

Mattress Quality and Design

What are the most important benefits of a mattress?

As discussed in sleep expert Dr. James Maas's book, *Sleep for Success*, a good mattress can lead to better sleep and better sleep is a vital component to good health. The proper amount of quality sleep combined with a good diet and exercise will keep your body at its maximum performance.

What is the most common problem with a mattress?

At Paramount, we have one of the lowest return rates in the industry. However, the most common problem in mattresses is sagging and body impressions. Body impressions are normal in every mattress but, should they become excessive (sagging that exceeds 1 ½ inches in depth) in your Paramount mattress, they are covered by your warranty.

Are there standard mattress dimensions?

For many years, all mattress sizes have been standardized according to the [International Sleep Product Association](#). Like all mattress manufacturers, we at Paramount comply with these standards. The standards have a tolerance within a range of ± 1 inch as follows:

King: 76" x 80"

Cal King: 72" x 84"

Queen: 60" x 80"

Full: 53" x 75"

Twin XL: 38" x 80"

Twin: 38" x 75"

What is the average mattress height today? They seem so thick!

Mattresses can vary from as little as four inches thick to 20 inches in thickness. On average, our mattresses range from 10 to 15 inches in thickness. We also offer low profile foundations to help with any height concerns.

Where can I find sheets to fit thick mattresses?

High profile sheets are very common today. You can find them at any major linen store or department store.

How tall is a standard foundation? How tall is a low-profile foundation?

At Paramount, our typical standard height foundation is nine inches. A low profile would be approximately 4 ½ to 5 ½ inches in height.

Why does a king size have two foundations?

The size and ridged nature of king-size foundations require them to come in two pieces so they can fit through most doorways.

Why are some mattresses one-sided? My old one is two-sided. Which is better?

Newer mattresses are most often one-sided and are definitely better. This is because today's mattresses are made with technological innovations that didn't exist 15 to 20 years ago. At Paramount, we design all our mattresses vertically, which means we start with a support base, and then graduate up to a sleeping surface. This one-sided construction process allows us to give you more comfort and pressure relief where you need it most, without compromising the support of the mattress. This method also provides better edge support and less partner motion transfer, a marked improvement over the old two-sided mattress designs.

Does edge support matter in a mattress?

A proper edge support will provide added sleep surface (approximately 20% more) and will add to the longevity and comfort of your mattress. Many consumers sleep near the edge of their mattress, so you want the edge to be as supportive as the interior. Traditionally, the best edge support systems are encased with performance edge design or a foam-encased design.

What does a pillow top do for me?

One of the keys to a good night's sleep is minimizing tossing and turning. A pillow top provides an additional layer of comfort on your mattress, creating a lower pressure sleep surface and leading to less tossing and turning.

What is tufting and what does it do on a mattress?

At Paramount, we use a process called compression tufting that starts at the top quilting of the mattress and is "tied" at the bottom of the mattress. These wool tufts are done completely by hand by our mattress craftsmen and hold together all the layers of the mattress to prevent shifting or moving of the upholstery layers. Compression tufting also helps reduce the potential of body impressions on a mattress.

What are the primary materials used in mattresses?

Mattresses are mostly constructed from fabrics, various types of quilting fibers, polyurethane foams and innersprings. At Paramount, the style and design of cushioning materials varies by brand.

What is the difference between innerspring and foam mattresses?

An innerspring mattress uses coils as the core to provide support. A foam mattress uses no coils and instead uses solid block(s) of foam cores to provide support.

What is memory foam?

Memory foam is synthetically made polyurethane foam that is designed to slowly conform to the body and relieve pressure.

What is latex?

Natural latex is a rubber-based material that comes from the tropical *hevea brasiliensis* tree, which is harvested to produce a resilient, cushioning foam that instantly conforms to every contour for optimal comfort and support. Air is infused into the latex compound to create latex foam's open cell structure that provides a cooler sleep surface.

Do memory foam or latex mattresses sleep warm?

The majority of heat retained by a mattress is due to two issues:

1. Aeration

At Paramount, all of our latex is aerated, meaning there are actual holes in the latex to allow for proper air flow. All of our memory foam is provided by a United States supplier that uses open cell foam technology, allowing the memory foam to breathe properly.

2. How far you sink

If you buy a mattress that is extremely soft or conforming it will typically sleep warmer because it will trap your body heat in a way a firmer or supportive mattress won't. This is no different than if you were to sleep directly on a comforter. Your heat will be trapped and stored in this softer surface. Therefore, if being too warm is a concern, choose a bed that you find supportive and not too plush or soft where you would "sink" deep into the comfort layers.

Is it possible to be allergic to latex used in mattresses?

In the late 1990s, latex allergies became a concern. Publicity revolved around a very small portion of the public who experienced allergic reactions when exposed to a protein found in natural rubber latex. The majority of these cases involved healthcare workers who came in frequent contact with medical products.

By using the right latex supplier, Paramount takes action to prevent the potential for allergic reaction. Non-skin contact products, such as mattresses and pillows that may contain some natural rubber latex, undergo a five-stage washing process which removes reaction-causing proteins while enhancing the overall quality of the product. The openness of Talalay latex foam cells allows for thorough washing.

The FDA monitors complaints regarding allergic reactions to natural rubber latex and, to our knowledge, no complaint in the 28 years of monitoring has stemmed from the natural rubber found in our mattresses and pillows. Our products have been tested by outside facilities and have been shown to be inherently hypoallergenic for sufferers of allergies to mold, mildew and certain bacteria. Our mattresses and pillows also are resistant to dust mites and are naturally resistant to mold and mildew, which contribute to asthma and pulmonary function allergies.