



How Do I Know If My Mattress Is Too Soft?

If the mattress becomes too soft, it can affect both your sleep and back health. If you experience stiffness or pain in your back, neck, or shoulders upon waking in the morning, then your mattress is not providing [adequate spinal support](#). The body “sinks” more in a soft mattress, which disturbs alignment.

If you find it difficult to move with the mattress when changing sides at night, then it is likely too soft.

You can do a simple test to check the softness of the mattress.

Lie straight and put one hand under your back.

If the hand slips easily, then the mattress is too hard.

If there is absolutely no space left, it is too soft.

Ideally, there should be some snug resistance.

IS MY MATTRESS TOO SOFT?

SLEEP POSTURE
MORNING FATIGUE
TOSSING AND TURNING
MORNING DISCOMFORT

