

A photograph of a bed with white linens, positioned near a window. The scene is softly lit, creating a calm and inviting atmosphere. The text is overlaid on the image.

the MATTRESS FIRMNESS TEST

HOW TO MAKE SURE YOUR
MATTRESS IS FIRM ENOUGH
FOR SAFE BEDSHARING

EST. 2020

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HI FRIEND!

I'm Tiffany, safe cosleeping educator and mom of two

I'm so glad you're here because **mattress firmness is a critical component to safe bedsharing with an infant.**

But, why? Here's a quick safety overview before we jump into the firmness test...



Newborns have big heads and weak necks, so **soft bedding can be really hard for them to move out of if they get into a bad position** and aren't getting enough air.

The big-head-weak-neck factor is exactly why crib mattresses are required to meet a certain firmness threshold before they're allowed to be put on the market.

No adult mattress is engineered to be as firm as a crib mattress.

But we can come close! It's worth the effort at the beginning of your bedsharing adventure because **a firm sleep surface is one of the most important things you can give your baby to help keep them safe.**



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STEP ONE

GATHER YOUR SUPPLIES

01 **RULER**

02 **PAPERBACK BOOK** — The book should be sized 8 x 5 inches, and it needs to be at least half an inch thick. (200 mm x 128 mm, and at least 12 mm thick.)

03 **(2) CARTONS** — Two full, one-liter cartons of milk or juice (or a single, two-liter carton).



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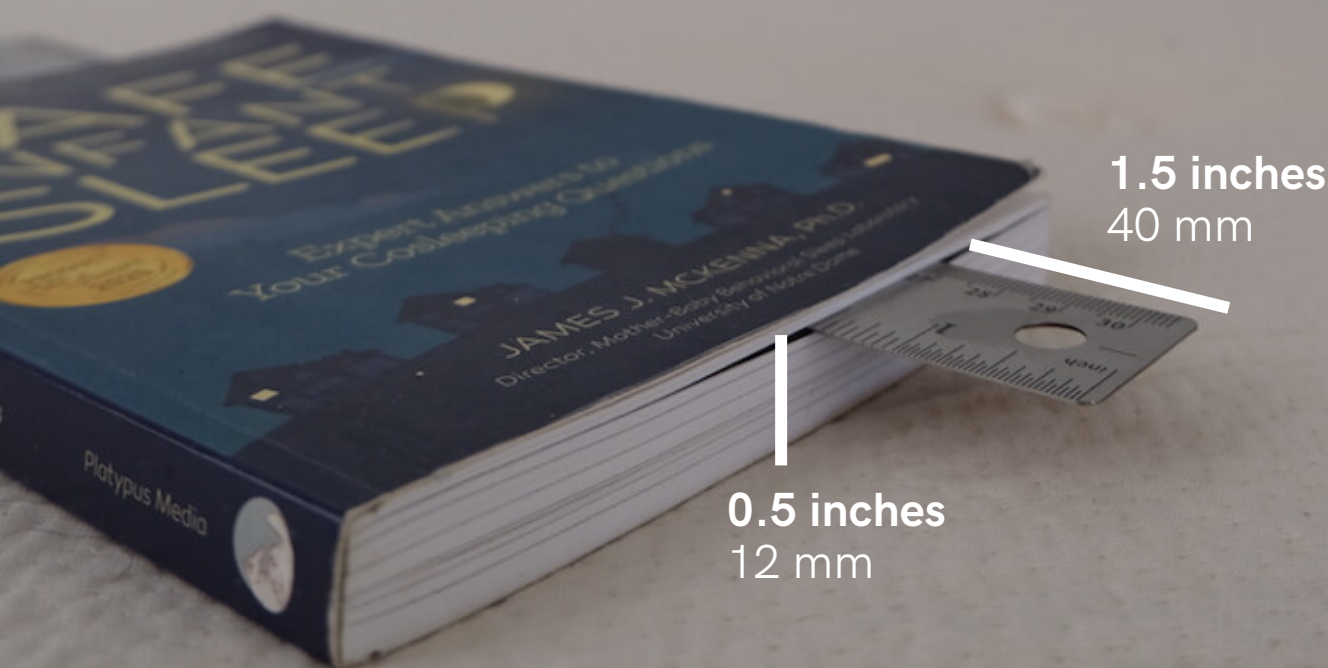
STEP TWO

POSITION THE RULER INSIDE THE BOOK

Find the page in the book that is **about one half inch (12 mm)** from the back cover.

Insert your ruler tightly against the crease, **with an inch and a half (40 mm)** of the ruler protruding from the top of the pages.

Then close the book and **lie down in the cuddle curl position** on your mattress.



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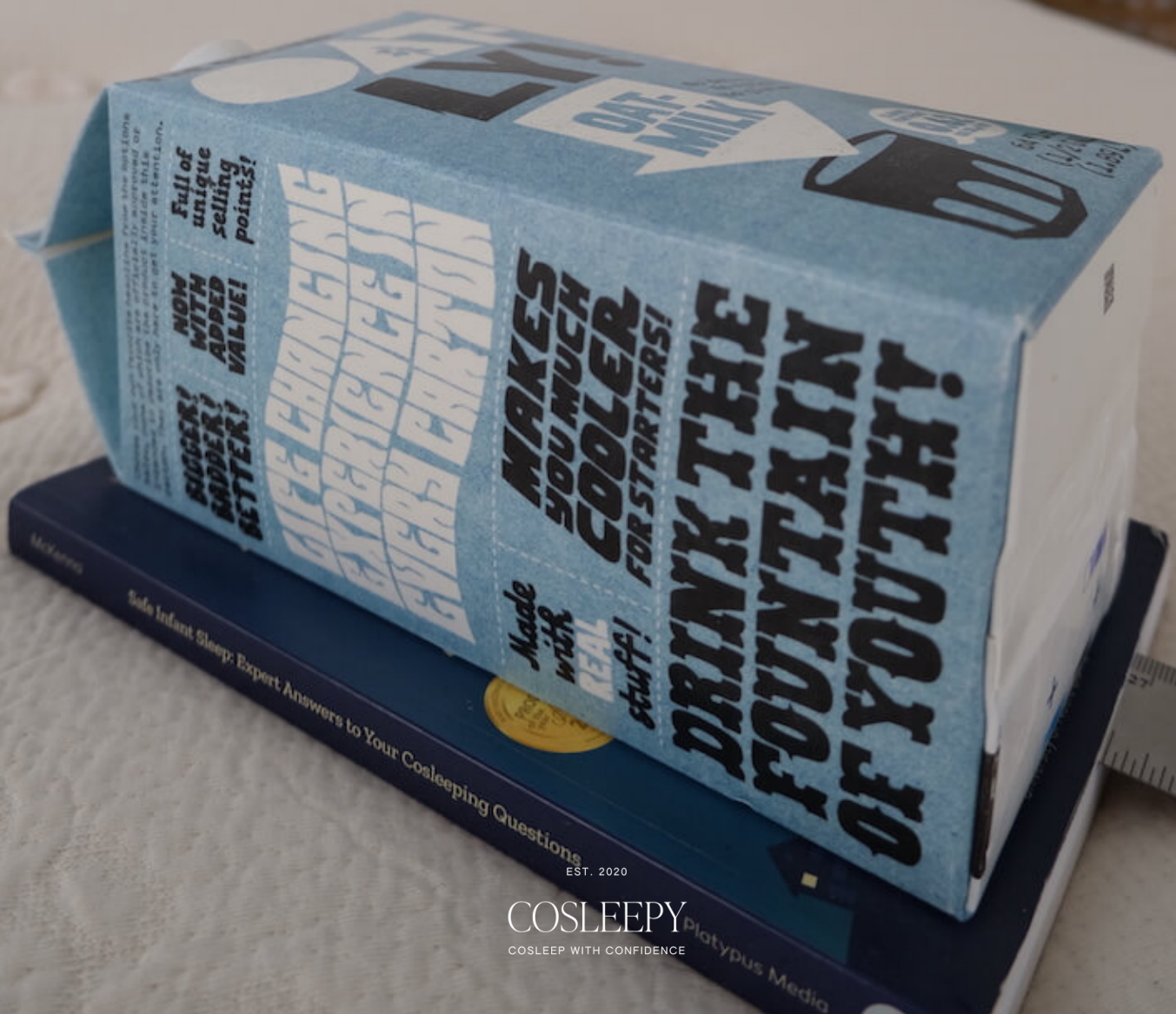
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STEP THREE

PLACE THE CARTON(S) ON TOP

Position the book on the mattress *where your baby's head will be* while bedsharing.

Place the carton(s) on the book, **positioning the container(s) in such a way that the book remains horizontal.**



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STEP FOUR

DETERMINE MATTRESS FIRMNESS

If the protruding ruler *does not* contact the mattress, **then the mattress is firm enough for safe bedsharing!**

However, if the ruler *does* contact the mattress, **then the mattress is too soft.**

lets take a look at some examples →

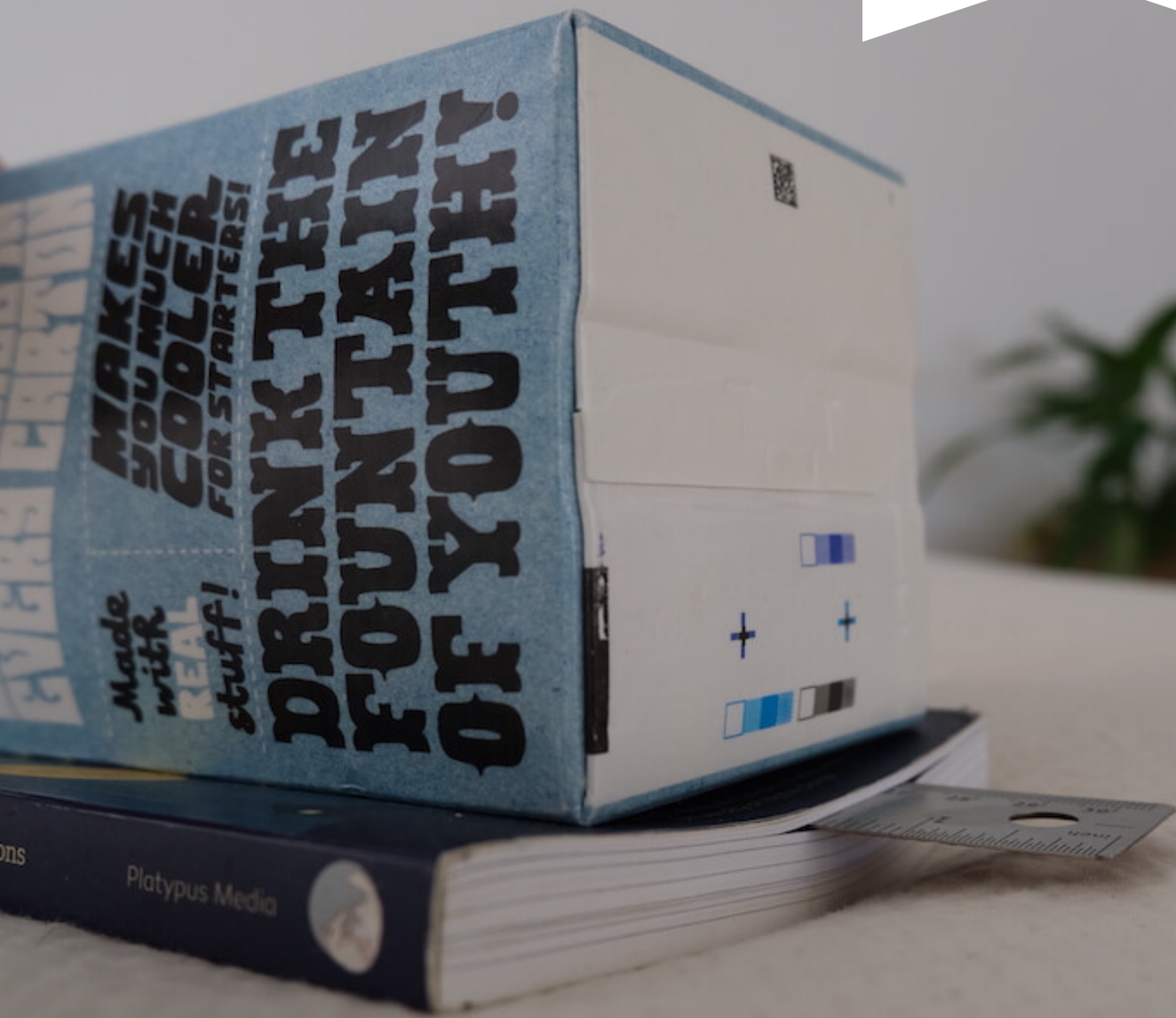


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Can you see the big gap between the ruler and the mattress?

That means that **this mattress passes the test** with flying colors!



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Look. There is only a slight gap between the ruler and the mattress.

This one barely passes the test.



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Oh no. Can you see how the ruler is touching the mattress?

That means that **this mattress fails the test.**



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And that's it! How'd it go?!

If you've determined that your mattress is too soft for safe bedsharing 😞 here are some resources to help you decide what to do next:

- [3 Requirements for Your Next Bedsharing Mattress](#). There are so many mattress options on the market today. But once you narrow down what's *really* important to a bedsharing family, **there are only three non-negotiables** you have to stress about.
- [Need A New Bedsharing Mattress? Avoid Memory Foam](#). If you're looking for a new mattress for bedsharing, don't make it memory foam *if at all possible*. **It's got at least three major risk factors** for a young bedsharing family.
- Two firm mattresses — a [non-toxic, luxury option](#) and an [affordable alternative](#).
- [A firm, latex mattress topper](#). If your current mattress is too soft for safe bedsharing, and you can't afford a new one, you could place a topper on top of it. **Make sure to test the topper on top of your mattress when it arrives, to make sure it is firm enough!**
- [My ultimate favorite brand for family beds](#). See *exactly* why I love it for its firm-but-comfy mattresses, pillows, waterproof protectors, and the softest bedding.

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And if you're new to Cosleepy and are wondering what else I've got to support you while you've got a baby in your bed...

- [Cuddle Curl FAQs](#) (\$34). Answers to the most-asked questions on cuddle curl safety, comfort, and logistics. Come back to it throughout your baby's first year of life, as questions pop up. There's no need to go through everything in one sitting!
- [Chest Sleeping FAQs](#) (\$39). **Not there yet?** If baby will only sleep on your chest, find answers to all your FAQs here.

(If you think you'll probably end up cuddle curling and chest sleeping, [get them bundled](#) at a discount!)

- [The Cosleepy Podcast](#) and [Blog](#) (free). Binge research-backed advice on safe cosleeping from the experts, plus thoughtfully-curated recommendations from me to help you live your best cosleeping life!
- [The Cosleepy Instagram page](#) (free). Scroll through hundreds of educational posts, plus connect and commiserate with the largest community of cosleeping parents on the web!
- [The Cosleeping Must-Have List](#) (free). Browse this list to see what tools you may need to make bedsharing easier and more enjoyable.

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REFERENCES

1. Ball, Helen. "What's New in Infant Sleep Safety?" YouTube, 15 November, 2022, <https://www.youtube.com/watch?v=a2erxaE33So>
2. Marusinec, Laura. "How to Assess the Safe Firmness of an Infant Mattress to Prevent Asphyxiation." 19 April, 2023. <https://www.wikihow.com/Assess-the-Safe-Firmness-of-an-Infant-Mattress-to-Prevent-Asphyxiation>

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