

The Bed Shop wants to know 'How long have you had your bed?'

Gordon Burgess, owner of The Bed Shop, provides useful tips on choosing a new bed

How long have you had your bed? According to The Sleep Council, we should change our mattress or bed every seven years.

So, if you are not sleeping as well as you would like to, it could mean it is time to buy a new mattress.

There are a number of signs that your bed is due to be replaced. If you just feel uncomfortable, or wake up with a sore neck or back, your bed could be at fault. Maybe the mattress creaks when you move and wakes you, or you can feel the springs. To sum up, if it is worn out, you may feel worn out too.

Buying a new bed is an investment in a good night's sleep, so it can be wise to seek advice first. Make sure you buy from a reputable bed shop, try out a few beds, ask questions and benefit from their expertise and knowledge before you make your choice.

Set a realistic budget for a bed that will meet all your

needs, bearing in mind that you will only get what you pay for. But what price comfort? We all need a good night's sleep to function at our best. So go on, you deserve it.

[The Bed Shop](#) is at 110-120 Leith Walk (0131 553 3050)

