



## A Guide to TEMPUR® Mattress and Bed Sizes

### SIZE MATTERS!

Sleep is essential to everyone's health and well-being, but how many of us realise that the space where we choose to sleep has not necessarily changed in size since we were babies in the cradle? The width of the average cot is approximately 75cm. A standard double bed, one of the most popular sizes in the UK, measures 135cm wide. If you share your bed that's just 67.5cm each! The fact is, the more space you have to sleep in, the better your night's rest will be.

Here's a basic guide to mattress/bed sizes to help you make the most of your bedroom space. We recommend you should always work in metric for the most accurate measurements, but if you prefer feet and inches, then we have listed the nearest equivalent size to help you.

1 piece mattress in standard UK sizes	Metric (cm)	Nearest imperial equivalent (feet/inches)	Hints and tips to consider
Images below are for guidance only	Width Length	Width Length	
Single 	90 190	3' 6'3"	It may be worth considering a longer bed if you are tall.
Double 	135 190	4'6" 6'3"	Fits 2, you have a cosy 67.5cm each. Consider a longer bed if you are tall.
King 	150 200	5' 6'6"	Sleeps 2 nicely, 75cm each.
Super king 	180 200	6' 6'6"	Sleeps 2 nicely, 90cm each.

Alongside the 4 main standard sizes it could be you own a bed base which none of the above quite fit. Below are a couple less common alternative sizes that we can provide for those customers that need them:

1 piece mattress in alternative sizes	Metric (cm)	Nearest imperial equivalent (feet/inches)	Hints and tips to consider
Images below are for guidance only	Width Length	Width Length	
Small Double 	120 190	4' 6'3"	Plenty of space for 1. Great for smaller bedrooms where a standard double won't quite fit.
Euro King 	160 200	5'3" 6'6"	Often referred to as a 'continental double'. The more room to sleep in the better. Great if a super king won't quite go.