



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...

love

the UK's
most trusted
bed brand





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

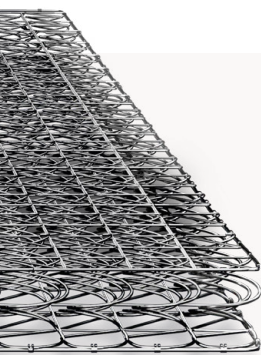
The support system makes up the core of the mattress and is key to body support, comfort and sleep quality.

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?**

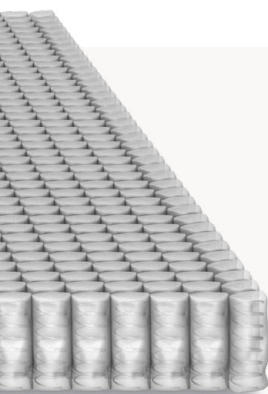
The no roll together technology ensures there's less partner disturbance so you can sleep peacefully through the night

- **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?**

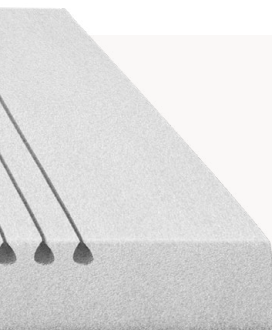
Individual responsive pocket springs conform and adjust to your body weight resulting in luxurious comfort and tailored support

- **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?**

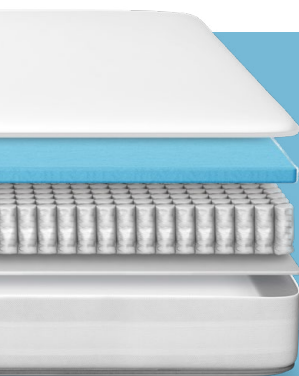
You'll be supported to the very edge of the mattress, which means extra sleeping space for you

- **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

- Every night, we move between 30 and 60 times. Our Geltex® comfort layer allows you to move freely, so you can twist and turn without waking through the night
- Geltex® is great at relieving any niggling aches and pains. Our work with the University of Central Lancashire showed that Geltex® outperformed other comfort fillings for pressure relief
- You can expect years of great sleep out of your Geltex® mattress. We test beyond the British standard to prove that even after 8 years of sleep your mattress will still perform as well as it did when you bought it



eco

ideal for planet savers

- Perfect for those who get hot during the night, our Eco Comfort Fibres™ are highly breathable so you can enjoy a fresher and cooler night's sleep
- Made from recycled plastic bottles, our Eco Comfort Fibre™ layer brings you incredible comfort that won't cost the planet or your pocket
- Good for you and good for the environment, our eco-friendly mattresses are fully recyclable at end of life



memory

ideal for sink-in snoozers

- Sink into a blissful night's sleep with the cocooning nature of memory foam. It absorbs energy whilst you sleep, perfect if you're a restless sleeper
- Memory foam is great at relieving built up pressure within the body. Our research with the University of Central Lancashire showed it performed better than most comfort fillings at dispersing pressure more evenly across the body
- If you're a cool sleeper who struggles to get warm in bed, memory foam is the perfect choice for you as it holds on to heat, resulting in a warming effect on the body



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[®]
comfort



undisturbed
sleep



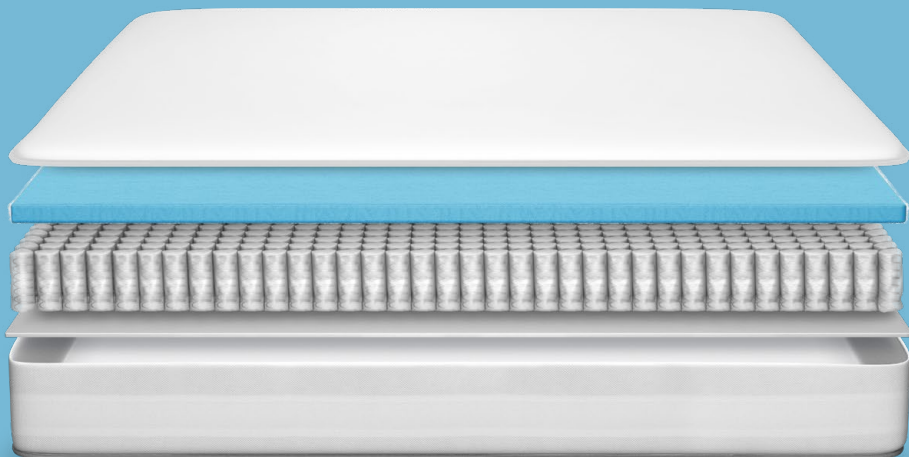
pressure
relief



zoned
support



UK allergy
approved



recommendations

A variety of recommendations with differing firmness ratings.



cool gel rolled mattress

support system

3 zoned

foam support

firmness rating

medium

search for

B07H62J812



geltex® miracoil® mattress

support system

miracoil®

782 springs*

firmness rating

medium

search for

B07H568DR7



geltex® 1000 mirapocket® pillowtop mattress

support system

mirapocket® single

layer of 1000 springs

firmness rating

medium

search for

B07171J547



geltex® 2000 mirapocket® pillowtop mattress

support system

mirapocket® dual

layer of 2000 springs

firmness rating

medium soft

search for

B00H3JHTDM



eco

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

ideal for planet savers



eco



breathable



sustainable
materials



chemical
& foam free



zoned
support



eco

recommendations

A variety of recommendations with differing firmness ratings.



eco ortho
miracoil® mattress

support system
miracoil®
782 springs*

firmness rating
extra firm

search for
B00ATOGV9G



eco miracoil®
mattress

support system
miracoil®
782 springs*

firmness rating
firm

search for
B07H56DKJG



eco 1200
mirapocket® mattress

support system
mirapocket® single
layer of 1200 springs

firmness rating
medium

search for
B013UZAGUO



eco 1400
mirapocket® mattress

support system
mirapocket® single
layer of 1400 springs

firmness rating
firm

search for
B00W4RQMTA



memory

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

ideal for sink-in snoozers



memory
foam



blissful
sleep



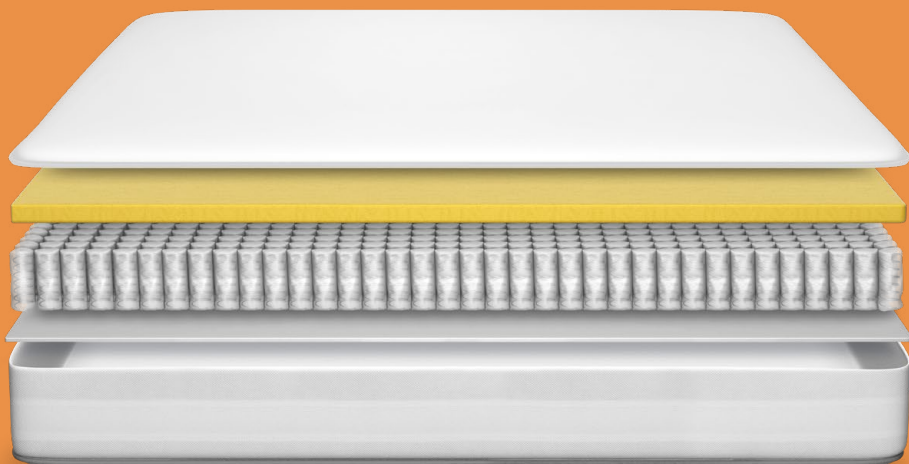
pressure
relief



zoned
support



warmer
sleep



memory

recommendations

A variety of recommendations with differing firmness ratings.



responsive memory foam rolled mattress

support system

miratex memory
foam core

firmness rating

medium

search for

B07H64MK56



studio original rolled mattress

support system

mirapocket® single
layer of 1000 springs

firmness rating

medium

search for

B01M01J2PP



memory miracoil® mattress

support system

miracoil®
782 springs*

firmness rating

firm

search for

B07H5N55FZ



memory 1000 pocket mattress

support system

mirapocket® single
layer of 1000 springs

firmness rating

medium

search for

B0066KUMT2



memory 2800 pocket mattress

support system

mirapocket® double
layer of 1800 pockets
plus 1000 mini springs

firmness rating

medium firm

search for

B07G3RK891



easy living

Take the pressure off and sink into the
Silentnight Easy Living mattress range,
rolled and ready to go for your convenience

ideal for convenience seekers



memory
foam



blissful
sleep



pressure
relief



zoned
support



easy living

the collection

Shop our new Easy Living collection, all bases are covered from price point to comfort.



easy living comfort mattress

support system

foam

firmness rating

medium soft

search for

B08P4RDM9F



easy living memory support mattress

support system

3 Zone

foam support

firmness rating

medium

search for

B08P4Q8ZV6



easy living memory posture support plus mattress

support system

7 Zone

foam support

firmness rating

medium

search for

B08P4MT3S4

rolled and ready to go



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.

kids

something for all the
family, **we do kids
mattresses too!**



Shop our range of Kids and Cot mattresses

amazon.co.uk/silentnight

a great night's sleep powered by renewable energy and plastic bottles

Whether that be through **sustainable product options** for the industry, or logistics - such as **taking away our packaging for recycling** or by providing our **mattress recycling service** for your old beds, you can be sure we're thinking about our planet every step of the way. We are **proud to be a carbon neutral business**, our factory is solely **powered by renewable energy** and we have won a number of awards in relation to our sustainability efforts. Through sustainable product development, progressive work practices and a partnership with the Marine Conservation Society, we are **determined to make the world a greener place.**



Carbon
Neutral
Organisation



Zero
TO LANDFILL



MARINE
CONSERVATION
SOCIETY



shop **now**

amazon.co.uk/silentnight