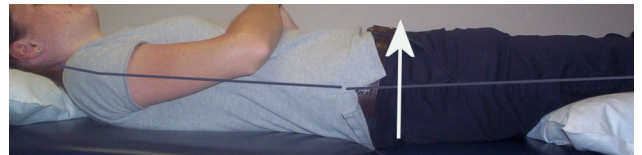


5 Secrets to Choosing the Right Mattress

👍 Take someone with you.
It is hard to judge your own posture.

👍 Lie down and get into the position you think you sleep in. Support your head on a pillow. If you are on your side, put a pillow between your legs.



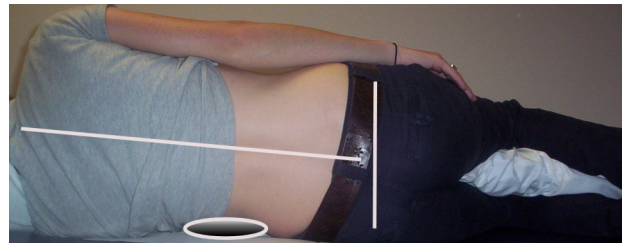
OK: Back is in line with body and hips

👍 While lying down, your observer should see that:

your nose lines up with your belly button

a straight line forms down your body between your head and hips

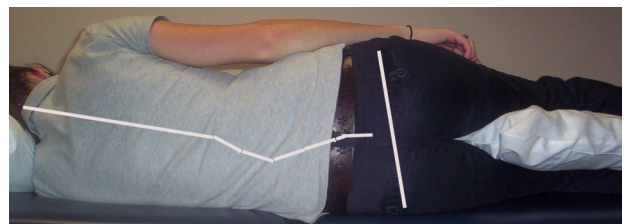
your hips point straight up to the ceiling



Alignment is OK, but you should sink into the mattress enough to be supported without gaps

👎 If you are curved like you are in a hammock, it is not the right mattress for you.

👎 If there are gaps between you and the mattress, it is not the right mattress for you.



NOT GOOD: Not sinking in far enough to straighten spine

For more tips:
www.worksitehealthandsafety.com
240-912-9559