



If you Are looking to snooze in Comfort and Style, then have a read of our Simple buying guide and bite-size reviews

From the time you turn 50, you'll have spent approximately 3 years of your life in bed -- it makes sense to invest in a decent one.

"We dab on vacations, kitchens and audio systems, why not on something we use every single day?" Asks Simon Williams of the National Bed Federation.

But where to begin? Divan or bedstead? King or double? Keep reading to learn the answers to those, and more, questions in our final purchasing guide -- as well as our pick for the top beds that should last years to come.

The best way to decide on the ideal mattress for you What types of bed are there?

The two most common kinds are divans -- a deep-sided base that the mattress sits on top of -- and bedsteads, in which the mattress sits on slats [beds for kids](#) within a frame. Divans offer extra support and can also offer built-in under-bed storage. But most aren't that trendy, and you often have to buy the headboard separately.

Bedsteads have more going for them aesthetically, as well as providing fewer areas for allergens to accumulate. However, you don't get quite the consequences of comfort right across the bed, and you'll need to make sure the slats are fastened to the framework and equally spaced.

What size bed should I buy?

Pick the biggest bed you can afford that will fit in your room. Ideally, you would like a king-sized bed, particularly if you're sharing with a partner. "A conventional double bed is 4ft 6in wide, which provides every person only 2ft 3in -- that is less space than a kid has in a room," pointed out a National Bed Federation spokesperson.

So how big is big enough?

"You ought to be able to lie side by side, with your arms behind your head and your elbows out, without touching," is the official guidance. "Your bed should likewise be 10-15cm more compared to its tallest occupant: anyone taller than 6ft (1.8m) should consider a bed that is more than the typical size."

How significant is the mattress?

The quality of your mattress is the most significant factor when it comes to getting a good night's sleep. If you have had your mattress for at least seven years, it may be time to replace it. Clues include waking up with aches or stiffness and pains, or if you find you sleep better in beds other than your own. Sagging and lumpiness will also be indicators that your mattress is on its way out. Ideally, purchase your bed base and mattress collectively, or at the very least, attempt mattresses on a similar kind of base, as both are designed to operate together.

Can I be able to get the mattress upstairs?

Recall that many divans have broken bases and most bedsteads will be sent in pieces for assembly at home. But do tell your retailer about any possible access issues such as narrow staircases and constantly check the terms and conditions.

The better the construction, the better the comfort and support, as well as the more the mattress will last. Also think about the bed's height -- many contemporary styles are rather low, while layouts with storage drawers might be a lot greater.

Where possible, try before you purchase -- as mentioned, ideally together with the mattress. Check dimensions, particularly if the mattress and foundation are not from precisely the same manufacturer -- most imported bedsteads come in European sizes, which are nonstandard in the united kingdom.

A final point to check is delivery times: a mattress can take weeks to arrive, especially it's made to order. Will the couriers dispose of your old bed? Do you have to assemble it yourself? And what happens if you need to send it back under warranty?

The best single, double and king-sized beds to Purchase in 2019

1.Dorchester Silver Crushed Velvet LED Lights Winged Bed Frame
- Double / King Size



The Dorchester will Make an impressive statement for any modern bedroom. It is winged headboard has an LED panel down each side emitting a beautiful glow. The traditional deep buttoned head and footboard is studded with sparkling diamantes, finished in luxurious silver crushed velvet cloth upholstery.

The Led Screen features a 16 color LED light engine (supplied with wireless remote controller) that releases 4 basic colours: White, Red, Green, and Blue. Along with the static fixed color you are able to select any of these manners: strobe, flash, fade or smooth. This is the ultimate bedroom celebration light controller.

2.Chatsworth Crushed Silver Ottoman Bed Frame Double/King Size



The Chatsworth is a beautiful looking designer bed frame upholstered in Luxurious silver crushed velvet. The elegant and sophisticated Chatsworth features a diamante crystal headboard and a convenient storage ottoman. The storage ottoman features 2 gas lift mechanics that enable a very easy lifting of the frame, to show a large under bed storage area. Perfect for storing bedding or personal possessions. The bed also benefits from a sprung slatted base for ultimate comfort and to maintain your mattress at the finest possible condition.

3.Beaumont Diamante Pink Crushed Velvet Upholstered Bed Frame - Double



The perfect princess Bed, this lovely looking Beaumont Designer Bed frame finished in stunning finest quality Pink Crushed Velvet Fabric Upholstery will look amazing in any bedroom. With a fashionable eye catching Diamante Crystal studded headboard that is a truly stunning looking mattress. This glamorous designer bed will add style & sophistication to any bedroom.

Choosing the right mattress is essential to ensure you get a long-lasting mattress that gives you a comfortable night's sleep whilst correctly supporting your entire body. Contrary to popular opinion, a mattress does not need to be firm to be good for you. As long as it's a fantastic supporting arrangement, the amount of padding on top is down to personal preference. In our mattress evaluations we measure the shape of a person's body in 36 different points when standing, and if lying in their back on the mattresses. Then we measure the position of their spine when lying on the mattress a fantastic mattress keeps your spine in line and parallel to the mattress. In addition, we simulate years of use by rolling heavy barrels over each mattress thousands of times.