

The "Signal-Over-Noise" Restorative Evaluation Filter

Purpose: To help readers evaluate a mattress based on its biomechanical and restorative properties, completely ignoring marketing fluff, discounts, or sales pressure.

◆ Phase 1: The Core Distillation (The Recovery Profile)

- *Prompt:* "The definitive restorative purpose of this mattress is:"
- *Constraint:* (Explain exactly how this bed physically supports the body in one sentence. *Example:* 'This is a firm, highly breathable hybrid designed specifically to prevent lumbar sagging and heat retention for heavy back sleepers.')

◆ Phase 2: The Evidence Extraction (The Biomechanical Specs)

- *My Top 3 Non-Negotiable Recovery Specs:* (e.g., Zoned lumbar support, fiberglass-free construction, conductive cooling top layer).
- *The Most Concerning Ergonomic Drawback Found in Reviews:* (e.g., "Multiple side-sleepers reported shoulder numbness due to the dense transition layer.")
- *A Key Structural Data Point I Want to Remember:* (e.g., "The coil gauge is 14.5, meaning it is highly supportive but will have minimal plushness.")

◆ Phase 3: The Resonance Matrix (The Pain Resolution)

- *Prompt:* "How do the specific materials in this bed address my current physical sleep barrier?"
- *Example:* "I currently wake up with lower back pain because my hips sink too far; this bed's specific zoned coil system is designed to provide upward pushback exactly where my hips rest."

◆ Phase 4: The Actionable Commitment (The Physical Test)

- *Prompt:* "My single next physical step to verify this bed's restorative potential is:"
- *Example:* "I will go to a local showroom, lie on this exact model in my natural sleep position for 15 full minutes, and actively monitor my spine alignment."

◆ Phase 5: The Application Log (The Alignment Tracker)

- *Table:*

My Evaluation Action:	Date Executed:	The Physical Verdict Was:
e.g., "Tested spinal alignment in store."	2026-04-28	"Hips stayed elevated, but shoulder felt too jammed. Crossing off list."