



# SLEEP ARCHITECTURE™

## The Framework

A Professional Standard for Structural Sleep Evaluation



## Why Most Mattress Decisions Feel Uncertain

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Most mattresses are purchased based on how they feel in a showroom.

Soft. Firm. Plush. Supportive.

But five minutes of comfort does not represent eight hours under sustained load.

Sleep is the longest continuous physical position most individuals experience each day.

If alignment is compromised under sustained load, the body compensates.

Morning stiffness. Shoulder tension. Lower back discomfort. Restless sleep.

These are often symptoms of structural mismatch — not simply age or stress.



# The Problem With Comfort-Only Selection

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Comfort matters. But comfort without structure can mislead.

A mattress that feels comfortable initially may allow excessive pelvic sink, create shoulder compression, disturb spinal neutrality, or break down unevenly over time.

These changes do not happen in five minutes.

They happen over eight hours.

And over years.



# The Sleep Architecture™ Framework

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The framework evaluates four core domains:

1. Alignment Under Load
2. Pressure Distribution
3. Structural Integrity
4. Lifestyle Compatibility

This structured evaluation replaces emotional selection with measurable criteria.



# Structural Sleep Fitting™

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A Structural Sleep Fitting™ is a guided evaluation session using the Sleep Architecture™ Framework.

During consultation:

- Alignment is observed
- Pressure zones are assessed
- Surface response is tested
- Structural compatibility is evaluated

You do not need more options.

You need structure.