this is actually a bad sign)*
3. *You get less than 8 hours of sleep a night*

If you find any of these three things, you can join the ranks of the 63 million people in North America that are chronically fatigued. Chances are, they're not sleeping on a Sealy, Simmons or Serta.

Dreams are the key to creativity. If you have worries on your mind, or issues to resolve, let your brain do the heavy lifting while you rest. Your body needs time to heal as well. Sweet sleep is necessary to keep you happy, beautiful and rejuvenated each morning.



The Golden Rules of Sleep from Dr. Floyd



1 You need dreams to reach your dreams.

Only when the body is rested and healthy are you able to live out your life's full potential. You need to be bright-eyed and clear-minded to carve your true path, and a quality sleep is a key component to that. So are dreams. The floodgates of inspiration, imagination and wonder are opened when you let your mind wander.

2 You sleep every night, but how often do you dream?

If you can't remember your dreams, or if you can't remember the last time you dreamed – then you are missing out on a huge part of life. Your dreams are the key to organizing your thoughts, and understanding your subconscious. The most fantastic dreams are brought to life in deep sleep, best achieved on a comfortable, quality mattress.

3 Deep REM sleep is when the body produces dreams.

Dreams bring meaning to the day-to-day events in your life that go unconsidered in the patterns and routines of existence. Our habits act as blinders to the full spectrum of reality. It is only when we dream do we gain insight, and inspiration.

4 Get the right bed.

It takes a quality mattress to usher you into the world of dreams. A bed built not only for comfort but also for the deep, restful sleep that ensures a night of grand imaginings.

5 Keep a regular sleep schedule

Go to bed at the same time every night. Wake up the same time every morning. And don't use an alarm clock! This is much more easily accomplished on a quality bed from Mattress Choice.

6 Dream all at once.

There is no reason to have 'to be continued' dreams. You should have one, long, ongoing dream each night. Get a long undisturbed sleep and your imagination will thank you.

Where will your dreams take you?

Mattress Choice offers the deepest selection of the world's best brands: Sealy, Simmons and Serta. Take the time to find the comfort preference level that is right for you, and rest assured knowing that your selection is always a good one. So you can sleep better and dream better too.

Before you begin your journey into the world of dreams on the best possible bed, let us quickly tell you the difference between the world's top three brands.

Simmons was made famous by its Beautyrest mattress. Made with patented pocket coils, the Beautyrest works to minimize motion transfer between partners during the night.

Serta mattresses were made famous by the grumpy sheep in their advertisements. They claim that their mattresses are so comfortable that the only thing you'll need to count on is a good night's sleep.

Sealy encourages you to "Get a Better Six." Its claim is that it offers the best mattresses in the world. So comfortable, so well made, you can rest just six hours a night, and enjoy 18 hours of vitality throughout the day.



How to pick your dream mattress.

You spend a third of your life in bed. So why not invest in a quality sleep that will refresh and rejuvenate you every morning? Your night should be filled with magical dreams, and your days should be filled with inspiration and energy.

To pick your ideal mattress, you will need to know what to look for. All beds are different, but at Mattress Choice these differences are only to ensure that you find a bed perfectly suited to your individual comfort preference level without sacrificing quality.

Things to look for in a quality mattress are:

Conformability

How does the bed fit your back and body?

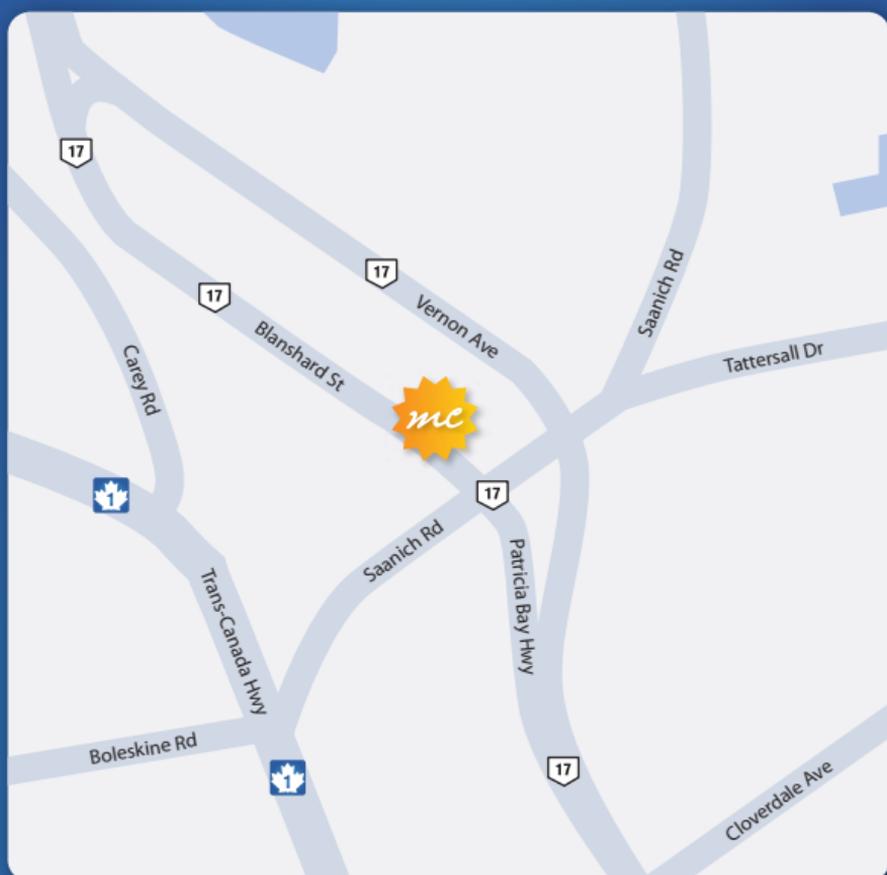
Comfort

Let's face it, you need to feel great in the bed of your dreams.

Support

Does it conform to the contours of your body?

Store Location



3510 Blanshard Street
Victoria, BC V8X 1W3

250.710.9860

Or visit us online at
www.mattresschoice.com

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