



# WHAT'S YOUR SLEEP PROFILE?

Sleep is critical to a healthy and happy life! Mattress shopping isn't always easy, but it can be. By answering a few quick questions our Outfitters can help you find the best solution for your body and your budget.

This Sleep Profile belongs to:

Who are you shopping for?

☐ Yourself ☐ Child ☐ Guest Room ☐ Other

Bedding size

☐ King ☐ Queen ☐ Full ☐ Twin

Have you done any research or shopping already that you'd like to learn/talk more about?

  
  
  

What brought you in?

☐ TV ☐ Referred ☐ Online Research

Other:



Email Address

Phone Number

Outfitted by

Date

What position do you most frequently fall asleep/wake up in?

You ☐ Side ☐ Back ☐ Stomach ☐ All over

Partner ☐ Side ☐ Back ☐ Stomach ☐ All over

Let's talk about your current sleep environment. What keeps you up/or wakes you up at night?

Is your mattress sagging, worn out, old or are you rolling towards the center? ☐ Yes ☐ No

Aches and Pains or Tossing and Turning ☐ Yes ☐ No

Hips ☐ You ☐ Partner

Shoulders ☐ You ☐ Partner

Back ☐ You ☐ Partner

Neck ☐ You ☐ Partner

Sleeps Hot ☐ You ☐ Partner

Partner Disturbance ☐ You ☐ Partner

Current  
mattress age

Do you ☐ Read ☐ Watch TV or ☐ Use a Laptop in Bed?

These issues can impact your quality of sleep. Do you have...

Sleep Apnea ☐ You ☐ Partner

Poor Circulation ☐ You ☐ Partner

Restless Legs ☐ You ☐ Partner

Fibromyalgia ☐ You ☐ Partner

Snoring ☐ You ☐ Partner

Respiratory ☐ You ☐ Partner

Acid Reflux ☐ You ☐ Partner

Allergies ☐ You ☐ Partner

Based on what you've told me, let's prioritize!

Pressure Relief ☐ Less ☐ Average ☐ More

Motion Separation ☐ Less ☐ Average ☐ More

Climate Management ☐ Less ☐ Average ☐ More

NOTES

SOLUTION

GOOD

BETTER

BEST