



How Much Sleep Do You Need on a Luxurious Mattress?

The answer, it turns out, is that you need about the same amount of sleep on a [luxurious mattress](#) as you do on a regular one. There are, of course, a few factors that can affect how much sleep you need, including your age, your health, and your sleep habits. But on average, most people need between 7 and 8 hours of sleep per night.

