



How does a mattress impact intimacy?

Your new mattress can have a major impact on intimacy.

As you evaluate your options, think about how the surface can support or inhibit the movements you make during intimate moments. Consider responsiveness, playful bounce, comfort, support, and durability. According to physicist Dr. Caleb Browning in a study conducted by Leggett & Platt, most people preferred a surface that returns energy instead of absorbing it. Don't be afraid to get on your hands and knees and think through the dynamics of intimacy. This is a major purchase that you'll live with for years.

As you read this you might be thinking, "I never even thought to consider sex when purchasing a mattress." Don't worry, you're not alone. In a study conducted by Leggett & Platt, 85% of people did not think about intimacy in relation to their mattress purchase. Many shoppers don't consider sex until it's too late – they get their new mattress home, only to find out it detracts from intimate moments instead of supporting them.

Tips on buying a mattress that supports good sleep and good sex:

1. Make sure your mattress contributes the proper bounce-ratio for your preferred intimate experience.
2. Talk to your retail sales associate about temperature issues. After the purchase many consumers complain their mattress is getting too hot during intimate moments, so avoid beds that retain heat.
3. Select a mattress that offers comfort and support for your back.
4. Consider how the mattress will respond when changing positions. Most people do not prefer a mattress that makes them feel stuck or inhibited.

For information about evaluating a mattress for intimacy, or to learn more about the **SexySleep** research, visit Ultimate-Hybrid.com.

