

personal  comfort®

RECOMMENDED SLEEP SETTINGS



A2 Bed

Comfort Level	Firm		Soft	
Weight Range	Back & Stomach Sleeper	Side Sleeper	Back & Stomach Sleeper	Side Sleeper
< 80 lbs.	18	14	11	9
81 - 100 lbs.	19	16	12	10
101 - 125 lbs.	21	18	13	11
126 - 150 lbs.	23	20	14	12
151 - 175 lbs.	25	22	15	13
176 - 200 lbs.	28	24	16	14
201 - 225 lbs.	31	26	17	15
226 - 250 lbs.	34	28	18	16
251 - 300 lbs.	37	31	19	17
301 - 350 lbs.	40	34	21	18
351 - 400 lbs.	40	34	21	18
> 400 lbs.	40	34	21	18

SE Bed

Comfort Level	Firm		Soft	
Weight Range	Back & Stomach Sleeper	Side Sleeper	Back & Stomach Sleeper	Side Sleeper
< 80 lbs.	21	17	14	12
81 - 100 lbs.	22	19	15	13
101 - 125 lbs.	24	21	16	14
126 - 150 lbs.	26	23	17	15
151 - 175 lbs.	28	25	18	16
176 - 200 lbs.	31	27	19	17
201 - 225 lbs.	34	29	20	18
226 - 250 lbs.	37	31	21	19
251 - 300 lbs.	40	34	22	20
301 - 350 lbs.	43	37	24	21
351 - 400 lbs.	43	37	24	21
> 400 lbs.	43	37	24	21

A5 Bed

Comfort Level	Firm		Soft	
Weight Range	Back & Stomach Sleeper	Side Sleeper	Back & Stomach Sleeper	Side Sleeper
< 80 lbs.	20	16	13	11
81 - 100 lbs.	21	18	14	12
101 - 125 lbs.	23	20	15	13
126 - 150 lbs.	25	22	16	14
151 - 175 lbs.	27	24	17	15
176 - 200 lbs.	30	26	18	16
201 - 225 lbs.	33	28	19	17
226 - 250 lbs.	36	30	20	18
251 - 300 lbs.	39	33	21	19
301 - 350 lbs.	42	36	23	20
351 - 400 lbs.	42	36	23	20
> 400 lbs.	42	36	23	20

A6 Bed

Comfort Level	Firm		Soft	
Weight Range	Back & Stomach Sleeper	Side Sleeper	Back & Stomach Sleeper	Side Sleeper
< 80 lbs.	21	17	14	12
81 - 100 lbs.	22	19	15	13
101 - 125 lbs.	24	21	16	14
126 - 150 lbs.	26	23	17	15
151 - 175 lbs.	28	25	18	16
176 - 200 lbs.	31	27	19	17
201 - 225 lbs.	34	29	20	18
226 - 250 lbs.	37	31	21	19
251 - 300 lbs.	40	34	22	20
301 - 350 lbs.	43	37	24	21
351 - 400 lbs.	43	37	24	21
> 400 lbs.	43	37	24	21

A8 Bed

Comfort Level	Firm		Soft	
	Back & Stomach Sleeper	Side Sleeper	Back & Stomach Sleeper	Side Sleeper
Weight Range				
< 80 lbs.	22	18	15	13
81 - 100 lbs.	23	20	16	14
101 - 125 lbs.	25	22	17	15
126 - 150 lbs.	27	24	18	16
151 - 175 lbs.	29	26	19	17
176 - 200 lbs.	32	28	20	18
201 - 225 lbs.	35	30	21	19
226 - 250 lbs.	38	32	22	20
251 - 300 lbs.	41	35	23	21
301 - 350 lbs.	44	38	25	22
351 - 400 lbs.	44	38	25	22
> 400 lbs.	44	38	25	22

A10 Bed (Legacy)

Comfort Level	Firm		Soft	
	Back & Stomach Sleeper	Side Sleeper	Back & Stomach Sleeper	Side Sleeper
Weight Range				
< 80 lbs.	23	19	16	14
81 - 100 lbs.	24	21	17	15
101 - 125 lbs.	26	23	18	16
126 - 150 lbs.	28	25	19	17
151 - 175 lbs.	30	27	20	18
176 - 200 lbs.	33	29	21	19
201 - 225 lbs.	36	31	22	20
226 - 250 lbs.	39	33	23	21
251 - 300 lbs.	42	36	24	22
301 - 350 lbs.	45	39	26	23
351 - 400 lbs.	45	39	26	23
> 400 lbs.	45	39	26	23

R11 Bed

Comfort Level	Firm		Soft	
	Back & Stomach Sleeper	Side Sleeper	Back & Stomach Sleeper	Side Sleeper
Weight Range				
< 80 lbs.	21	17	14	12
81 - 100 lbs.	22	19	15	13
101 - 125 lbs.	24	21	16	14
126 - 150 lbs.	26	23	17	15
151 - 175 lbs.	28	25	18	16
176 - 200 lbs.	31	27	19	17
201 - 225 lbs.	34	29	20	18
226 - 250 lbs.	37	31	21	19
251 - 300 lbs.	40	34	22	20
301 - 350 lbs.	43	37	24	21
351 - 400 lbs.	43	37	24	21
> 400 lbs.	43	37	24	21

R12 Bed

Comfort Level	Firm		Soft	
Weight Range	Back & Stomach Sleeper	Side Sleeper	Back & Stomach Sleeper	Side Sleeper
< 80 lbs.	22	18	15	13
81 - 100 lbs.	23	20	16	14
101 - 125 lbs.	25	22	17	15
126 - 150 lbs.	27	24	18	16
151 - 175 lbs.	29	26	19	17
176 - 200 lbs.	32	28	20	18
201 - 225 lbs.	35	30	21	19
226 - 250 lbs.	38	32	22	20
251 - 300 lbs.	41	35	23	21
301 - 350 lbs.	44	38	25	22
351 - 400 lbs.	44	38	25	22
> 400 lbs.	44	38	25	22

R13 Bed

Comfort Level	Firm		Soft	
Weight Range	Back & Stomach Sleeper	Side Sleeper	Back & Stomach Sleeper	Side Sleeper
< 80 lbs.	20	16	13	11
81 - 100 lbs.	21	18	14	12
101 - 125 lbs.	23	20	15	13
126 - 150 lbs.	25	22	16	14
151 - 175 lbs.	27	24	17	15
176 - 200 lbs.	30	26	18	16
201 - 225 lbs.	33	28	19	17
226 - 250 lbs.	36	30	20	18
251 - 300 lbs.	39	33	21	19
301 - 350 lbs.	42	36	23	20
351 - 400 lbs.	42	36	23	20
> 400 lbs.	42	36	23	20

R15 Bed

Comfort Level	Firm		Soft	
Weight Range	Back & Stomach Sleeper	Side Sleeper	Back & Stomach Sleeper	Side Sleeper
< 80 lbs.	19	15	12	10
81 - 100 lbs.	20	17	13	11
101 - 125 lbs.	22	19	14	12
126 - 150 lbs.	24	21	15	13
151 - 175 lbs.	26	23	16	14
176 - 200 lbs.	29	25	17	15
201 - 225 lbs.	32	27	18	16
226 - 250 lbs.	35	29	19	17
251 - 300 lbs.	38	32	20	18
301 - 350 lbs.	41	35	22	19
351 - 400 lbs.	41	35	22	19
> 400 lbs.	41	35	22	19

Legacy Smart Beds

A3 Bed				
Comfort Level	Firm		Soft	
Weight Range	Back & Stomach Sleeper	Side Sleeper	Back & Stomach Sleeper	Side Sleeper
< 80 lbs.	19	15	12	10
81 - 100 lbs.	20	17	13	11
101 - 125 lbs.	22	19	14	12
126 - 150 lbs.	24	21	15	13
151 - 175 lbs.	26	23	16	14
176 - 200 lbs.	29	25	17	15
201 - 225 lbs.	32	27	18	16
226 - 250 lbs.	35	29	19	17
251 - 300 lbs.	38	32	20	18
301 - 350 lbs.	41	35	22	19
351 - 400 lbs.	41	35	22	19
> 400 lbs.	41	35	22	19

A4 Bed				
Comfort Level	Firm		Soft	
Weight Range	Back & Stomach Sleeper	Side Sleeper	Back & Stomach Sleeper	Side Sleeper
< 80 lbs.	20	16	13	11
81 - 100 lbs.	21	18	14	12
101 - 125 lbs.	23	20	15	13
126 - 150 lbs.	25	22	16	14
151 - 175 lbs.	27	24	17	15
176 - 200 lbs.	30	26	18	16
201 - 225 lbs.	33	28	19	17
226 - 250 lbs.	36	30	20	18
251 - 300 lbs.	39	33	21	19
301 - 350 lbs.	42	36	23	20
351 - 400 lbs.	42	36	23	20
> 400 lbs.	42	36	23	20

A7 Bed				
Comfort Level	Firm		Soft	
Weight Range	Back & Stomach Sleeper	Side Sleeper	Back & Stomach Sleeper	Side Sleeper
< 80 lbs.	21	17	14	12
81 - 100 lbs.	22	19	15	13
101 - 125 lbs.	24	21	16	14
126 - 150 lbs.	26	23	17	15
151 - 175 lbs.	28	25	18	16
176 - 200 lbs.	31	27	19	17
201 - 225 lbs.	34	29	20	18
226 - 250 lbs.	37	31	21	19
251 - 300 lbs.	40	34	22	20
301 - 350 lbs.	43	37	24	21
351 - 400 lbs.	43	37	24	21
> 400 lbs.	43	37	24	21

H10 Bed

Comfort Level	Firm		Soft	
	Back & Stomach Sleeper	Side Sleeper	Back & Stomach Sleeper	Side Sleeper
Weight Range				
< 80 lbs.	23	19	16	14
81 - 100 lbs.	24	21	17	15
101 - 125 lbs.	26	23	18	16
126 - 150 lbs.	28	25	19	17
151 - 175 lbs.	30	27	20	18
176 - 200 lbs.	33	29	21	19
201 - 225 lbs.	36	31	22	20
226 - 250 lbs.	39	33	23	21
251 - 300 lbs.	42	36	24	22
301 - 350 lbs.	45	39	26	23
351 - 400 lbs.	45	39	26	23
> 400 lbs.	45	39	26	23

H12 Bed

Comfort Level	Firm		Soft	
	Back & Stomach Sleeper	Side Sleeper	Back & Stomach Sleeper	Side Sleeper
Weight Range				
< 80 lbs.	24	20	17	15
81 - 100 lbs.	25	22	18	16
101 - 125 lbs.	27	24	19	17
126 - 150 lbs.	29	26	20	18
151 - 175 lbs.	31	28	21	19
176 - 200 lbs.	34	30	22	20
201 - 225 lbs.	37	32	23	21
226 - 250 lbs.	40	34	24	22
251 - 300 lbs.	43	37	25	23
301 - 350 lbs.	46	40	27	24
351 - 400 lbs.	46	40	27	24
> 400 lbs.	46	40	27	24

REMOTE PRESSURE SCALE COMPARISON CHART

Personal Comfort®		Sleep Number®	
Number	Pressure (psi)	Number	Pressure (psi)
1-6	<0.13		
7	0.13	0	<0.16
8	0.15	5	0.16
9	0.19	10	0.18
10	0.19	15	0.20
11	0.21		
12	0.23	20	0.22
13	0.25	25	0.24
14	0.27	30	0.26
15	0.29	35	0.28
16	0.31	40	0.30
17	0.33	45	0.32
18	0.35	50	0.34
19	0.37	55	0.36
20	0.39	60	0.38
21	0.41	65	0.40
22	0.43	70	0.42
23	0.45	75	0.44
24	0.47	80	0.47
25	0.48		
26	0.50	85	0.50
27	0.52		
28	0.54		
29	0.56	90	0.55
30	0.58		
31	0.60	95	0.60
32	0.62		
33	0.64		
34	0.66	100 (MAX)	0.65
35 - 50 (MAX)	0.68 - 0.97		

CUSTOMER SERVICE

1-888-694-4088 Ext. 2

