

Finding the Best Mattress for You at Gardner's Mattress & More

by Susan Beam

As owner of Gardner's Mattress & More, Ben McClure encounters a number of customer questions throughout his work day. Without a doubt, one of the most common is, "What is the best mattress?" According to McClure, that question is missing two very important words—"for me?"

"At Gardner's, our main goal has always been to act as an advocate for our clients," explained McClure. "We have a huge variety of mattresses, including 28 premium foam-based and hand-made sleep systems. With this selection, we want our clients to consider, "Which mattress can best meet my needs, help me get the best night sleep possible, and awake to a day feeling refreshed and rejuvenated?"

Education is crucial in being able to answer that question. "We've written a book to help you through the mattress selection process called "What's Keeping You Up at Night, A Guide to Overcoming Common Mattress Buying Mistakes," said McClure. "There have been many changes in the bedding industry in the last ten years and we want to arm you with the right information about mattresses to make the best decision possible."



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The next step is to determine sleep style and health concerns. "Do you toss and turn? Do you snore and suffer from poor circulation? Do you wake up with an aching back or shoulders? Do you have problems with restless legs, fibromyalgia, or acid reflux? I've got a mattress to help or reduce each of the aforementioned sleep issues," said McClure.

"For example, if you tell me you have lower back discomfort, I may recommend a Tempur-Pedic for its ability to shape and

mold to the arch of your back to keep your body in proper spinal alignment," McClure continued. "Or, if you suffer from snoring, breathing or circulation issues, a power adjustable base to elevate your head and legs may be necessary."

Mattress material can also make a big difference for an uncomfortable sleeper. "A latex mattress from Pure LatexBLISS may be beneficial for someone with allergy issues, as latex is naturally hypoallergenic and dust mite resistant," said McClure. "Or, a



Gardner's Mattress & More

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830 Plaza Blvd., Lancaster (Behind Park City Mall)
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any mattress in our showroom," explained McClure. "Additionally, any purchase made through the use of the Dream Room comes with a no hassle, one year comfort exchange." For more information, or to make an appointment, call (717) 299-6228.

Make 2012 the year you invest in yourself. Download a copy of "What's Keeping You Up at Night, A Guide to Overcoming 11 Common Mattress Buying Mistakes" at **LancasterSleepExperts.com**, or pick up a hard copy at Gardner's, located at 830 Plaza Blvd., behind Park City Mall.

warmer-than-average sleeper may prefer a Serta iComfort bed, with its gel infused memory foam, to sleep cooler."

"At Gardner's, we strive to custom fit the mattress to you," continued McClure. "At eight hours a night, 365 days a year—that's roughly 2900 hours you spend sleeping. Imagine the payoff of spending each day fully awake and alert, because each of those hours was spent in restful sleep."

As an added bonus, Gardner's allows customers to test-drive their sleep system. "Our Dream Room is a private mattress testing room designed to allow you a unique opportunity to "try before you buy"

