

Bed Checklist

Your bed is one of the most important factors in getting high-quality, restorative sleep. An uncomfortable or unsupportive mattress can lead to aches, frequent wake-ups, and poor sleep quality. Over time, a worn-out bed can disrupt your body's natural sleep posture, causing discomfort and making it harder to get a full night's rest. This Checklist will help you assess whether your mattress, pillows, and bed frame are helping or harming your sleep. By identifying problem areas, you can make small improvements or decide if it's time for a replacement to ensure you get the best rest possible.

How to Use This Checklist:

- Go through each statement and answer Yes or No based on your current bed and sleep experience.
- Count how many "Yes" answers you have—more "Yes" responses indicate potential issues with your bed.
- Use the results guide to determine if small adjustments (like a mattress topper or new pillows) may help or if a bed replacement is needed.
- Make improvements and track how changes impact your sleep quality over time.

A comfortable, supportive sleep surface is essential for deep, uninterrupted sleep. This checklist will help you create a better sleep environment so you can wake up feeling refreshed and pain-free.

Is your bed seven years or older?	Y	N
Did you recently sleep better on a different bed (e.g., a hotel or friend's house)?	Y	N
Do you wake up feeling unrefreshed more often than you used to?	Y	N
Do you and your partner disturb each other when moving in bed?	Y	N
Does your bed look worn or damaged?	Y	N
Does your bed feel lumpy or uneven?	Y	N
Does your bed make noise when you move?	Y	N
Do you or your partner roll toward the center of the bed?	Y	N
Are the legs or feet of the bed damaged or unstable?	Y	N
Do you wake up with aches and pains each morning?	Y	N

What Your Scores Mean

0-2 "Yes" Answers – Your Bed is in Good Shape

- ✓ Your bed is likely still supportive and comfortable.
- ✓ Keep maintaining it for long-term sleep quality.

3-5 "Yes" Answers – Some Issues with Your Bed

- ⚠ Your bed may be contributing to occasional discomfort or restless sleep. Consider adding a mattress topper, replacing pillows, or making minor adjustments.

6+ "Yes" Answers – Your Bed is Affecting Your Sleep

- ⚠ Your mattress or bed frame may be worn out, unsupportive, or in need of replacement. It might be time to invest in a new mattress, upgrade bedding, or improve your sleep setup.

A supportive, high-quality bed is essential for deep, restorative sleep. If your bed is causing issues, making adjustments can improve your comfort, reduce pain, and enhance sleep quality!