



mattress buying guide

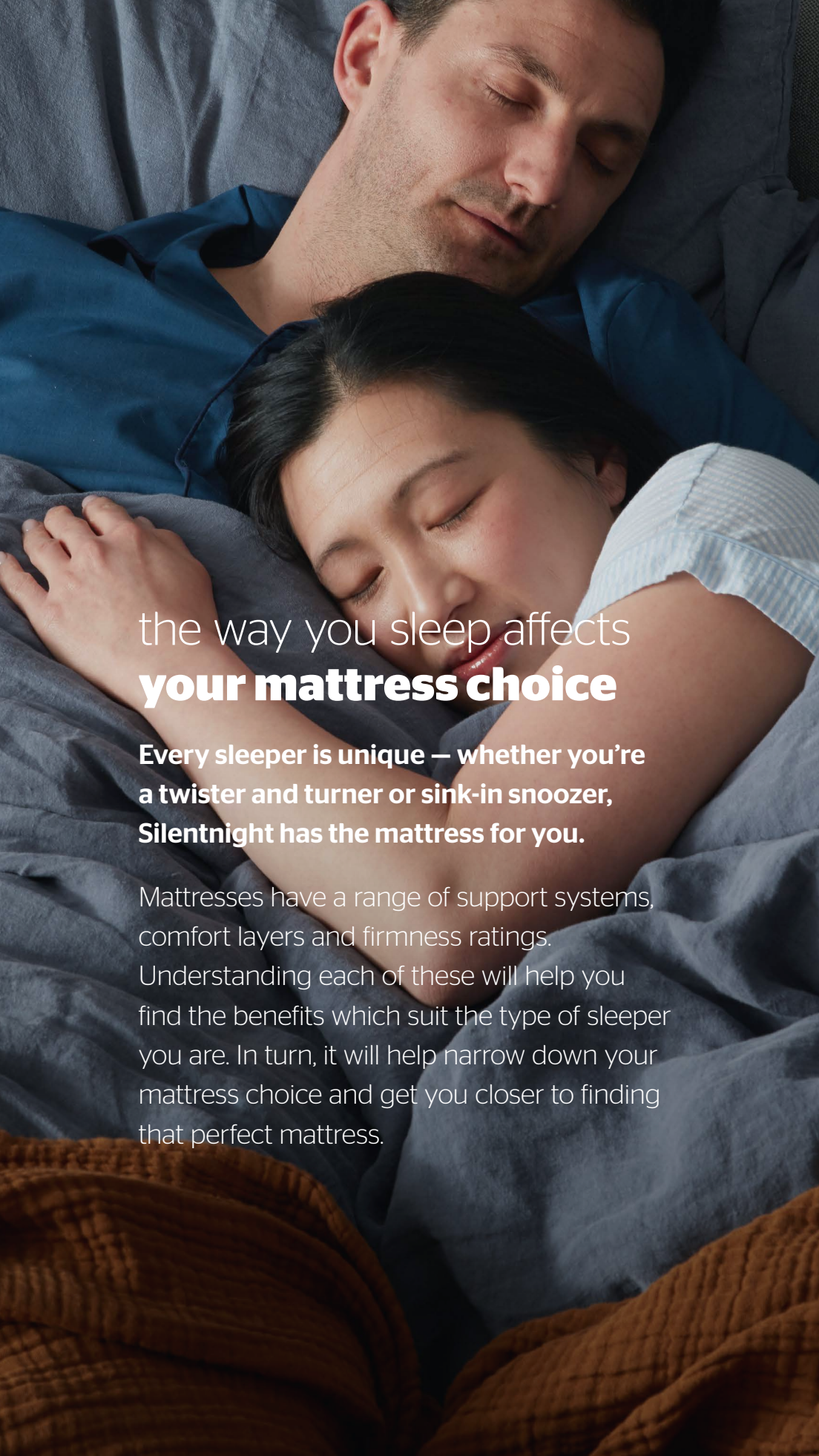


finding the perfect Silentnight mattress

Finding it a challenge to pick the right mattress?

We've created this quick-fire guide to help you discover the mattress of your dreams with total ease. So, let's get started...



A close-up, intimate photograph of a man and a woman sleeping peacefully in a bed. The man is in the background, wearing a blue shirt, and the woman is in the foreground, wearing a light blue and white striped shirt. They are both resting their heads on a grey pillow. A brown, textured blanket is visible at the bottom of the frame. The lighting is soft and warm, creating a cozy atmosphere.

the way you sleep affects **your mattress choice**

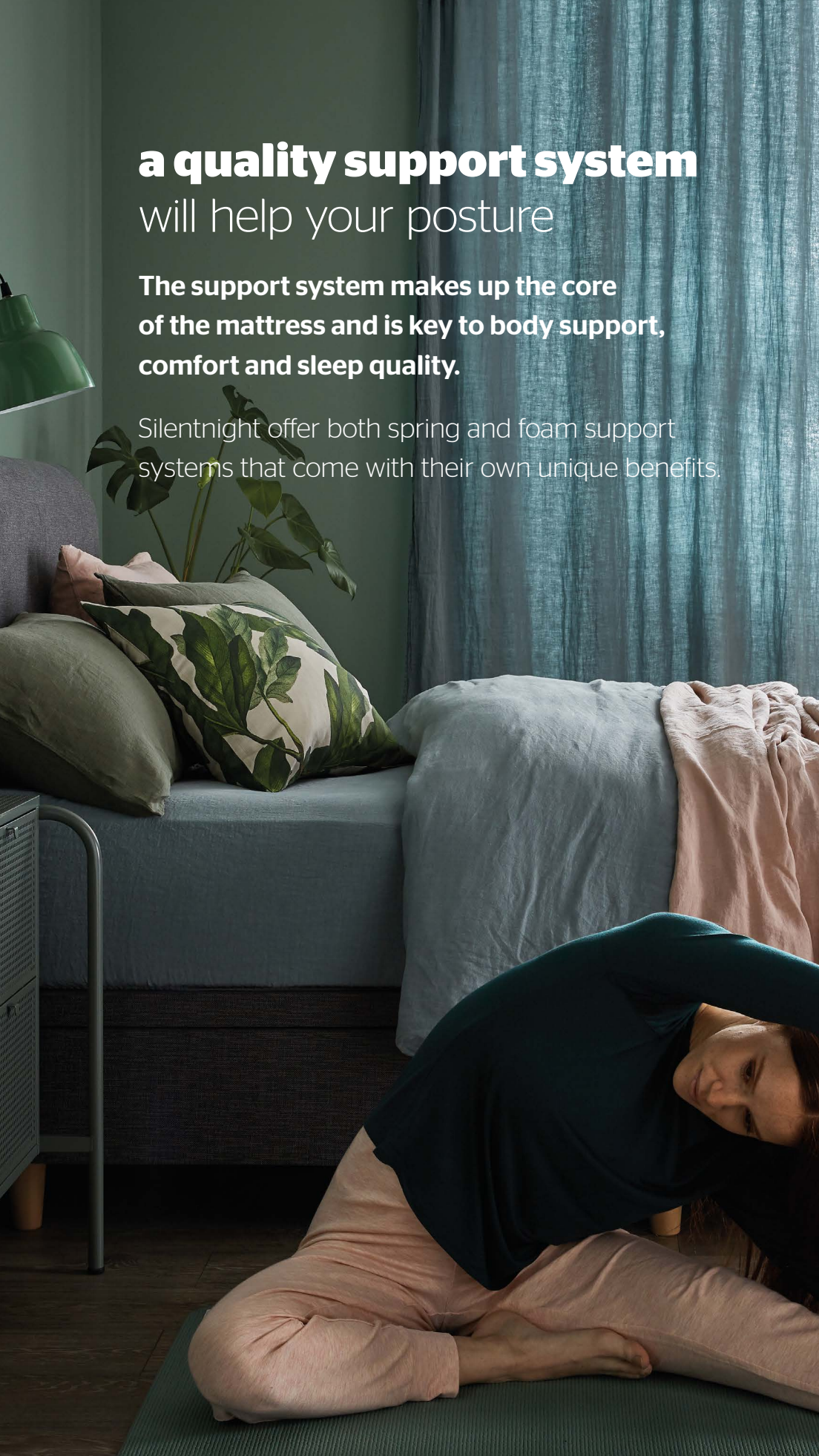
**Every sleeper is unique — whether you're
a twister and turner or sink-in snoozer,
Silentnight has the mattress for you.**

Mattresses have a range of support systems, comfort layers and firmness ratings. Understanding each of these will help you find the benefits which suit the type of sleeper you are. In turn, it will help narrow down your mattress choice and get you closer to finding that perfect mattress.

a quality support system will help your posture

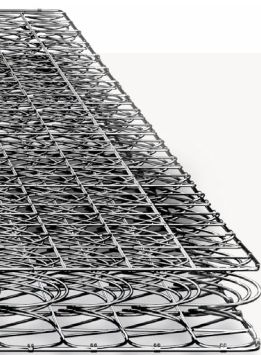
**The support system makes up the core
of the mattress and is key to body support,
comfort and sleep quality.**

Silentnight offer both spring and foam support systems that come with their own unique benefits.



support systems

Mirapocket® or miracoil® makes up the core of the mattress and are key to comfort, support and sleep quality. Our mattresses feature either option and both offer zoned support for better spinal alignment.



miracoil®

Our unique zoned miracoil® support system provides no roll together for less partner disturbance and zoned support where you need it most

- **Waking through the night?**

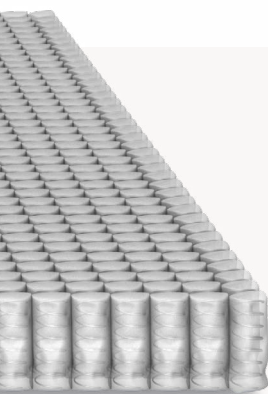
The no roll together technology ensures there's less partner disturbance so you can sleep peacefully through the night

- **Suffer with niggling aches and pains?**

Our zoned support system has been scientifically proven to improve your spinal alignment and posture

- **Like it on the firmer side?**

Our miracoil® support system has been designed to offer you firmer support, ideal for front and back sleepers



mirapocket®

Our mirapocket® support system offers even weight distribution to assist easy movement and improve spinal alignment for an undisturbed night's sleep

- **Looking for tailored support?**

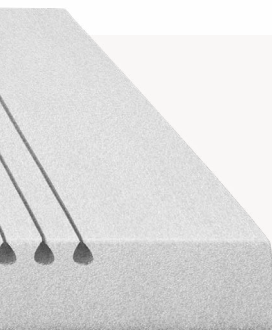
Individual responsive pocket springs conform and adjust to your body weight resulting in luxurious comfort and tailored support

- **Suffer with niggling aches and pains?**

Our zoned support system has been scientifically proven to improve your spinal alignment and posture

- **What sort of sleeper are you?**

Whether you're a front, back or side sleeper, our mirapocket® support system has a firmness rating to suit your sleeping position.



foam

Our foam support system cocoons the body from head to toe, to provide you with a supportive and comfortable night's sleep

- **Looking for pressure-relieving support?**

Our foam core offers unparalleled support to help improve spinal alignment and posture

- **Need more sleeping space?**

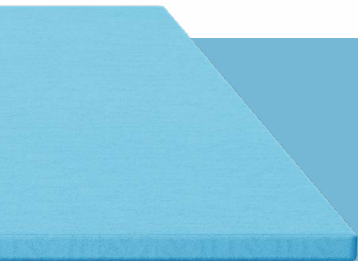
You'll be supported to the very edge of the mattress, which means extra sleeping space for you

- **Want a supportive but comfortable sleep?**

The body moulding foam creates a cocooning feel from head to toe, resulting in a supportive and comfortable night's sleep

comfort layers

Our mattresses feature a range of unique comfort fillings, helping to personalise your sleep experience, turning a good night's sleep into a great one.



geltex®

ideal for twisters & turners

- Allows you to move freely throughout the night, making sure you enjoy a peaceful, undisturbed night's sleep
- The breathable open cell structure helps to prevent you from overheating, so you wake up feeling energised and ready for the day
- Provides optimum pressure relief so you can say goodbye to those niggling aches and pains



eco

ideal for planet savers

- Highly breathable so you can enjoy a rejuvenating and refreshing night's sleep
- Made from recycled plastic bottles, our EcoComfort Fibre™ brings you incredible comfort that won't cost the planet or your pocket
- Allows you to move freely throughout the night and offers you superior support



memory

ideal for sink-in snoozers

- Sink into a blissful night's sleep with the cocooning nature of memory foam
- Responsive and pressure relieving, back aches and pains will soothe away
- Breathable borders allow greater airflow for a fresher sleeping experience



geltex[®]

An intelligent gel infused comfort filling
with a bounce back sensation that actively
responds to your body as you sleep

ideal for twisters & turners



geltex[®]



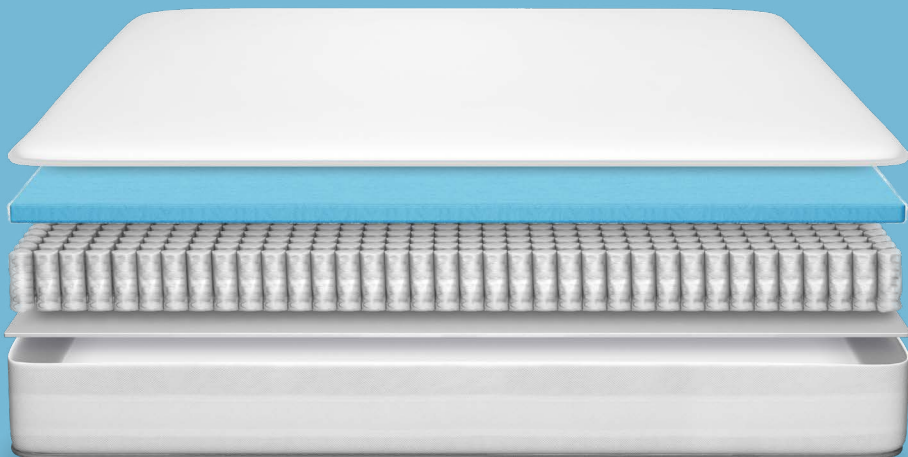
pressure relief



support



cooler sleep



recommendations

A variety of recommendations with differing firmness ratings.



studio premium rolled mattress

support system
mirapocket® single
layer of 1000 springs

firmness rating
medium

search for
B01M01J2PP



cool gel rolled mattress

support system
mirapocket® single
layer of 1000 springs

firmness rating
medium

search for
B07H62J812



2000 pocket gel pillowtop

support system
mirapocket® double
layer of 2000 springs

firmness rating
medium soft

search for
B00H3JHTDM



geltex® ultra 3000 pocket

support system
mirapocket® double
layer of 2000 springs
+ 1000 ultra mini springs

firmness rating
medium

search for
B086HCT378



eco

Eco-friendly mattresses with sustainable fibres for a breathable & refreshing sleep that doesn't cost the earth

ideal for planet savers



eco



breathable



chemical
& foam free



support



eco

recommendations

A variety of recommendations with differing firmness ratings.



eco
miracoil

support system
miracoil®
782 springs*

firmness rating
firm

search for
B07H56DKJG



miracoil® luxury
pillowtop

support system
miracoil®
782 springs*

firmness rating
medium

search for
B0714FRTD3



miracoil®
ortho

support system
miracoil®
782 springs*

firmness rating
extra firm

search for
B00ATOGV9G



1000 eco comfort
pillowtop

support system
mirapocket® single
layer of 1000 springs

firmness rating
medium

search for
B07G3K7C4M

eco

more **recommendations**



1200 pocket

eco comfort

support system

mirapocket* single
layer of 1200 springs

firmness rating

medium firm

search for

B013UZAGUO



1400 pocket

eco comfort

support system

mirapocket* single
layer of 1400 springs

firmness rating

firm

search for

B00W4RQMTA



2800 pocket

eco comfort

support system

mirapocket* single
layer of 2800 springs

firmness rating

medium firm

search for

B07G4M21FX



3000 pocket

eco comfort

support system

mirapocket* double
layer of 2000 springs
+ 1000 ultra mini springs

firmness rating

medium firm

search for

B086HD1FC4



memory

Gently hugs you to sleep, moulding
with the contours of your body for
soothing pressure relief

ideal for sink-in snoozers



memory



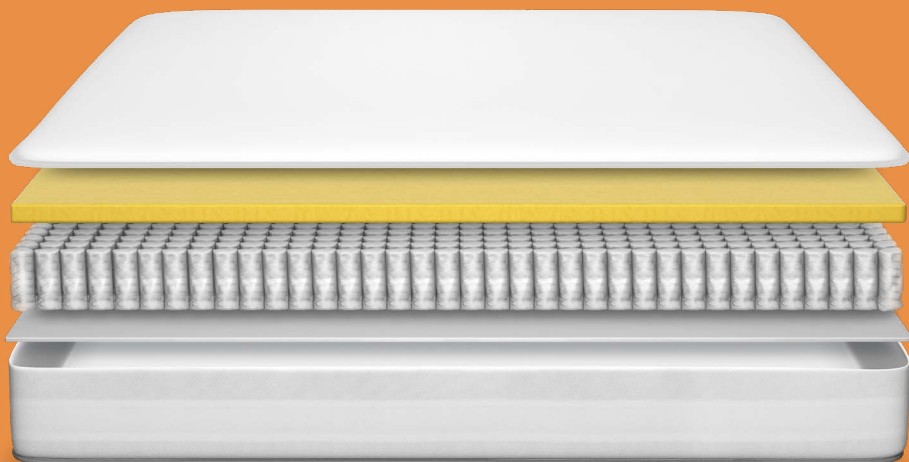
pressure relief



support



peace of mind
guarantee



memory

recommendations

A variety of recommendations with differing firmness ratings.



3 zone memory foam rolled mattress

support system

mirapocket® single
layer of 1000 springs

firmness rating

medium

search for

B006MUTMF6



7 zone memory foam rolled mattress

support system

mirapocket® single
layer of 1000 springs

firmness rating

medium firm

search for

B008H1E20S



1000 memory foam pillowtop

support system

mirapocket® single
layer of 1000 springs

firmness rating

medium firm

search for

B07G4ZK63H



1200 pocket memory foam

support system

mirapocket® single
layer of 1200 springs

firmness rating

medium firm

search for

B007XDNEC



2800 pocket memory foam

support system

mirapocket® single
layer of 2800 springs

firmness rating

medium firm

search for

B07G3RK891

your ideal firmness

Whether you're a front, back or side sleeper, Silentnight has a firmness rating to suit your sleeping position.

medium soft

If your a side sleeper and like to sink-into your mattress then medium soft is perfect for you.

medium

The Goldilocks of firmness ratings. Not too soft, not too firm - a safe shout for you side sleepers.

medium firm

A little bit of give, but with that extra level of support. Perfect for both back and side sleepers.

firm

Those of a larger stature and back or front sleepers tend to go for firm; so you can enjoy extra support from head-to-toe.

extra firm

Sometimes called an orthopedic mattress, sleeping on this type of mattress can help with back issues and gives support to the whole body.



shop **now**