

Choosing the Right Mattress

(MS) – Choosing the right mattress is one of the biggest decisions a person or couple can make when it comes to the creature comforts of home. To ensure a good night's sleep, consider the following tips.



- Try it out, and take your time. Mattresses come in many varieties, and some might not be suitable for all people. For those with a history of back pain, it's best to look for a mattress with a reputation of providing strong support to sleepers. A mattress that falls short will lead to poor sleeping posture, which can strain muscles and result in a misaligned spine. Both of these are catalysts for lower back pain.

Since every person is different, there is not a mattress out there that works for everyone. That only highlights the importance of taking your time when shopping and trying out the variety of mattresses on the market. Give it a genuine try, lying down long enough to see how your back responds and how much support it provides.

- Be sure the support extends across the whole mattress. Particularly for couples, the support a mattress provides should span the width of the mattress, and not just the middle. Determine how much support is provided by the edges of the mattress by rolling from the center of the bed to the sides a few times. A mattress that provides poor support on its edges will be noticeable, while you won't detect any differences in one that provides universal support.

- Go with a trustworthy name. Name brands might be more expensive, but they also have a proven track record. That's especially important when it comes to purchasing a mattress, as no one wants to sacrifice a good night's rest for the sake of saving a few dollars. A mattress is a long-term investment, so saving a dollar or two should not be the top priority. Also, consider the store: the right store will be flexible with delivery options, offer a good warranty, and might even take out your old mattress when delivering the new one. Lesser-known stores might not offer such services, particularly longer warranties.

- Purchase the mattress and box spring as a set. According to the Better Sleep Council, mixing and matching a mattress and box spring could potentially decrease the life expectancy of your new mattress. Because a mattress is such a big and important investment, purchase both the mattress and box spring together as a set.

- Rotate and reposition your mattress according to manufacturer guidelines to ensure that a mattress wears evenly. If you never flip or rotate your mattress, one side or spot will wear down fast, while the rest will do so more steadily. This will eventually cause you to replace your mattress earlier than you should, or if you don't, could result in a bad night's sleep or other problems, such as back pain, down the road. ■



Choosing the right mattress should involve a careful consideration of both comfort and spinal support.

Open Houses

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AREA	PRICE	DAY/TIMES	ADDRESS	DESCRIPTION	LISTED BY	AGENT	PHONE
Bedford, MI	\$194,900	Open Sunday, 1-3pm	7499 Canterbury	3 brm, brick ranch, lge. yard, open floor plan		By Owner	419-297-6456
Bedford	\$179,900	Sun 2:00-4:00	2076 Briarwood	4 brm, 2.5 bath, 1 owner home!	Welles Bowen Gio Realty, Inc.	Tiffany Snyder	419-509-9132
Bedford	\$229,900	Sun 1:00-3:00	7288 Cinden Dr.	4 brm, 2 story Decker built, wrap-around porch	Welles Bowen Gio Realty, Inc.	John Decker	419-944-7278
Bedford	\$299,900	Sun 2:00-4:00	2851 Temperance	3 brm, 3 bath on 5 acres w/pond	Welles Bowen Gio Realty, Inc.	Sarah Van Dyke	419-392-6929
Bowling Green	\$399,000	Sunday 2:00-4:00 pm	17716 W. River Road	Scenic riverfront home, 4 brms, 3 baths, updates, approx 3100 sf, finished bsmt	Sulphur Springs Realty	Lill Frayer ABR, CRS	419-349-1622
Crossgates	\$152,000	Sun 2:00-4:00	3713 Dewlawn Dr.	Updated 4 brms, cul-de-sac, beautiful yard, NICE	DiSalle Real Estate Co.	Anna Marie Wong	419-356-2829
Curtice	\$89,900	Sunday 3/21, 2-4 pm	220 North St.	3 brm country ranch on 1.4 acres	Re/Max Masters	George Goodrich	419-304-5060
East Toledo		Sunday 2 to 4	431 N. Wheeling	2 possible 3 brm, large eat-in kitchen w/appliances	The Danberry Co., Realtors	Lila Csontos	419-360-3776
Erie, MI	\$184,900	Sunday 2-4 pm	3711 Bay Road	3 brms, 2 full baths, 4-season sunroom w/7 person hot tub, 1100 sf, w/lg yard	Preferred Associates	Linda Parker/Cassie Whaley	419-509-4944
Franklin Park	\$99,900	Sun 2:00-4:00	3542 McGregor	3 brm brick ranch, crawl, 2 car garage	Welles Bowen Realtors	Barb Porter	419-262-3966
Franklin Park	\$129,900	Sun 3/21/10, 2:00-4:00 pm	4434 Luann	New throughout, off Monroe	Loss Realty Group	Jim McGowan	419-654-4343
Franklin Park	\$99,900	Sun 1:00-4:00 pm	4125 Regis	All brick 3 brm, Washington Local schools, newer furnace, a/c, lg family rm	Re/Max Preferred	Sharon Kowalski	419-277-4125
Heatherdowns	\$139,900	Sun 1:00-3:00	1830 Lynbrook-1st open!	Fantastic yard, pan FR, updated kitchen, clean!	Welles Bowen Realtors	Judy Dessum	419-350-7211
Holland	\$259,900	1:00-2:30	682 Whisperlake	4 brm, 2.5 bath, great two story home!	Welles Bowen Realtors	Scott Snyder	419-320-3882
Maumee	\$139,900	Sunday Noon-3 pm	6436 Millbrook	Across from park! Family rm w/fireplace, updated baths, new roof & windows	Loss Realty Group	Beth Rose	419-534-6223
Maumee	\$879,900	Sunday 2-4 pm	3043 Deep Water Lane	Price reduced! Greycliff at the Quarry on the Rim! Water views from most rms!	Sulphur Springs Realty	Betty J. Lazzaro	419-666-8606
Maumee	\$239,900	Sunday 1-3 pm	7066 Sandy Springs	Immaculate home, great layout	RE/MAX Preferred Associates	Kevin Welch	419-345-6389
Maumee	\$419,500	Sun 1:00-4:00	3554 Deer Creek	1st "open house", mint condition!	DiSalle Real Estate Co.	Joe DiSalle	419-460-5235
Maumee	\$179,900	Sun 1:00-3:00	417 Kent Ct.	3 bedroom, 2.5 bath w/basement	DiSalle Real Estate Co.	Andy Pollock	419-467-1309
Maumee	\$120,000	Sun. 2-4 pm	1100 Birch	Mint, neutral, 3 brm, updated kitchen/bath, newer roof, windows, furnace, c/a	Re/Max Preferred	Judy Kasper	419-360-5839
Maumee	\$334,900	Sun 3/21/10, 2-4 pm	3055 Indian Wells Ct. 43537	Quarry, 4 brm, 3 car, vaulted great rm, cul-de-sac	The Danberry Co., Realtors	Randy Anderson	419-350-1477
Maumee	\$134,900	Sun 2-4 pm	1772 Parkway N	4 bedroom, family room w/fireplace, home warranty	Sulphur Springs Realty	Michele McGivern	419-206-0548
Maumee	\$179,900	Sun 2:00-4:00	423 W. John	4 brms, 2.5 baths, all the extras!	DiSalle Real Estate Co.	Roger Davidson	419-787-5913
Maumee	\$129,000	Sun 2:00-4:00	222 W. John	Historic Maumee, won't last at this price!	DiSalle Real Estate Co.	Mari Armstrong	567-343-3345
Metamora	\$169,900	Sun 2:00-4:00	5855 State Hwy 120	Updated 3 brm, 2 bath on 2 acres, patio, orchard, pond	DiSalle Real Estate Co.	Jen Worline	419-266-2522
Millbury	\$174,999	Sunday 2 to 4	28461 Oak	3 brm, full basement, 24x23 family rm addition, 2.5 car, pool, patio, brand news	The Danberry Co., Realtors	Bob McIntosh	419-693-7383

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AREA	PRICE	DAY/TIMES	ADDRESS	DESCRIPTION	LISTED BY	AGENT	PHONE
Oregon	\$98,900	Sunday 2-4 pm	442 Sewell	Full brick 1.5 story, Eastmoreland Charming. 3 brm, bsmt, garage	The Danberry Co., Realtors	Becky Naugle	419-266-2770
Oregon	\$145,000	Sunday 2:00-4:00	545 S. Goodyear	3 brm brick ranch with 1.5 baths	Welles Bowen Realtors	Emily Paluch	419-691-4988
Ottawa Hills	\$269,900	Open Sunday, 2-4pm	2422 Orchard	4 brm, 2.5 bath. Wonderful additions/updated kitchen!	Effler/Schmitt Co.	Daniel Effler	419-537-1113
Ottawa Hills	\$218,900	Open Sunday, 2-4pm	3319 Darlington	4 brm, 2.5 bath. Rich details/French doors/crown moldings!	Effler/Schmitt Co.	Tim Effler	419-537-1113
Ottawa Hills	\$179,900	Open Sunday, 2-4pm	2524 Orchard	3 brm, 1.5 bath. Classic brick exterior/great buy!	Effler/Schmitt Co.	David Effler	419-537-1113
Ottawa Hills	\$169,900	2:00-4:00	3304 Pelham	3 brm, 1.5 bath, charming home!	Welles Bowen Realtors	Diane Tolson-Kelley	419-346-2361
Ottawa Hills	\$599,900	Sun 2:00-4:00	3356 Brookside	Natural moldings & floors, 5 brm, 4,554 sq ft	Welles Bowen Realtors	Julie Nowacki	419-779-6015
Ottawa Lake	\$234,900	Sun 12:00-2:00	4115 Piehl Rd.	1 acre, 3 brms, pole barn	DiSalle Real Estate Co.	Karen Osayi	419-531-3394
Perrysburg	\$625,000	1:00-3:00	29819 E River Rd	3 brm, 3.5 bath, year round panoramic home!	Welles Bowen Realtors	Chey Call	419-861-9747
Perrysburg	\$99,000	11 Olde Orchard	Sunday 2-4 pm	2 brm end condo, ranch style, Three Meadows area, private parking garage	Re/Max Masters	Tammy Frye	419-266-0500
Perrysburg	\$165,000	2-4:30 pm	26377 West Wexford Drive	Priced to sell villa! Open, light & bright interior, sunroom, tile foyer	Sulphur Springs Realty	Billie S. Bodnar	419-874-3230
Perrysburg	\$149,900	Sun 1:00-4:00	941 Cherry	1/2 acre lot, Perrysburg Schools	DiSalle Real Estate Co.	Jeff Miller	419-351-9119
Perrysburg	\$229,000	Sunday 2-4 pm	28330 West River Rd.	Great house! Updates everywhere, lower level walk-out, get inside	Sulphur Springs Realty	Billie S. Bodnar	419-874-3230
Perrysburg	\$415,000	Sunday 1-3 pm	25299 River Rd.	Terrific home on river, 3.94 acres	RE/MAX Preferred Associates	Mike Welch	419-283-7003
Perrysburg	\$105,000	Sunday 2-4 pm	24 Arbor Ct.	2 brm end unit condo, ranch style, Three Meadows area, private garage and patio	Re/Max Masters	Tammy Frye	419-266-0500
Perrysburg	\$239,900	Sunday Noon-3 pm	12190 Jefferson St.	Located on 25 acre lot! Kitchen w/maple cabinetry, bsmt w/home theatre	Loss Realty Group	Beth Rose	419-534-6223
Perrysburg	\$225,400	Sun 3-5 pm	28770 Georgia, Perrysburg	3 brm, 3 bath, just reduced, designer kitchen, possession at close	Sulphur Springs Realty	Bruce Wetzel	419-261-7555
Perrysburg	\$409,000	Sun 2:30-5 pm	10747 Neiderhouse	5 acres, newer built home 2001, custom throughout	Sulphur Springs Realty	Michele McGivern	419-206-0548
Perrysburg	\$574,900	Sun 2-4 pm	26299 Seminary Rd.	Open family rm/kitchen concept, 6 brms, 4.5 baths, 4,170 sq ft	Sulphur Springs Realty	Dave Frania	419-902-0911
Perrysburg	\$144,900	1:00-3:00	581 W. Ninth	3 brm, 1.5 bath, nice Cape Cod home!	Welles Bowen Realtors	Stephen Toon	419-290-6513
Point Place	\$79,900	Sunday 3/21/10, 2-4 pm	2610 108th	Wonderful Cape Cod. Many updates throughout!	The Danberry Co., Realtors	Doug Kwiatkowski	419-215-5634
Point Place	\$69,900	Sunday 2 to 4 pm	2567 108th	Cute & clean, cheaper than rent! 2 car garage	The Danberry Co., Realtors	Mary Murphy	419-343-5302
Point Place	\$79,900	Sun 12:30-2:30 pm	4748 -285th St., Toledo	4 brm, full basement, 1 1/2 story, possession at close	Sulphur Springs Realty	Bruce Wetzel	419-261-7555
South	\$120,000	Sun 1:00-4:00	3939 S Detroit	Finished basement w/big garage	DiSalle Real Estate Co.	Joyce Tapley	419-345-8513
South Toledo	\$139,900	3:00-4:30	2111 Chelmsford	4 brm, 2 bath spacious bi-level home!	Welles Bowen Realtors	Scott Snyder	419-320-3882
South Toledo	\$99,500	1:00-3:00	1146 Seymour	3 brm, 1.5 bath, must see today!	Welles Bowen Realtors	Julie Crotin	419-787-8926
South Toledo	\$92,000	Sunday 2-4 pm	1646 Gilbert	Totally updated, new 2 car garage! Must see!	The Danberry Co., Realtors	Andrea Quilter	419-270-2897
South Toledo	\$74,900	Sun 2:00-4:00	5720 Hal	8 yr old ranch, 3 brm, 2.5 car garage	Welles Bowen Realtors	Roula Manton	419-410-4208
South Toledo	\$64,900	Sun 3:00-5:00	2720 Stateview	Nice house, enclosed front porch, finished basement	DiSalle Real Estate Co.	Kent Beals	419-704-1136
Springfield Township	\$164,000	Sunday 2-4:30	6049 Suffolk Lane	Shadow Valley 1.5 story condo, attached garage, living rm/vaulted ceiling, 3 bath	Sulphur Springs Realty	Karen E. Klein	419-865-7210
Spring Meadows	\$149,900	Sun 2:00-4:00	2138 The Bluffs	2 brm, 2 bath, excellent cond., 2 car garage	Welles Bowen Realtors	Jane Bretl	419-250-4039
Stone Oak	\$399,000	Sunday 1-4 pm	8453 Augusta Lane	Just listed, everything redone, screened porch, golf course, finished bsmt	Re/Max Preferred Associates	Ray Henderson	419-340-3766
Stone Oak	\$189,900	Sunday 1-4 pm	8638 Augusta Lane	Ranch villa, open floor plan, extra lg garage, 2 brms + bonus rm	Re/Max Preferred Associates	Sara (Dusty) Foreman	419-356-3097
Stone Oak	\$339,000	Sunday 1-4 pm	8645 Ponte Vedra	Spectacular villa, 3 brms, 2 full baths, beautiful golf course view, granite & tile	Re/Max Preferred Associates	Sara (Dusty) Foreman	419-356-3097
Stone Oak	\$309,500	Sun 1-4 pm	410 S. Centennial	Great golf course view, 4 brms, 3.5 baths, beautiful decor, 2422sf, finished bsmt	Re/Max Preferred Assoc.	Judy Gorum/Arlene Gerig	419-283-6172
Sylvania, OH	Now only \$390's	Open Sun. 2-4	5947 Outpost	1 1/2 story, 3 brm Villa, 2.5 bath, tile, natural stone	Carriettowne Realtors	Terry McLeary	419-841-3551
Sylvania	\$695,000	Sun 2:00-4:00	5223 Cambrian	2 acres, 6,194 sq ft, 5 brm, 4.5 bath	Welles Bowen Realtors	Tom Kabat	419-262-5147
Sylvania	\$199,000	Sun 2:00-4:00	4448 Crophorne	New list! Many upgrades, fresh paint	Welles Bowen Realtors	Susie Thomas	419-367-3974
Sylvania	\$94,900	Sun 2:00-4:00	6539 Kingsbridge	Upper Condo same floor laundry, FR	Welles Bowen Realtors	Joan Rogge	419-944-3129
Sylvania	\$214,900	Sun 12:00-3:00	7652 Kings Run	4 brm, 2 1/2 bath, home warranty	DiSalle Real Estate Co.	Katherine Shelley	419-349-7226
Sylvania Twp	\$104,500	Sun 12:00-2:00	6804 Woodmeadow Dr.	2 full baths, 2 car garage, Sylvania Schools	DiSalle Real Estate Co.	Kent Beals	419-704-1136
Toledo	\$269,500	Sunday 3/21/10, 2-4 pm	3702 Corey Rd.	Stately 5 brm, 2 1/2 bath, just beautiful, a must see	The Danberry Co., Realtors	John Shriver	419-450-9370
Toledo	\$109,900	Sunday 12pm-2pm	3015 Ravenwood	2 brms, large upper dormer, finished bsmt, family rm, all appliances	Re/Max Masters	Jon Modene	419-874-1188
Toledo	\$79,323	Sun 2:30-4:30 pm	4537 S. Detroit	3 brms, 1 bath, finished dormer, remodeled kitchen & bath, 3 car garage	Re/Max Masters	Jon Modene	419-466-7653
Tremainsville	\$128,500	Sun 2-4 pm	3802 Rushland	Updated kitchen w/stainless steel appl, 3 brms, 1.5 baths, refinished hardwood	Re/Max Preferred Associates	Linda Parker/Cassie Whaley	419-509-4944
Washington Local Schools	\$84,777	Sunday 1 to 3 pm	826 W. Northgate	West Toledo 3 brm ranch, family, 1st floor laundry and great yard, large garage	The Danberry Co., Realtors	Tom Smith	419-343-8553
Waterville	\$139,900	Sun 1:00-3:00	120 N. Fifth St.	Over 1700 sq ft w/detached apt for additional income	DiSalle Real Estate Co.	Pam Boyer	419-345-2318
West	\$129,500	Sun 2:30-5:00	6137 Foth	Must see! 3 brms, full bsmt, Washington Schools	DiSalle Real Estate Co.	Joe Dusza	419-474-4331
West Toledo	\$299,900	1:00-3:00	5303 Bristol Ct.	4 brm, 2.5 bath, well maintained home!	Welles Bowen Realtors	Jill Perry	419-283-4300
West Toledo	\$99,900	12:00-2:00	2207 Charlestown	3 brm, 2 bath, amazing completely remodeled!	Welles Bowen Realtors	Lori Wagner	419-480-7204
West Toledo	\$51,900	1:00-3:00	330 E Northgate	3 brm, 1 bath, completely remodeled home!	Welles Bowen Realtors	Yvonne Johnson	419-789-7231
West Toledo	\$124,900	2:00-4:30	6177 Lookover	3 brm, 2 bath, nice home on cul-de-sac!	Welles Bowen Realtors	Laura McIntyre	419-265-7000
West Toledo	\$109,900	Open Sunday, 1-3pm	5529 San Pedro	Sharp 3 brm, 1 1/2 bath, Whitmer, finished bsmt. Reduced! Off Regina Pkwy.	Robert F. Lindsay Co.	Tom Lindsay	419-376-7057
West Toledo	\$88,777	Sunday 1 to 3	1480 Amesbury	Brick ranch, 3 brm, family w/fireplace, bsmt, newer updates, come see!	The Danberry Co., Realtors	Judy Stone ABR ePRO	419-241-1717
West Toledo	\$124,900	Sunday 2-4	3744 Elmhurst Rd.	FIRST OPEN! 3 brm, 2 full bath, 2 fireplaces, Pella windows	RE/MAX Central	Brad Crown	419-324-6677
West Toledo	\$104,900	Sunday 12:45-2:45 pm	4707 Cedarhurst	Elmhurst jewel, 1st open, 3 brm, 1 bath, 2 car garage, updated! Must see!	Re/Max Masters	Lisa Van Dootingh	419-902-7184
West Toledo	\$119,900	Sun 12:00-2:00 pm	3655 Harley off Douglas	First open, 3 brm, 1.5 bath, many updates, almost 1700 sq ft, nice quiet street	Re/Max Preferred	John "O" Owczarzak	419-349-2426
West Toledo	\$64,900	3:00-5:00	3521 Torrance	3 brm, 1 bath, stunning remodeled home!	Welles Bowen Realtors	Lori Wagner	419-480-7204
West Whitmer	\$129,900	Sunday 1-4 pm	1919 Bucklew	3 brm bsmt ranc, 2 full remodeled baths, new windows, furnace, water tank	Re/Max Preferred Associates	Andy Welch	419-290-0219
Whiteford	\$104,900	Sun 2:00-4:00	8307 Whiteford	3 brm, well maintained & updated	Welles Bowen Gio Realty, Inc.	Dan Chambers	419-279-0226
Whitehouse	\$199,900	Sun 1:00-3:00	7108 Whiddenmill	A BEAUTY! Open & spacious	DiSalle Real Estate Co.	Carole Ramsay	419-350-8743
W. Toledo	\$119,900	Sunday 12-2 pm	2609 Berdan Ave.	3 brms, 1.5 baths, double lot, updated eat-in kitchen, finished bsmt, fenced yard	Re/Max Preferred Associates	Mike Crouse	419-283-6453
W. Toledo	\$209,900	Sun 3/21, 2-4 pm	4440 Crophorne Drive	Custom 4 brm, vaulted family rm, den, pool, Sylvania schools, new carpet	The Danberry Co., Realtors	Sarna Dorf	419-345-5555

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