



FISHPOOLS

BEDS

Our buying guide to help
you choose your new bed





Bedded Bliss

Our fantastic Sleep Centre showroom has a huge selection featuring leading British & International Brands. You'll find great quality at every price level.

Our experts are on hand to help you make the right choice and improve the quality of your sleep. Take a little time to think about what you want from your new bed. Is it for you or for a spare room? Do you share it or sleep alone? What level of support do you need from your mattress? Do you need storage? How about some built in entertainment?

The more you can tell us about your ideal bed, the easier it will be for us to deliver it to you.

Why Buy a New Bed?

The British Sleep council says you should think about changing your bed because;

- Older beds are less comfortable
- Top sleep expert Dr Chris Idzikowski found buying a new bed could be more effective than sleeping tablets!
- New beds improve the quality of your sleep
- Old beds contain sweat and dead skin – lots of it. Yuk!
- A new bed often reduces back pain

Time to talk to one of our bed experts?

Getting Started

TRY IT OUT

It's vital to try before you buy. Advice from the Sleep Council suggests buying the biggest bed you can afford and will fit into your space.

Try a selection of beds and mattress types, testing all your sleeping positions. If you sleep with a partner, bring them with you as it's important that your new bed suits you both.

BED SIZES & MEASURING UP

It's worth working out the space available to before going shopping for a new bed. We suggest making a scale plan of your bedroom, checking any possible obstacles to the safe delivery of your bed. Make sure the access to your bedroom via stairs and corridors is sufficient to allow the bed/mattress to fit. Mark up the rooms door widths and radiators to make sure they won't be an obstruction. Add other furniture including space to open wardrobe door and drawers.

If you are buying a bed frame then you will need to build it, so this may help with limited access. A divan base with storage will also help with limited space.

Bed Sizes: Bed sizing can be confusing so use this guide to work out which is the best size for you.

75 x 190cm (2' 6" x 6' 3") Small Single

90 x 190cm (3' x 6' 3") Single

120 x 190cm (4' x 6' 3") Small Double

135 x 190cm (4' 6" x 6' 3") Double

150 x 200cm (5' x 6' 6") King

180 x 200cm (6' x 6' 6") Super King

DIVAN OR BEDFRAME?

We have a huge selection of beds including divans (many of which have 2 or 4 storage drawers), bed frames (sometimes called bedsteads), adjustables, storage ottomans, sofas, folding beds and much more.

Your choice will depend on your requirements and we can help with size, and finish, as well as the most suitable mattress for your base.

THE BEST MATTRESS

According to the Sleep Council, every year up to 40% of the population will suffer a bout of back pain and if you're one of the unlucky ones, you will find that the state of your bed will quickly become a priority. A good mattress, providing correct support and comfort, has an important role to play in relieving and preventing back pain.

Too Firm and you will sleep on top of the mattress with your weight supported only on pressure points resulting in bad circulation.

Too Soft and your mattress will sag in the middle where you are heaviest and this will put a great strain on your back.

Just Right and the mattress will support your spine in the right position and distribute your body pressure evenly.

FINISHING TOUCHES

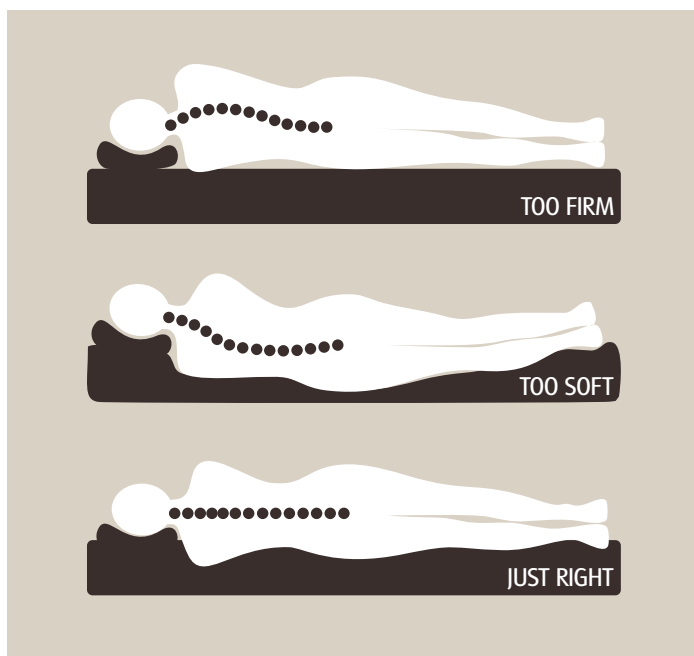
Once you've got the right bed, make sure you have all the finishing touches.

Headboards: Our Headboard Centre has a wide selection including wood and metal & upholstered.

Pillows & Duvets: Pillows play a large part in making sure you are properly supported and the correct duvet tog rating will control your temperature.

Mattress Protectors: Protect your investment with one of our range of mattress protectors.

Bed Linen: Finish off with some beautiful new bed linen from our wide selection.





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Your choice will depend on your requirements and we can help with size and finish, as well as the most suitable mattress for your base.

To see all our beds visit: www.fishpools.co.uk

BED FRAMES

Bed frames also called bedsteads, can be constructed of wood or metal. The frame usually comprises a head end, foot end and side rails. For larger frames like king size the frame includes an extra rail in the centre.

The mattress support is provided by solid slats, or bowed/spring slats for a softer support.

There are many finishes including wood, painted, steel, brass and upholstered. They often form part of a matching collection of bedroom furniture.

Buying Your Bed

DIVANS

A divan bed is formed of two parts. A stylish practical bed base that can be upholstered in a choice of fabrics and include up to 4 storage drawers. It has either a solid top for firm mattress support, or a spring top which works with the mattress. The second part is the mattress which sits on top of the base.

Most of our divans come in a range of sizes: 90cm Single, 135cm Double, 150cm King & 180cm Superking.

Divans can help with space problems as many come with 2 or 4 storage drawers.

Zip & Link Divans are comprised of 2 single divans which can be zipped together to create one bed with individual support, or separated to form 2 beds when needed.



STORAGE OTTOMANS

An ottoman bed is a divan or bed frame where the base area is given over to storage. The platform on which the mattress sits, is hinged at either the side or the head of the base and lifts to give easy access to stored items using tension springs or gas lift struts.

With considerably more space than a typical drawer divan, an ottoman bed will allow you to store bulky things, which would otherwise clutter up your bedroom, such as blankets and quilts.



ADJUSTABLE BEDS

If you suffer with back problems or mobility issues, or you simply want to control the position in which you sleep or watch television, then an adjustable bed could be the right choice for you. The electric mechanism helps you change the position of your head, hips or legs while lying down or lift yourself to a sitting position with ease.

Many adjustables come with a remote control unit and some even have built in massage units with a variety of settings

The upholstered bases come in a range of colours and often feature storage drawers.



GUEST AND SOFABEDS

Guest beds and sofabeds provide flexible solutions for overnight guests. Guest beds are fantastic space savers. A single bed with an under bed which simply rolls out, creating a second sleeping unit.

Sofabeds offer practical solutions for both occasional and frequent use, useful if you don't have a spare bedroom but still want a comfortable sofa. The type and style of mechanism is also important. From simple click clack to sturdy pull-out mechanisms with good mattresses, the choice is yours.

Bear in mind that sofabeds tend to have a firmer sit because of the mattress mechanism beneath.





Image supplied by
TEMPUR

Which Mattress?

A mattress is a long term investment so it's important to make the right choice. We have a huge range of beds and mattresses on show in our Sleep Centre and are experts at ensuring a good night's sleep.

This guide helps you understand some of the variations on offer but nothing beats coming in and trying them out!

To see all our mattresses visit: www.fishpools.co.uk

TRY BEFORE YOU BUY

If there are two of you sharing the mattress, try to shop together to ensure you are both comfortable. Advice from the Sleep Council suggests buying the biggest mattress you can afford and will fit into your space.

There is no substitute for trying out your choices. Make sure you lie on them for a while to allow your body to relax and adopt your normal sleeping position along with lying on both sides and your back.

Everyone is different and whatever firmness level you prefer you need a mattress that suits your body shape. Too soft and your body will be unsupported, too firm and it can create pressure points on your hips and shoulders. Our mattresses are graded firm to soft to help you decide.



FIRM



MEDIUM



SOFT



ALL PURPOSE

Buying Your Mattress

SPRUNG MATTRESSES

Coil sprung mattresses feature metal springs for comfort and support. There are 2 types of spring and generally the more springs used, the more comfort and support the mattress will offer.

Open Coil: This mattress has springs arranged in rows, linked by wire and border rods to give even support and a firm edge. They are available in a range of firmness ratings from soft to firm, determined by the thickness of the steel in the spring. Sides are machine stitched.

Continuous Sprung: These are similar to open sprung mattresses. However, rather than a series of coil springs they have one long, continuous spring system.

Pocket Sprung: 100's even 1000's of springs are individually housed in fabric pockets, with each spring working independently to offer unique support exactly where you need it. Excellent at preventing "roll-together, for partners of different weights.

Combination: A combination or hybrid mattress is a combination of a pocketed coil innerspring mattress and a memory foam mattress. You'll get the best of both worlds with a balanced blend of contouring comfort and support.



MEMORY FOAM

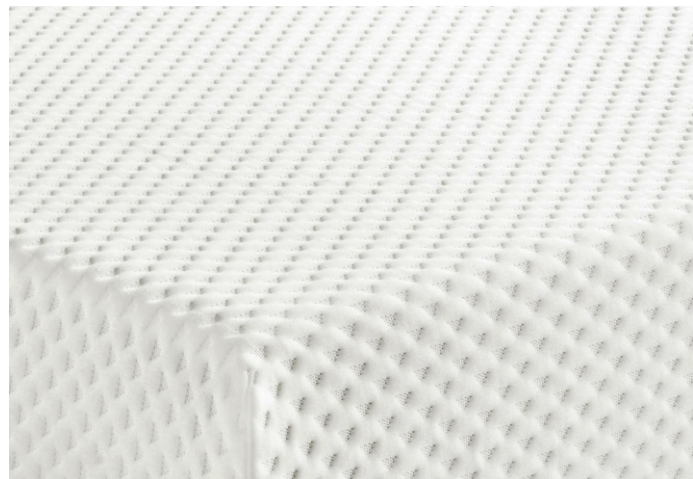
Moulding to the shape of your body, memory foam mattresses provide unique support whilst promoting natural movement during sleep. They help to maintain posture and correctly align your spine while you sleep. Many also have hypo-allergenic and anti-bacterial qualities.

LATEX

Made from the sap of a rubber tree, latex mattresses are naturally elastic, durable and self-airing so you will not have to turn them. Their antimicrobial properties make them a good choice for allergy sufferers.

REFLEX FOAM

This high-density foam is commonly used as an additional layer of support for both sprung and memory foam mattress.



MATTRESS FINISHES

The top layer of your mattress affects the way it feels and there are various finishes available.

Pillow Top: A layer of padded fibres offers luxurious cushioning and comfort.

Tufted: Providing a firmer feel, these mattresses are tufted from the top and the bottom to hold the fibres in place.

Deep Quilting: Deep layers of quilting enhance the comfort of the mattress.

Micro Quilting: Layers of fibre are stitched together to form a pattern adding extra comfort.



MATTRESS PROTECTORS

A mattress protector is a layer of light padding placed on top of your mattress, protecting against stains and improving hygiene.

Cool in the summer and warm in the winter it allows to air to circulate.

Machine washable, it provides an additional layer of added comfort and luxury whilst prolonging the life of your mattress.



VISPRING

Luxury Beds - London 1901

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