

Sleep Position	Pressure Point Areas	Memory Foam	Hybrid (Foam + Coils)
Side Sleeper	Shoulders, Hips	Excellent (Conforms well, reduces pressure)	Very Good (balanced contour + support)
Back Sleeper	Lower Back, Hips	Very Good (lumbar support if medium-firm)	Excellent (zoned coils help)
Stomach Sleeper	Chest, Knees, Hips	Fair (may sink too much)	Very Good (keeps spine aligned)
Combination Sleeper	Varies	Good (slow response may hinder movement)	Excellent (adaptable support and bounce)