

Savvy Rest Mattress Questionnaire

(use separate copies for each sleeper)

Personal Information

Height _____

Weight _____

Male Female

Princess and the Pea = 1
 Could Sleep on Nails = 5

What's your number? _____



Current Bed

King 76" x 80" _____
 CA King 72" x 84" _____
 Queen 60" x 80" _____
 Full or Double 53" x 74" _____
 Twin Long 38" x 80" _____
 Twin or Single 38" x 74" _____
 Adjustable Bed _____
 Air or Water Bed _____

Manufacturer _____

Model _____

Personal Sleep Questions

Firm Questions

- | | | | | |
|---------------------|-----|----|-----------|------------|
| 1. Sleep on back | Yes | No | Sometimes | Don't Know |
| 2. Sleep on stomach | Yes | No | Sometimes | Don't Know |
| 3. Low Back Pain | Yes | No | Sometimes | |

*One or more **Yes** answers suggests that you may need a firmer mattress. Perhaps #2 or #6 or #9 (next page).*

Soft Questions

- | | | | | |
|------------------------------|-----|----|-----------|------------|
| 1. Sleep on side | Yes | No | Sometimes | Don't Know |
| 2. Sleep all over | Yes | No | Sometimes | Don't Know |
| 3. Other Back Pain | Yes | No | Sometimes | |
| 4. Spinal misalignment | Yes | No | Sometimes | |
| 5. Wake up with back pain | Yes | No | Sometimes | |
| 6. Trouble falling asleep | Yes | No | Sometimes | |
| 7. Wake up too early | Yes | No | Sometimes | |
| 8. Sleep alone | Yes | No | Sometimes | |
| 9. Toss and turn | Yes | No | Sometimes | |
| 10. Wake up stiff | Yes | No | Sometimes | |
| 11. Wake up sore | Yes | No | Sometimes | |
| 12. Tingling in arms or legs | Yes | No | Sometimes | |
| 13. Chronic Pain from Injury | Yes | No | Sometimes | |

*The more **Yes** answers you have, the more likely it is that you would feel comfortable on a softer mattress. Perhaps # 3 or # 10.*

Sleep Issues

Are there any other conditions or anything else we should know about your sleep?



Organic Mattresses and Pillows

Popular Configurations

Organic Serenity—3 solid layers (10” high)

1
Soft
Medium
Firm

2
Medium
Firm
Firm

3
Soft
Soft
Medium

Advantages: Many couples choose solid layers when they have the same comfort preferences.

Organic Serenity—3 split layers (6 pieces)

4
Soft
Soft Med.
Med. Firm

5
Soft Med.
Soft Firm
Med. Firm

Advantages: Split layers allow one side to be firm and the other side to be soft. Split pieces are easier to move and less expensive to swap out.

Organic Tranquility—2 layers (7” high)

6
Medium
Firm

7
Soft Med.
Firm

Advantages: The lower profile fits a low-profile bed frame better. This is a less-expensive starter mattress for a growing child.

Organic Serenity Pillowtop—4 layers (13” high)

8
Soft Talalay
Soft Dunlop
Med. Dunlop
Firm Dunlop

9
Soft Dunlop
Med. Dunlop
Firm Dunlop
Firm Dunlop

10
Soft Talalay
Soft Talalay
Soft Talalay
Med. Dunlop

Advantages: The high profile fits a high-profile bed better. Four layers of latex allow for the maximum number of different firmness combinations. The #10 configuration allows for the softest feel in any natural latex mattress anywhere.

Savvy Rest

Organic Mattresses and Pillows

Evaluating bed size

1. Pets in bed	Yes	No	Sometimes
2. Children in bed	Yes	No	Sometimes
3. Disturbed by partner	Yes	No	Sometimes

Yes answers suggest that you'd benefit from a larger bed.

Budget

- If budget is an important consideration, we recommend the Organic Tranquility.
- The Organic Tranquility is a good firm mattress, but cannot be made very soft.
- It is not recommended for individuals weighing more than 160 pounds.
- If your old mattress is not too bad, an Organic Mattress Topper can make it softer.

If you have these conditions, ask your doctor whether an adjustable bed can help:

- Sleep apnea
- GERD (gastroesophageal reflux disease): doctors advise raising the head of a bed 6 inches
- COPD (chronic obstructive pulmonary disease)
- CHD (congestive heart disease)

Notes

- Organic Serenity mattresses comprise 90% of our sales.
- You can use regular sheets on our 10" Organic Serenity.
- The Organic Serenity Pillowtop may need deep-pocket sheets, depending on the sheet manufacturer and the line.