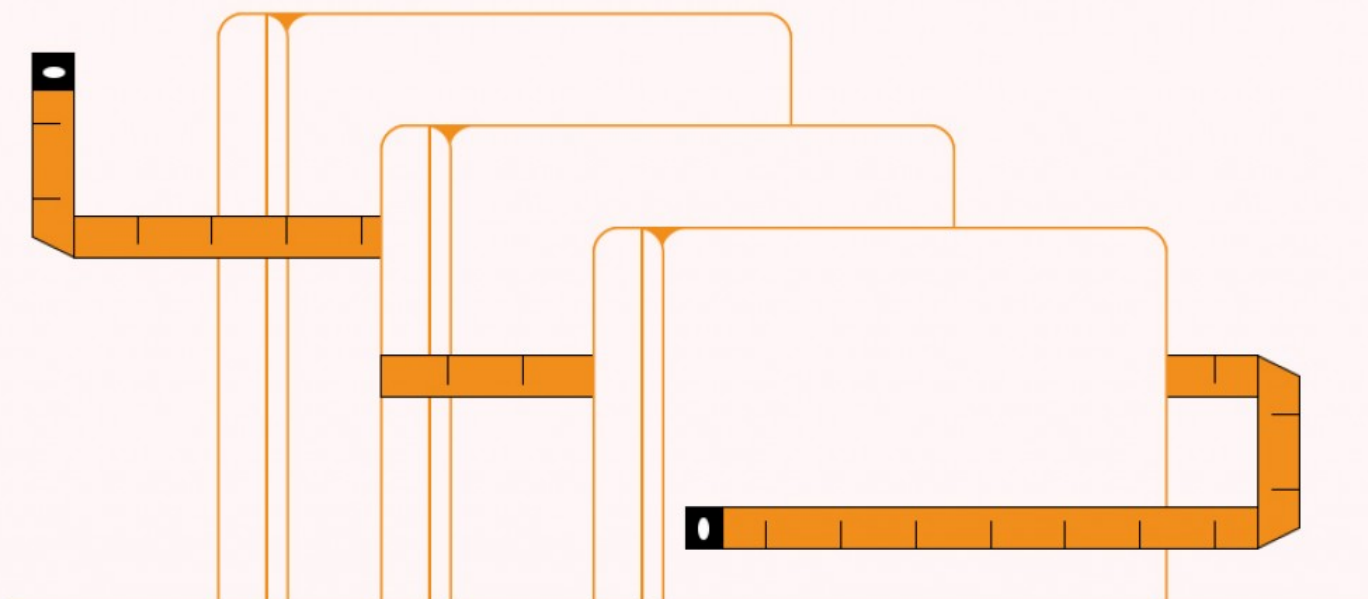


Mattress sizes - A Completed Guide 2021 by Maxzzz

Mattress Sizes & Bed Dimensions Guide 2021



New York, New York City, May 24, 2021 ([Issuewire.com](https://www.issuewire.com)) - For over 38 years now, Maxzzz has helped people all around the world get spectacular sleep. By providing our customers with comfortable, supported sleeping aids we hope to encourage good sleep on a global scale. Mattress by mattress, we're sharing the joy of good sleep with everyone who needs it. The Maxzzz mattresses come in different sizes.

Your home is your safe place, a place of refuge where you can sleep and relax in peace. This is where a mattress comes into play and several variables will determine your mattress size. However, it is important for you to know that your mattress size is primarily determined by your bed size.

How to measure a mattress?

In order for you to measure a mattress, you will need a tape measure and a notepad along with a pen. The following steps explain to you in simple terms how to measure a mattress:

1. Measure from the left edge to the right edge of your mattress in order to get the width. You should take into consideration the fact that mattresses can curve outward on the edges, so ensure you use your measuring tape to measure from the widest point on each edge of the mattress. Then write down the measurements you have taken for the width in your notebook.
2. Next you use your tape measure to measure the longest distance between two edges from the front to the back in order to get the length. You should also make sure you take your measurements from the furthest point out on each edge in case the mattress curves outward at the back and front edges.
3. The final measure you will have to take is the height. What you do is to use your tape measure to measure from the bottom to the top in order to get the height of the mattress.

What are the differences in bed sizes?

There are differences in bed sizes and this is dependent on a number of variables. The bed size determines the mattress size. Furthermore, certain bed size types suit some categories of people better than others. All the various bed sizes have different dimensions and some are better suited for particular kinds of people and certain rooms than others.

Twin (38" x 75")

The Twin mattress size is suitable for toddlers, and children of varying ages and single adults. Its dimensions are typically 38 (width) x 75 (length) inches. A Twin size mattress is ideal for a young child who has outgrown mattresses meant for toddlers.

It is also the smallest size available for most of the commonly known online mattress companies. One other important advantage the Twin mattress size has is that it adequately caters for those who have limitations of budget and space.

It makes it possible for you to still have the same degree of comfort you get from a much larger mattress. It will not incur the cost of a larger mattress and will take up far less room.

Twin XL (38" x 80")

This mattress size has the following dimensions namely 38 (width) x 80 (length) inches. It is best for children, tall single adults and sleepers who want to use an adjustable bed frame. Mattresses of this size will best serve tall adults who do not have room space for a wider bed.

Full/Double (54" x 75")

The Full/Double mattress size has dimensions of 54 (width) x 75 (length) inches. It is meant for a single active adult sleeper, couples with a small bedroom and for couples who share their bed with children or pets.

This is the mattress size referred to as the standard double. It gives a single adult active sleeper room to spread his or her arms and legs in different directions. This gives the person 54 inches width of sleeping space while a couple will have 27 inches width of sleeping space.

Furthermore, when you take the length of 75 inches into consideration, it means a 6 foot (72 inches) individual will have only 3 inches of extra length space on such a mattress.

Queen (60" × 80")

A [Queen mattress](#) is 60 (width) x 80 (length) inches in dimension. It is also meant for a single adult active sleeper, couples as well as couples who share their bed with children or pets. This mattress size is the most sought after in the United States.

It gives a single adult active sleeper 60 inches width of sleeping space which amounts to about 30 inches width of sleeping space per person for a couple. Furthermore, a 6 foot (72 inches) tall adult sleeper would have 8 inches of extra length space on such a mattress.

Your room must be more than 10 feet (width) x 10 feet (length) in size in order to comfortably accommodate the queen mattress size type.

King (76" × 80")

[King Size mattresses](#) tend to come in dimensions of 76 (width) x 80 (length) inches. It is also suitable for single adult sleepers, couples and couples who have either pets or children sharing their beds.

It gives a single adult active sleeper 76 inches width of sleeping space which is equivalent to 38 inches width of sleeping space per person for a couple. Rooms must be more than 12 feet (width) x 12 feet (length) in order to accommodate king size mattresses.

Split King (38" × 80")

A Split King Mattress Size uses dimensions of two 38 (width) x 80 (length) inches which means the combined sizes make up a single complete King Size Mattress. It is suitable for couples who have different sleep preferences.

The unique advantage of this mattress size is that when it is used on an adjustable frame, each side of the mattress can move independently. This allows the sleeper to sit up or lie back without disturbing his or her partner.

The drawback on the other hand is that this advantage comes at an added cost and is not as readily available for purchase as other mattress size types.

California King (72" × 84")

The California King Mattress Size comes with a dimension of 72 (width) x 84 (length) inches. It is roomy and accommodates a single adult active sleeper, or couples who share their beds with either their children or their pets. It is the maxzz size available.

This mattress size type is the best option for very tall individual active adult sleepers or people who just want mattresses with an extra length. It is recommended for bedrooms that are more than 12 feet (width) x 12 feet (length).

What should consider while choosing a mattress size?

How do you choose or select a mattress size? How do you know which one suits your needs? This will depend on your body size or the size of the person who is to use the bed, the number of people to sleep in the bed, the size of the room and possibly the budget available for the purchase.

The following list explains how to choose mattress size according to the following parameters:

Body Size

There are 3 categories when it comes to body size namely: lightweight sleepers, average sleepers and plus size or heavyweight sleepers.

Lightweight sleepers who actually weigh less than 130 pounds would best be served by mattresses that are 12 inches tall. This is because the thicker mattress comfort layers conform to their body thus bringing relief to pressure points and minimizing body aches.

Average sleepers are people who weigh between 130 to 230 pounds. Mattresses that are 10 to 12 inches thick are best for such people. Average sleepers will feel more at ease on a medium-sized mattress.

Heavyweight or plus-sized sleepers are persons that weigh over 230 pounds. Such individuals should opt for mattresses that are between 12 to 14 inches thick with a comfort layer of at least 6 inches thick. These thicker comfort layers prevent mattress sinkage.

Room Size

When you plan to purchase a mattress, you should take into consideration the room size.

Crib: Crib mattresses are designed for babies and are best suited for recommended room sizes of 7 feet by 10 feet which is ideal for a twin bed.

Twin: Twin mattresses used for twin beds or two twin mattresses go along with recommended room sizes of 7 feet by 10 feet or 10 feet by 10 feet for two twin beds.

Twin XL: Twin XL mattresses are ideal for taller individuals and go with a recommended room size of 7 feet by 10 feet.

Full: Full mattresses best serve older children who have outgrown the twin size mattresses. The recommended room size for such mattresses is 10 feet by 12 feet.

Queen: Queen mattress sizes are the most common mattress size in the world. They are best suited for recommended room sizes ranging from 10 feet by 10 feet to 10 feet by 14 feet.

King: This mattress size is best for couples who want the maximum amount of sleeping space possible. It is suitable for room sizes ranging from 10 feet by 12 feet to 13 feet by 13 feet.

Split King & California King: The recommended room size for this mattress type range from 12 feet by 12 feet to 14 feet by 12 feet.

Quantity of Sleepers

Twin: This can take 1 child.

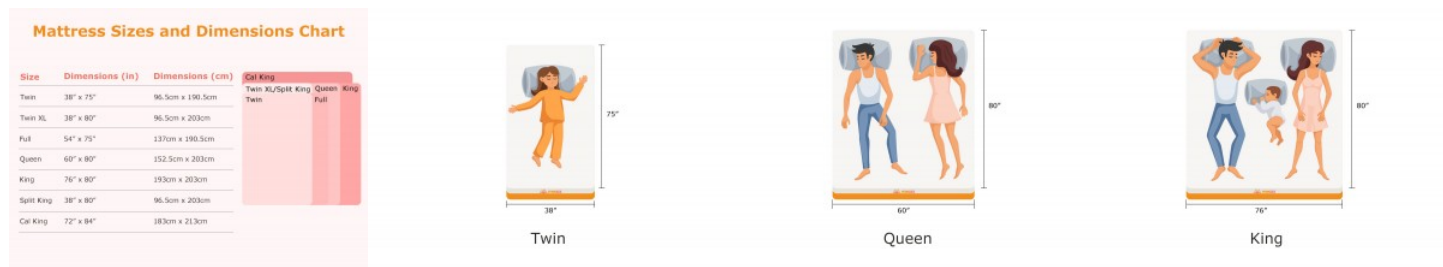
Twin XL: This can accommodate 1 single adult or an adult with a small child or a pet.

Full: This is suitable for 2 people

Queen: This is suitable for 2 people

King: This is suitable for 2 people

Split King & California King: This is suitable for 2 people



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Source : Maxzzz

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