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Welcome

If you've ever wished you could get your mattress to be, say, a little firmer when you sleep on your back and a little softer when you lie on your side—or if you prefer a very different comfort level than your bed partner—an adjustable air bed might be the answer to your dreams.

Here's a brief overview of the adjustable bed category and the most important things a shopper needs to know.

What is an adjustable air bed?

While other types of mattresses have support cores consisting of foam or springs, air beds contain individual air chambers that can be inflated or deflated to achieve a precise level of comfort. That gives the air bed its distinguishing characteristic: an unprecedented level of adjustability.

That adjustability comes wrapped in a mattress with all the features of a traditional—or even luxury—bed, like layers of comfort

foam, pillow tops, and fancy covers. What's more, because air bed typically have two or more chambers, each sleeper gets to enjoy individual control.

Adjustable air beds are worlds away from the blow-up air mattresses that you haul out and inflate for sleepovers or camping trips. Unlike those temporary sleep surfaces, adjustable air beds like Solaire are designed for permanent, long-term use.



How does an adjustable air bed work?

Air beds contain internal chambers that the user adjusts by adding or removing air with an electric pump, resulting in a customized degree of firmness and support. Depending on the specific model, the mattress may include layers of polyurethane foam, latex, or memory foam on top of the air chambers for additional comfort and support.

The number of chambers varies from two to 10 or more, with anywhere from 20 to 100 possible settings. Firmness can be easily adjusted with a remote control or via an app; typically the higher the setting, the firmer the mattress. Finding the most comfortable settings can take some experimentation, but it's easy to adjust and readjust at any time.

Air beds with fewer chambers allow you to customize the overall firmness of the mattress; those with six or more usually feature a zoned system, letting you adjust the pressure level in different areas. Most queen size and larger air beds feature dual firmness settings that let couples customize each side of the bed to their own preferences.

For Rachel Sjostrom, who lives in Tampa, Fla., the ability to customize the firmness of her air bed has been a godsend. "I'm a nurse and a new mother, and I often feel sore in my neck or back from holding my daughter or spending a lot of time on my feet at work," she says. "Also, my husband prefers a firmer surface, so neither of us has to compromise on comfort."

"My husband prefers a firmer surface, so neither of us has to compromise on comfort."



Individually adjustable air chambers on each side of the bed



Your ideal firmness at the touch of a button

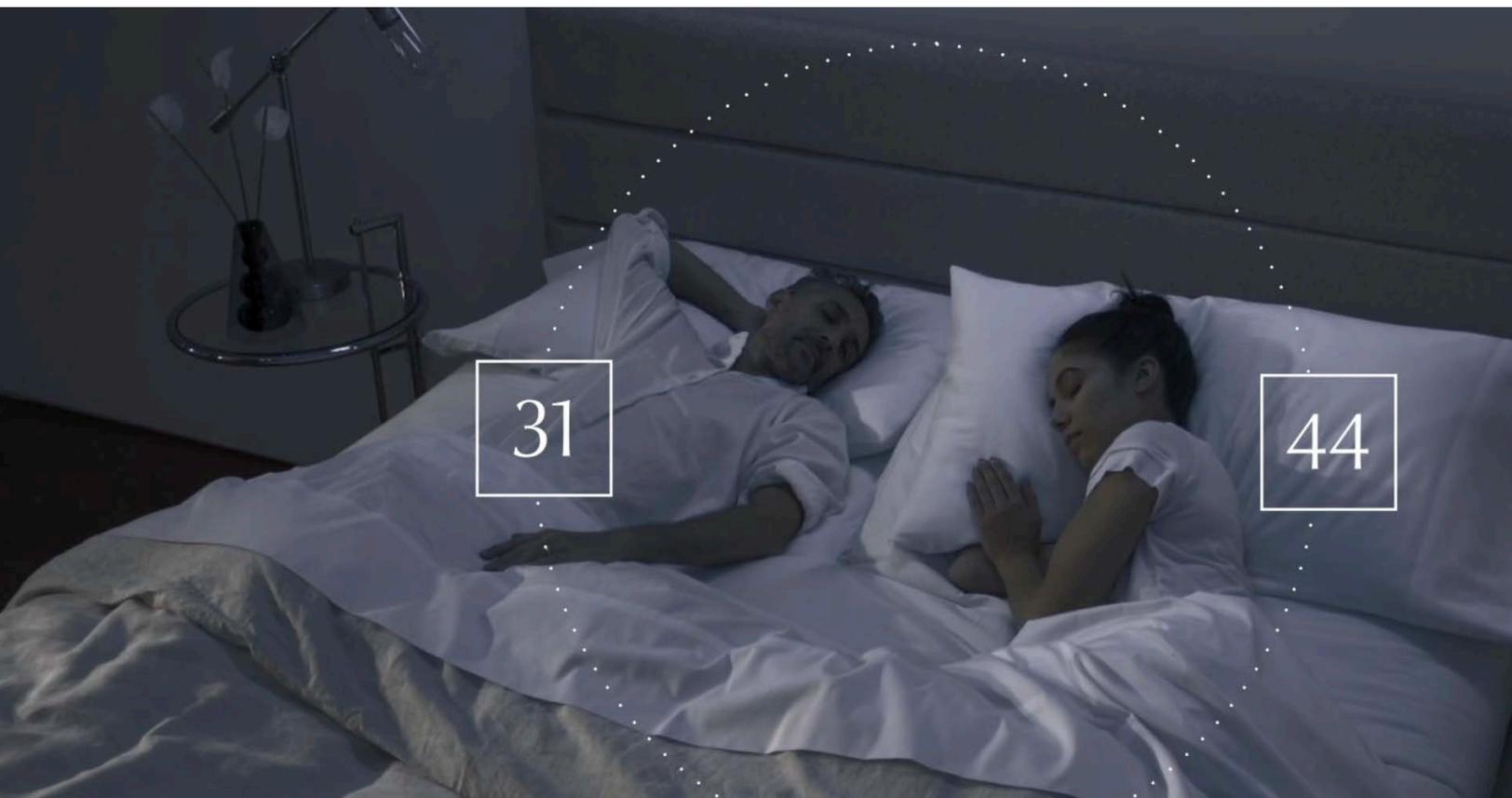
Why choose an adjustable air bed?

Maintaining domestic harmony is one big reason why people choose an adjustable air bed (not for nothing are they sometimes called “marriage savers”). But it’s not the only reason. Here are three other advantages:

1. The ability to adjust firmness makes air beds suitable for any sleeping position: side, back, stomach, or some combination.
2. Air beds are generally temperature neutral, meaning they don’t sleep hot. The composition of the comfort layer can make a difference—for example, memory foam tends to be at the warmer end of the spectrum.

3. Air beds effectively absorb and isolate motion transfer—an advantage for couples, since one person’s sleep is less likely to be disrupted when the other one shifts positions or gets out of bed.

On the flip side, because air beds contain an electric motor, they can be noisy, especially those that self-adjust during the night. Also, owing to their sophisticated technology, air beds are at the higher end of the mattress price scale. Depending on the bells and whistles—such as the number of air chambers and firmness settings—air beds can run from \$1,000 to \$3,000 or higher.



How long do adjustable air beds last?

Unlike conventional mattresses, air beds have mechanical components, which means parts can wear out or even break. Most air bed warranties last for 10 to 30 years, but usually only the first two to three years are fully covered; after that period, owners are often required to pay 16% (or more) of replacement part costs. Saatva's Solaire offers

an unprecedented five-year full coverage period and a 25-year warranty. The upside of a bed with parts that can be replaced is that the life of the mattress can be extended, making air beds among the more durable choices. That's one reason why they tend to earn above-average customer satisfaction ratings.

Air bed sizes and options

Air beds come in most standard sizes. The difference is the number of adjustable air chambers. Queen size and larger have two or more chambers, while smaller sizes typically have only one. Queen and larger also are available in "split-top" models that allow for different head positions when used with an adjustable base.

SIZE	DIMENSIONS	AIR CHAMBERS
Twin ("single")	38" x 75"	One
Twin XL	38" x 80"	One. Can be paired with another Twin XL for a fully split King.
Full ("double")	54" x 75"	One
Queen	60" x 80"	Two (or more)
King	76" x 80"	Two (or more)
California King	72" x 84"	Two (our more)

What kind of base does an adjustable air bed need?

Just like any other type of mattress, an adjustable air bed needs to sit on a foundation or platform base for support. Air beds are often sold with their own bases, which may or may not be adjustable. An adjustable base lets you raise or lower the head and/or the foot of the bed, adding another level of personalized comfort. Because of the unique construction of air beds, it's important to pay attention to the compatibility of the base. There are three main types of bases:

Traditional Foundation

You probably know these as “box springs.” Foundations are simple rectangular structures, usually made of wooden slats, foam, and quilted covering. Depending on the size and type of mattress, the manufacturer will recommend—or in some cases require—a particular style of foundation.



Platform Bed

As its name implies, a platform bed is made of a solid surface or a base of wooden slats, raised from the floor on legs. The mattress rests directly on the platform, without the need of a traditional foundation. The choice to go with a platform is an aesthetic rather than functional one.



Adjustable Base

Controlled via remotes or smartphone apps, adjustable bases let you raise or lower the head and foot of the bed. When used with a split-top or fully split adjustable mattress, they provide the ultimate in personalized comfort. They're great for sleeping—especially if you have back pain or other conditions that keep you from finding a comfortable position—and also reading, watching TV, or just lounging. Most mattresses adjustable air beds are compatible with adjustable bases, but make sure to check before purchasing.



A note on mattress fine print

Before you buy an adjustable air bed (or any bed for that matter), there's one more important set of criteria to review: policies around delivery, home trials, and returns. Look for a mattress with a generous home trial, especially if you're switching to an adjustable air bed for the first time. Here are some questions to ask:

How does delivery work?

Does the company offer free delivery? Will it set the mattress up for you and take away your old one? If your mattress comes packed in a box, keep in mind that it's going to be very heavy, and you might need help carrying it up the stairs and unpacking it.

What are the warranty terms?

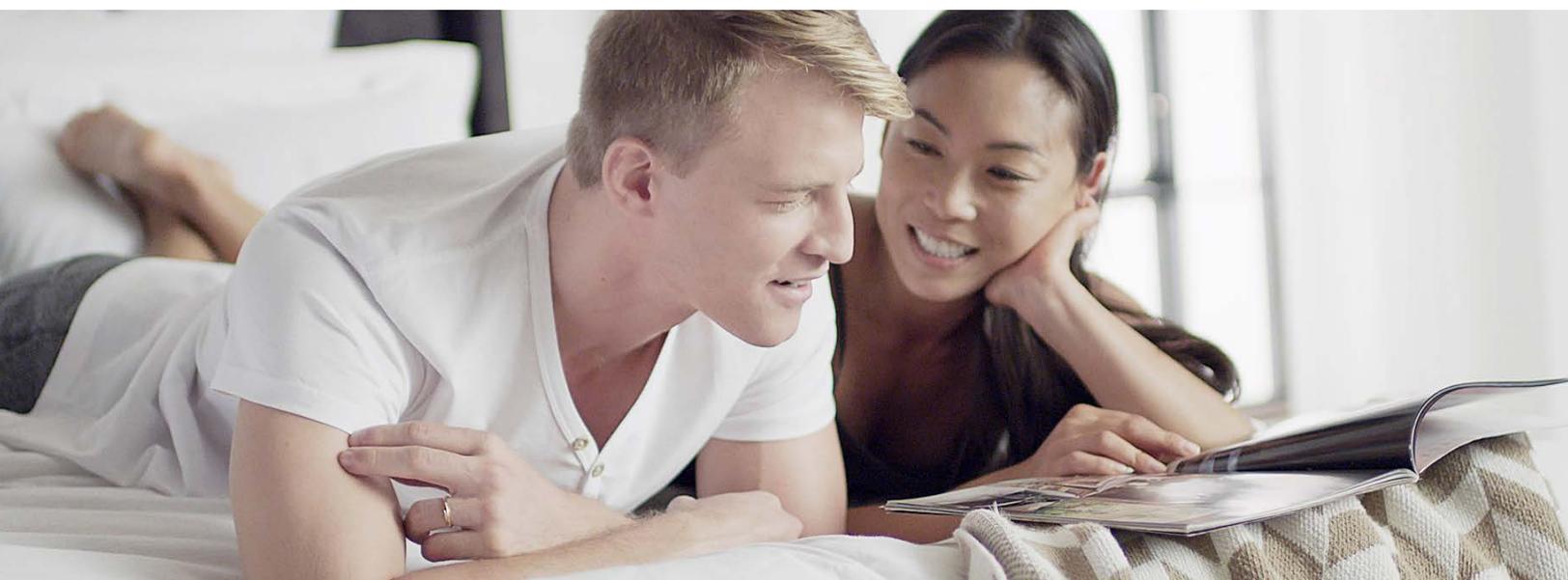
Air beds typically carry warranties of 10 to 30 years. These are prorated, meaning repairs and replacements are fully covered for an initial period (usually 2 to 3 years), after which the owner is responsible for a portion of the cost of repair or replacement. Saatva's Solaire offers a 25-year warranty with an unprecedented 5 years of full coverage.

What's the return policy?

The best thing you can do is find out everything about how the company handles returns. Is there a waiting period before you can return? Will you pay a fee for pickup or restocking? Does the company donate or recycle old mattresses? Check reviews online to see what experiences other customers have had with returning a mattress.

Is there a home trial?

Most online companies will give you at least 30 days to try your mattress at home. Saatva offers 120 days. We know that it can take a while to get used to a new mattress, and you won't know if it's really right for you until you've slept on it for a while.



About Saatva

Since 2010, Saatva has been committed to delivering the most comfortable, durable, and affordable luxury mattress without the stress and markups associated with traditional mattress stores.

With four mattress styles—Saatva Classic innerspring, Loom & Leaf memory foam, Zenhaven Talalay latex, and Solaire adjustable—Saatva has a bed to match every sleep preference. All of our mattresses are handcrafted in the U.S.A. with premium, eco-friendly materials and come standard with free white glove delivery and Saatva’s signature 24/7 customer support.

To learn more, visit [saatva.com](https://www.saatva.com)

 [Innerspring Mattress Guide](https://www.saatva.com/blog/innerspring-mattress-guide)

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