



# THE ESSENTIAL COUCH.COM EBOOK

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# TABLE OF CONTENTS

*Click below to jump directly to a section*

|  |    |
|--|----|
| Introduction .....                             | 3  |
| Our Couch.com Mission Statement.....           | 4  |
| Couch Buying Guides & Shopping Strategies..... | 5  |
| Couch Maintenance & Revitalization.....        | 9  |
| DIY & Disposal Tips .....                      | 17 |
| Industry Insights.....                         | 22 |
| Health & Wellness.....                         | 25 |
| Couches 101 .....                              | 30 |
| Conclusion.....                                | 35 |



# INTRODUCTION

## Take a Seat!

Welcome to the Essential Couch.com eBook! Come on in, take a seat, and make yourself at home. This eBook is designed to be your couch compendium and companion as you navigate the ever-changing world of sofa shopping. Featuring a curated selection of high quality content from Couch.com, we'll explore the very basics of couch design, style, and construction. We'll also use our industry insights to help you develop powerful, budget-friendly shopping strategies. Because who doesn't love saving money?

Our helpful tips don't stop after you've committed to a new couch; our valuable guides also detail couch maintenance and revitalization techniques so that your sofa stays fresh, fluffy, and fabulous for years to come. Additionally, we offer fun DIY advice and a few tips for what to do when it comes time to dispose of your dear old couch. We even have some valuable health and wellness insights in case you're loving your sofa so much that you're having a hard time pulling yourself away from it. Our goal is to help you achieve a harmonious balance in your home, a harmony anchored by the centerpiece of every living space – the couch.

*CEO and Couch Connoisseur, Alex Back  
(not a professional surfer)*



## OUR COUCH.COM MISSION STATEMENT

I'm Alex, the founder and CEO of Couch.com. I've worked in every part of the furniture industry from the showroom to the warehouse and everything in between.

Our goal was to create a platform that helps people minimize the 1,000 variables like comfort, style, price, timing, and logistics so that we could transform couch shopping from a tedious chore into something super fun and easy! Kinda like what Richard Simmons did for exercise, minus all the, y'know, exercise.

What we're offering our readers:

- Amazing tools like Couch Finder Quizzes & 3D Room Planners
- Unrivaled access to stores & brands—online AND in your local area
- Awesome advice and shopping tips from our team of industry veterans who share all their confidential insider info

So sit back, get cozy, and welcome to [couch.com](http://couch.com)



# COUCH BUYING GUIDES & SHOPPING STRATEGIES



## Know Before You Buy: The Essential Details of Couch Shopping

### Are expensive sofas worth it?

- **Durability:** High-end sofas are often crafted with quality materials and superior craftsmanship, ensuring they last longer.
- **Comfort:** Expensive sofas frequently provide better comfort and support through premium cushioning and upholstery.
- **Aesthetics:** High-end sofas often feature elegant designs and luxurious fabrics, adding a touch of sophistication to your living space.

### What type of sofa is best for long lasting durability?

- **Frame Material:** Opt for a sofa with a sturdy frame made of hardwood like alderwood, oak or maple. Avoid sofas with frames made of particleboard or softwoods if you can.
- **Upholstery:** Durable fabrics like leather or microfiber are resistant to wear and stains, making them excellent choices for longevity.
- **Cushion Quality:** High-density foam or down-filled cushions tend to maintain their shape and comfort over time.
- **Construction:** Look for sofas that feature double-doweled joints and corner blocking, which indicate superior durability.

### What should you know before buying a couch?

- **Measure:** Always measure your space carefully. Ensure the sofa you choose fits comfortably without overcrowding the room.
- **Consider Your Lifestyle:** Think about your daily activities on the sofa. Do you have pets or children? Do you often entertain guests? Understanding your lifestyle will help you select the right sofa. **Determine A Style:** Sofas come in various styles, from modern and sleek to classic and traditional. Choose a style that complements your existing decor and your unique personality.
- **Set a Budget:** There are options for every budget, but it's essential to balance affordability with quality. Try not to overspend.

## How To Get The Best Deal At A Furniture Store Guaranteed

### Can you negotiate a couch price?

- **Yes! Generally...** Furniture is one of the few remaining retail markets that still bakes haggling into the cost of doing business. Sofas and sectionals take up a lot of space, and retailers like to keep inventory moving. This presents a golden negotiating opportunity. Note: oldschool retailers and mom and pop shops are a better bet than your modern, corporate style retailers.
- **If In Doubt, Ask!** Hoping for a deep discount on that deep oversized sectional? You can't go wrong by simply asking a salesperson or online rep if negotiation is possible. You'll likely have better luck at a brick and mortar store, but don't count out online negotiating. It can't hurt to ask and we've seen it work before countless times... especially when it comes to clearance merchandise that a retailer wants to move and for which the perceived value is a bit foggy.

### How do I get the best deal at a furniture store?

- **Chat Up the Sales Rep:** Engage in friendly banter with the salesperson. Express your interest and ask if there's any room for negotiation. They won't say no if the answer is yes.
- **Timing is Key:** Hit the store during off-peak times, like weekdays or slower sales seasons. They might be more willing to cut you a deal.
- **Know Your Worth:** Research similar couches and their prices. Armed with knowledge, you'll know when the price is fair or when it's time to play hardball.
- **Bundle Up:** Planning to buy multiple items? Ask if they can sweeten the deal with a discount for buying a package.
- **Point Out Imperfections:** If you spot minor flaws, like a small scratch, you can sometimes use that as leverage to negotiate a lower price.
- **The Walk-Away:** If they're not budging, be prepared to walk away. Sometimes, this spurs them to reconsider and offer a better deal.

# What Is The Best Time To Buy A New Couch?

## Should I wait to buy furniture on Black Friday?

- **The Real Deal:** The truth is that no other shopping holiday compares to Black Friday. And when it comes to furniture, that means you can score some of the absolute best prices of the year.
- **Early Birds & Night Owls:** Black Friday sales aren't limited to just one day. Many start early, with deals continuing through November.
- **Beware the Hype:** While Black Friday is known for jaw-dropping deals, some retailers might use this hype to unload older inventory or release slightly inferior versions of the same product. Stay sharp!

## What are the best times of year to buy a new couch?

First of all, these days you should really never buy furniture that doesn't have some sort of discount attached to it. Furniture retailers are nearly constantly on sale. Waiting a few extra weeks could yield hundreds of dollars in savings. Plus sales cycles are very predictable.

- **Back-to-School Buzz:** September brings the back-to-school rush. Stores might offer promotions to furnish college dorms and apartments. Plus Labor Day Sales offer big savings.
- **Year-End Splurge:** December isn't just for holiday cheer. Furniture stores often roll out year-end clearance sales to meet annual goals.
- **Holiday Highlights:** Memorial Day sales, Labor Day sales, and Veterans Day often see furniture stores throwing their doors wide open for sales and specials. And let's not forget Presidents Day sales—these can be sneaky good.
- **Tax Refund Frenzy:** Springtime, specifically late March and early April, aligns with tax refund season. It's like a bonus payday! Some furniture stores offer special promotions to catch that extra cash.
- **Black Friday:** We said it once, but we'll say it again. Black Friday is the king when it comes to ultimate furniture discounts. But if you miss out then try to take advantage of these other sales seasons.



# COUCH MAINTENANCE & REVITALIZATION



# From Furballs to Fabulous: Choosing The Ultimate Pet-Resistant Sofa

## What is a cat proof couch?

- **Fabric Fortitude:** A cat-proof couch is armed with fabrics that can take on the feline fray. Look for tightly woven materials like microfiber, canvas, or even synthetic blends that don't easily snag or show scratch marks.
- **Texture Tactician:** Opt for fabrics with textures that cats find less appealing for scratching. Nubby weaves and even leather can act as a barrier against their clawing instincts.
- **Stain Shield:** Cat-proof couches often come with stain-resistant treatments, to aid in unexpected spills and messes. This ensures your couch remains pristine even in the face of feline mishaps.

## What type of fabric does cat hair not stick to?

- **Sleek Leather:** Opt for smooth and tightly woven options. Leather, faux leather, and vinyl are like the cool cats of the fabric world, resisting clingy cat hair.
- **V for Velvet:** Surprisingly, velvet can be a real winner. Its plush yet dense surface doesn't encourage hair to stick around, making it easier to whisk away. Microfiber can be a budget alternative.

## Are there DIY ways to protect my couch from cats?

- **Sisal Sensation:** Wrap sisal rope around areas vulnerable to scratching. Cats love the texture, and it offers a scratching-worthy alternative.
- **Double-Sided Tape Trickery:** Cats despise sticky textures. Attach double-sided tape to the edges of your couch. When they attempt to scratch, they'll find it less appealing.
- **Essential Oil Evasion:** Cats often dislike citrus scents. Mix a few drops of citrus essential oil with water and lightly spritz your couch.
- **Aluminum Foil Defense:** Cats dislike the sound and texture of foil. Cover the arms or areas prone to scratching until they lose interest.

## You Spilled Something, But Is Your Couch Ruined?

### The 15 top tips for protecting your sofa:

1. **Use Sofa Covers or Slipcovers:** Slipcovers are an excellent way to safeguard your sofa. They're washable and easy to replace, providing a protective layer against spills, dirt, and pet hair.
2. **Apply Fabric Protector:** Fabric protectors are sprays that can help repel stains and spills from your sofa, making it easier to clean and maintain.
3. **Regular Vacuuming:** Regularly vacuum your sofa to remove dirt and dust. It prevents the accumulation of these particles, which can lead to stains and overall griminess.
4. **Use Throw Blankets:** Strategically placed throw blankets not only add style to your sofa but also protect it from dirt and spills.
5. **Avoid Eating on the Sofa:** Prevent potential spills and stains by avoiding eating or drinking on the sofa.
6. **Keep Pets Off the Furniture:** If possible, train your pets to stay off the sofa. Pet hair, dirt from paws, and potential accidents can all cause damage.
7. **Regular Spot Cleaning:** Address stains and spills immediately with spot cleaning. Use a mild cleaner suitable for the sofa's material and always follow the manufacturer's instructions. Bissell Upholstery Cleaner is a great option for home use. Or you can Google "couch cleaner machine" for some heavy duty tools.
8. **Professional Cleaning:** Schedule professional cleanings periodically. Professionals have specialized tools and products that can provide a deep clean without damaging your furniture.
9. **Use Armrest Covers:** Armrests often see a lot of use and can become dirty quickly. Using armrest covers can help protect these areas.
10. **Keep Sharp Objects Away:** Protect your sofa from cuts and scratches by keeping sharp objects, like scissors, knives, or pet claws, away from it.



11. **Rotate Cushions:** Regularly rotating and flipping the cushions can help ensure even wear, preventing any one area from becoming overly dirty or worn.
12. **Use Coasters:** Encourage the use of coasters for drinks to prevent condensation rings or potential spills on your sofa.
13. **Avoid Direct Sunlight:** Direct sunlight can fade and damage certain sofa materials. Keeping your sofa out of direct sunlight can help maintain its original color and texture.
14. **Enforce No Shoes Policy:** Encourage family members and guests to take off their shoes before sitting on the sofa to minimize dirt and grime.
15. **Install Anti-Scratch Guards:** If you have pets, install anti-scratch guards on your sofa. They deter pets from scratching, thus protecting the sofa material.

## How do you clean your new sofa?

- **The Power of Vacuuming:** Say goodbye to hidden crumbs and lurking dust bunnies! Grab your vacuum and start by using the upholstery attachment to thoroughly vacuum your sofa. This will remove loose dirt and debris, ensuring a fresher, cleaner surface.
- **Battling Stubborn Stains with Baking Soda Magic:** Oh no, did a glass of red wine or a rogue dollop of ketchup find its way onto your sofa? Fear not! Baking soda is here to save the day. Create a paste by mixing baking soda with water, then apply it directly to the stain. Let it work its magic for about 15 minutes, then gently blot it away with a clean cloth.
- **The Magic of Steam Cleaning:** Get ready to unleash the power of steam! Steam cleaning is a game-changer when it comes to deep cleaning your sofa. Rent a steam cleaner or hire a professional to do the job for you. The hot steam penetrates deep into the fabric, eliminating dirt, bacteria, and those mysterious smudges.
- **Nature's Miracle – Vinegar and Water:** Sometimes the simplest solutions are the most effective. Mix equal parts water and white vinegar in a spray bottle, then lightly mist your sofa. Gently scrub any stains or soiled areas, then let it air dry. The vinegar will help eliminate odors and break down dirt, leaving your sofa refreshed and rejuvenated.
- **Conquer Pet Hair With a Lint Roller:** If you have furry friends who love to snuggle on your sofa, you know the never-ending battle against pet hair. Enter the humble lint roller – your secret weapon against pesky fur. Roll it over your sofa cushions and fabric to effortlessly pick up pet hair and keep your space fur-free.

## Does Scotchguard really work on couches?

This is one of the most commonly asked questions by customers in the furniture industry. The simple answer is “yes, it absolutely does work!” But that being said, Scotchguard works by adding a layer of synthetic protection on the top of your sofa, which is administered via an aerosol spray. Many people would prefer not to have any chemicals or additives on top of their fabric. Most modern fabrics are also very stain resistant and cleanable without requiring Scotchguard. So while it does work, it's a bit outdated and unnecessary in today's world.





## Do couch covers protect fabric couches?

- **Protection from Stains and Spills:** Accidental spills or stains can ruin the appearance of your sofa. Couch covers repel these spills, making them easy to clean up.
- **Defense Against Wear and Tear:** Couch covers absorb much of the daily wear and tear that would otherwise impact your couch, thereby extending its lifespan.
- **Shield Against Dirt and Dust:** By covering the fabric, couch covers act as a shield against dirt, dust, and allergens, keeping your sofa clean and fresh.
- **Barrier for Pet Damage:** If you have pets, a couch cover can protect your sofa from pet hair, scratches, or accidents.

# From Flat To Fluffy: How To Refurbish Your Couch Cushions

## Can you fix a saggy couch?

- **Re-Stuff and Fluff:** If your cushions are removable, consider adding more stuffing. In many cases you can find foam or fiberfill inserts that fit right inside. You can also contact the manufacturer to see if they offer the ability to purchase new inserts.
- **Invest in Sag Savers:** Sag saver panels or couch cushion supports are like the superheroes of saggy couches. They slip under the cushions, providing extra oomph to stop that sinking sensation.
- **Add Support:** Place a piece of plywood or a sturdy board under the cushions. This firms up the seating surface, giving your couch a lift.

## What causes couch cushions to sag?

- **Overuse:** Sitting in the same spot over and over can lead to uneven wear and, eventually, saggy cushions. Often just changing where you sit or swapping around your cushions can make a big difference. When moving cushions, think of it like rotating the tires on your car.
- **Quality Matters:** Low-quality foam or stuffing may lose their oomph quicker, causing cushions to sag prematurely. Look for sofa cushions that have a high density foam core.
- **Gravity's Grudge:** Gravity, the ultimate couch enemy, can slowly compress cushion fillings over time, making them sag. Try checking out cushion covers that can provide an extra plump experience.

## What is the best product to restuff couch cushions with?

- **Foam Magic:** High-density foam is a go-to choice for restuffing couch cushions. It brings back that inviting plumpness and support, making your couch a cozy haven once more. You can buy foam core blocks from foam suppliers – they usually will sell

to the general public and can cut foam to almost any size and specification. Best thing to do is to bring them a cushion and let them copy it to the best of their ability!

- **Polyester Fiberfill Finesse:** Polyester fiberfill, also known as stuffing or batting, is another option to consider. It's soft, fluffy, and easy to work with. Just imagine your couch cushions regaining their embrace-worthy fluffiness. This is perfect for back cushions but not so much for seat cushions FYI.



- **Feathered Elegance:** If you're aiming for a luxurious touch, feather and down inserts can provide that cloud-like softness. Think of it as treating your cushions to a spa day with a touch of opulence. Procuring some down inserts is definitely expensive but can be done by calling or Googling around a little bit to see where you might be able to get your hands on some duck. Maybe visit your local pond! Kidding!
- **Measure for Marvels:** Before you embark on your cushion-restuffing escapade, measure the dimensions of your cushions accurately. This ensures you get the right amount of filling for a snug and comfy result. This is extremely important.
- **DIY Delights:** Restuffing couch cushions is a DIY project that promises both satisfaction and cozy results. With the right materials and a dash of creativity, you'll have your cushions looking and feeling fabulous.
- **Patience and Fluffiness:** Restuffing cushions requires a bit of patience and finesse. Take your time to evenly distribute the filling, ensuring your cushions are plump and inviting from all angles.

# DIY & DISPOSAL TIPS



# Sofa Liberation! How To Donate Or Dispose Of Your Sofa Sustainably

## Can you donate a sleeper sofa?

Donating a sleeper sofa to charity is a fantastic way to give back and help people in need. We've put together tips below on the best steps to take:

- **Seek out local charities:** Check out the likes of Goodwill, Salvation Army, or even Habitat for Humanity. They'll welcome your generosity with open arms! There are also plenty of specialty entities that provide charitable services to a particular group in need i.e. a womens' shelter or an LGBTQ center in your area!
- **Unleash your communication skills:** Reach out to charities via phone or email, and venture into the realm of furniture donation inquiries. Find out if they're fond of sleeper sofas and what their donation process entails. Sometimes mattresses can be a little iffy when it comes to donation.
- **Brush up on the charity's requirements:** Ask about their unique set of rules: the condition of the sofa, any necessary paperwork, or if they possess the magical power of pick-up services.

## What can you do with old sofa cushions?

- **Create a cozy haven:** Transform your old sofa cushions into a plush spot where you can unwind and relax. Use them to create a reading nook or a comfy meditation corner. Just imagine sinking into a pile of cushions, surrounded by tranquility!
- **Upgrade your pet's comfort:** Spoil your furry friend by repurposing those cushions into a luxurious pet bed. Also, your four-legged companion will appreciate the extra cushioning during their nap time. It's like a little slice of heaven for your pet!
- **Get crafty:** Unleash your creative side and repurpose the cushion filling for fun DIY projects. Use them to stuff handmade pillows or create unique stuffed animals. Who knows, you could become the next Picasso of cushion art!



## How To Get Rid Of Your Couch

### How do I get rid of a couch?

- **Assess the condition:** Before bidding farewell to that sofa, ask yourself if it's truly beyond salvation or if it can be donated or repurposed. If it's falling apart or has become a breeding ground for critters, it might be time to say goodbye.
- **Sell it:** Turn your couch into cash by listing it on online platforms or local classifieds. Someone might just be looking for a stylish new addition to their living room.
- **Donate it:** If your couch is still in good condition, consider reaching out to local charities or organizations that accept furniture donations. Doing so will not only help someone in need but also give your couch a chance at a new life.
- **Safely dismantle or cover it:** If you're handling the disposal yourself, disassemble the couch if possible to make it easier to transport. Alternatively, cover it with plastic wrap or blankets to protect it from dirt and damage during the moving process.
- **Hire a junk removal service:** If all else fails or you simply lack the time and energy, hiring a professional junk removal service can save you the hassle of dealing with couch removal yourself. They'll handle the heavy lifting and disposal for you.



# Frumpy To Fabulous: The Ultimate DIY Reupholstery Do's & Don'ts

## Can you reupholster a couch without sewing?

- **Stretch Slipcovers:** Stretchy slipcovers are designed to fit snugly over your couch, providing a tailored look without the need for sewing. They come in various colors and styles to suit your taste.
- **Fabric Wraps:** Another option is using fabric wraps or bands to cover specific parts of the couch, like the arms or backrest. These wraps can be secured with ties or adhesive strips.
- **Fabric Draping:** One approach is to drape and tuck fabric over the couch, securing it with fabric-friendly fasteners like pins, clips, or adhesive tape. This gives a loose, casual look and is perfect for a quick update.
- **No-Sew Options:** Looking for a more slapdash approach, you can try screwing, tacking or stapling your fabric to the frame of the sofa or around cushions. This isn't necessarily our recommended approach, but it might be suitable for certain situations!

## Can you reupholster a couch over existing fabric?

- **Yes, You Can, But...** : Reupholstering a couch over existing fabric is a viable option, though it's rarely the best choice. However, if you'd like to give it a shot, it can be a creative way to update the look of your couch without completely stripping it down.
- **Assess the Condition:** Before diving in, assess the condition of the existing fabric. Is it still in good shape? Is it clean and free of damage? If so, you might be able to build upon it.
- **Thicker Fabrics:** Thicker, textured fabrics can sometimes serve as a suitable base for reupholstering. They can help smoothen out imperfections and provide a solid foundation for the new fabric.
- **Tightening and Tucking:** Reupholstering over existing fabric often involves tightening and tucking the new fabric around the existing one. This can create a neat, layered effect and add extra padding.

- **Consult a Professional:** While reupholstering over existing fabric can be a DIY project, it's a good idea to consult a professional if you're unsure. They can offer guidance based on the condition of your couch.
- **Fabric Compatibility:** Choose the new fabric wisely. Opt for a fabric that complements the existing one in terms of texture, color, and pattern. This way, you're creating a harmonious blend of styles.



## Should I remove the old fabric before reupholstering?

- **Gauge Fabric Condition:** Before making a decision, gauge the condition of the old fabric. Is it damaged, stained, or worn out? If it's in poor shape, removal might be the way to go.
- **Clean Slate:** Stripping away the old fabric gives you a clean slate to work with. You can address any underlying issues, reshape padding, and ensure a fresh start for your couch.
- **Quality Matters:** If you're reupholstering a valuable or antique piece, removal might be the better option. This ensures that the new fabric is properly secured and aligned.
- **Layers of Charm:** On the other hand, leaving the old fabric intact can add layers of charm and cushioning to your couch. It can also help preserve the couch's original shape and padding.
- **Economical Option:** Reupholstering over the old fabric can be a cost-effective choice. It saves you from the labor-intensive process of removing every staple and piece of fabric.
- **The Pros Know:** Consider seeking professional advice based on your couch's specific condition. A skilled upholsterer can provide insights on whether removal is necessary.

# INDUSTRY INSIGHTS



# Couch Confidential: Navigating The Furniture World Like A Pro

## How often do people buy couches?

- **Couch buying frequency:** On average, people tend to hop on the couch-hunting bandwagon every 7-10 years (or 1 to 1.5 dog years).
- **Influential factors:** Wear and tear, changes in decor trends, moving to a new abode, and life circumstances – like expanding the family or becoming empty-nesters – can all spur sofa shopping sprees.
- **Trend Setter:** A taste for the finer things in life often motivates people to jazz up the living room more frequently. Staying on top of the design game can be a big motivating factor for buying a couch.

## How much money does the average American spend on a couch?

- **Budget realities:** On average, people tend to spend anywhere from \$500 to \$2,000 on a new couch. Remember, a balance between quality and price is key!
- **Luxury seekers:** If you're a connoisseur of comfort and have a taste for the finer things, the price tag might be a bit steeper. High-end couches can range from \$2000 to \$5000 or even more.
- **Value hunters:** On the other hand, those savvy shoppers with an eye for a good deal can find discount furniture options below the \$500 mark, especially if they target a killer sale.

## What type of furniture is cheapest?

- **Multifunctional Marvels:** Furniture that serves multiple purposes can offer great value for your hard-earned cash. Look for items like futons, sleeper sofas, or ottomans with hidden storage compartments. These pieces not only save space but also save you money!
- **Secondhand Steals:** Secondhand furniture stores, online marketplaces, and even garage sales can be treasure troves of budget-friendly finds.



# Couch Curious? The Furniture Biz Facts You Need To Know

## How many couches are sold each year?

- **Locally:** In the good ol' US of A, a staggering 15 million couches find new homes every year. That's enough seating to fill several football stadiums! To the TOP.
- **Worldwide:** Zoom out globally, and we're talking about enough sofas to cushion the entire planet's posterior—tens of millions of them, to be exact.

## How big is the online furniture market in the US?

- **It's Booming:** The online furniture market in the US is absolutely booming like never before. Shockingly, it commands a whopping 15% of the total furniture kingdom.
- **Billions with a 'B':** That translates to a staggering \$18 billion—a sum that could buy you a forest of chaise lounge sofas and still have change left over for an espresso machine shaped like a miniature couch (yes, we're happy to report that those do exist).

## What is the biggest furniture business in the world?

- **You CAN Pronounce It:** The undisputed heavyweight champ of the furniture retail world is IKEA. As a matter of fact, these Swedish savants have conquered over 40 countries with their budget-friendly yet stylish designs.
- **Domestic Contenders:** Sharing the stage with IKEA are the likes of Ashley Furniture Industries, La-Z-Boy, and Steelcase—giants that cast a long shadow in the world of furniture.

## What is the furniture capital of the US?

- **High Point, NC:** High Point, North Carolina, proudly sports the crown as the furniture capital of the United States. It has a rich history of furniture manufacturing and hosts a dizzying array of showrooms and industry events.

# HEALTH & WELLNESS



# The Ultimate Couch Guide For A Pain-Free Back!

## Is a firmer sofa better for your back?

- **Tailored back support:** Opting for a couch with a tailored back support system can be exceptionally beneficial for individuals dealing with back issues. This feature provides targeted comfort and helps alleviate strain on the spine.
- **Catering to specific needs:** Finding the perfect couch for individuals with back problems involves identifying their unique requirements. By choosing a sofa that offers adjustable lumbar support or customizable cushioning, you can tailor the seating experience to your specific needs.
- **Orthopedically designed:** Consider investing in a couch that is orthopedically designed to provide optimal back support. These sofas often incorporate features such as ergonomic curves, memory foam padding, and firmness adjustments, all aimed at promoting a healthy posture for the best back pain relief.
- **Professional advice:** Seeking professional guidance, such as consulting with a chiropractor or an interior designer experienced in back support, can greatly assist in selecting the right couch. Their expertise can help determine the ideal features and specifications to prioritize for your individual back needs.

## Are high back sofas better for your back?

- **Comfort and Support:** High back sofas provide excellent support for your neck, shoulders, and back, making them ideal for long hours of lounging or relaxation. Specific height and angle are also very important but, by and large, having somewhere to lean your head back against is a good thing.
- **Style and Elegance:** High back sofas often exude a sense of sophistication and timeless charm, adding a touch of elegance to any living space. This is a nice bonus, depending on your style.

## What is the most comfortable angle for a sofa back?

- **The “Goldilocks” angle:** Aim for an angle that is not too upright and not too reclined. A slight recline of about 100-110 degrees is often considered optimal, as it provides excellent support while allowing you to sink into the cushions. Sectional couches typically provide varied angle options.
- **Individual preference:** Keep in mind that everyone’s idea of comfort may vary. Experiment with different angles to find the one that feels best for you.
- **Cushion support:** High-quality cushions with proper lumbar support can enhance comfort, regardless of the angle you choose.
- **Consider the purpose:** If the sofa is primarily used for lounging and relaxation, a slightly more reclined angle may be desirable. For more formal settings or activities like reading or working, a slightly upright angle may be more suitable.

## Can a hard sofa cause back pain?

- **Lack of support:** Hard sofas often lack proper lumbar support, which can strain your lower back muscles and result in back pain from sleeping on the couch.
- **Poor posture:** Sitting on a hard surface can make it difficult to maintain good posture, leading to spinal misalignment and pain.
- **Pressure points:** A hard sofa can create pressure points on your body, causing discomfort and potentially leading to chronic pain.
- **Limited cushioning:** Soft sofas with sufficient cushioning help distribute weight evenly and alleviate stress on your back.

## Is a pillow back sofa better?

- **Ultimate Coziness:** The plushness of a pillow back sofa provides unparalleled comfort, allowing you to sink in and relax after a long day. Generously stuffed cushions will contour to your body for optimal support.
- **Easy Maintenance:** Cleaning is a breeze with pillow back sofas, as removable cushions can be easily laundered or spot-treated as needed vs tight-back sofas with built-in cushioning. Regular fluffing of the pillows helps maintain their shape and longevity.



## Can proper sitting position relieve back pain?

- **Sit like a boss:** Maintain a posture that says “I’ve got this” with your shoulders relaxed and your back aligned against the backrest of your chair or couch.
- **Lumbar support:** Put a pillow or a lumbar roll behind your lower back to show your spine some TLC and keep it in its natural curve.
- **Keep those feet grounded:** Make sure your feet are firmly planted on the ground or use a footrest to keep your knees at a cool 90-degree angle.
- **Cushion prowess:** Select cushions that offer the perfect blend of support and squishiness. Look for ones that shape-shift to fit your lower back’s every nook and cranny.
- **Weight distribution:** Beware the tyranny of imbalance! Distribute your weight evenly across your butt and thighs. We’ve all felt the dreaded “my cheek went numb” feeling when sitting in one position for too long.
- **Break time:** Take frequent breaks to stand, stretch, and strut your stuff. This gives muscles a breather and improves your circulation.

# Energize Your Fitness Journey: Couch To 5K!

## Does couch to 5k actually work?

- **Structured Plan:** The program provides a clear and structured couch to 5k schedule, outlining exactly when to walk, run, and rest. This takes the guesswork out of your workouts and keeps you motivated and accountable.
- **Designed for Beginners:** Specifically tailored for those new to running, Couch to 5k takes into consideration your current fitness level and gradually pushes you outside your comfort zone, helping you drop the remote and develop the strength and confidence to complete a 5k run.
- **Supportive Community:** Joining the Couch to 5k community offers you a wealth of support, encouragement, and tips from fellow participants on the same adventure.
- **Track Your Progress:** Use fitness tracking apps or wearable devices to monitor your progress, distance, and pace. This enables you to celebrate your achievements and see how far you've come.

## Is couch to 5k free?

- **Open Access:** The Couch to 5k program is widely available to the public without any membership fees or subscriptions. You can find it on numerous platforms and websites.
- **App Availability:** The official Couch to 5k app can be downloaded for free on both iOS and Android devices, offering a user-friendly and interactive experience.
- **Comprehensive Resources:** The program provides detailed guidelines, training plans, and audio cues to assist you in progressing from the small couch to the victorious 5k finish line.
- **Online Communities:** Engage with fellow Couch to 5k participants through online forums and social media groups, all accessible without any financial commitment.



# COUCHES 101



## A Guide To The Many Different Types Of Couches

### Couch

Let's start with the basics. A "couch" is the general term that encompasses all types, sizes, and configurations of cushioned, multi-person seating. A loveseat is still a couch. Even a big sectional is still considered a couch. But when most people imagine a default couch, it's a two-to-three cushioned piece with arms, a back, and legs. A standard couch is roughly 80" - 90" wide.

## Loveseat

A loveseat, as its name suggests, is designed for a snugglier, cozier seating arrangement that's ideal for two people. This is a narrow style of couch that's often paired with a larger couch in the same room. A loveseat is usually any couch that's between 48" and 72" wide.

## Sectional

Sectional couches are becoming the de facto star of the modern American living room. That's because they're large enough for the whole family and ideal for entertaining guests. Sectionals get their name from the fact that they are actually comprised of multiple sections or pieces (usually two or three), which are connected via brackets or clamps to create the illusion of one large couch. You'll often see them in an L-shape or a U-shape depending on their size and configuration.

## Modular Couch

Much like a sectional, a modular couch is made of multiple different pieces. However, unlike a sectional, a modular couch is designed to be rearranged on a whim. Pieces can be swapped around to allow you to create multiple configurations to match your multiple moods.

## Sleeper Sofa

Sleeper sofas are the space-saving saviors of the modern world. Couch by day, bed by night, these multi-tasking marvels allow you to endure (oops, we meant "entertain") houseguests even if you don't have a guest bedroom. Plus, modern sleepers are surprisingly comfy!

## The Best Fabrics To Consider For Your New Couch

### Leather vs. Fabric

- **Leather:** Leather sofas exude timeless appeal and durability. They tend to last for many years and are easy to clean, making them a solid choice for households with kids or pets.
- **Fabric:** Fabric sofas offer a vast array of textures, colors, and patterns. They create a warm and inviting ambiance. Some fabrics are treated for stain resistance, adding practicality to their virtues.

### What is the toughest material for couches?

- **Synthetic Fabrics:** Many appreciate high-quality synthetic fabrics, like microfiber or polyester, for their durability and stain-resistant properties. These fabrics are, by and large, very practical and very resilient.
- **Leather:** People widely recognize genuine leather for its tough nature and ability to withstand wear and tear.

### What is the softest material for a couch?

- **Velvet:** For those seeking the ultimate in comfort and luxury, velvet stands out. Its gentle texture and elegance make it a popular choice. Despite its reputation, it's also quite easy to keep clean.

### What color couch is best for stains?

- **Stain Camouflage:** Gray is a practical color choice as it's not only elegant, but it also conceals stains and dirt effectively. Gray is a perfect neutral tone that works in a wide variety of home decor styles.

## From Showroom to Living Room: How To Buy The Ideal Couch



### What size do couches come in?

- **Variety of Lengths:** Couches come in a range of sizes, with common options being around 72 to 96 inches in length. Larger models can stretch up to 120 inches or more, accommodating spacious living rooms and seating multiple people comfortably.
- **Width and Depth:** Couches also vary in terms of width and depth. While depth typically ranges from 30 to 40 inches, widths can vary significantly. Some couches are designed to be compact for smaller spaces, while others offer generous seating space.

### How much time does the average person spend on a couch?

The average person spends a surprising amount of time on a couch – around 4 hours per day, adding up to about 1460 hours annually. This cozy couch becomes a relaxation hub, doubling as a movie theatre, workspace, and socializing spot. Over a lifetime, this adds up to nearly 17 years! So, choosing a durable and comfortable couch isn't just about furniture; it's about optimizing a big chunk of your existence.

## What size couch fits through a door?

- **Consider the width:** Keep in mind that the width of the couch is a crucial factor. Measure the widest point, typically the armrests, to ensure a smooth entry. Pay close attention to a curved sofa or other odd shaped pieces.
- **Check the height and depth:** Don't forget to measure the height and depth of the couch as well. This can be especially important if you've chosen a taller or deeper style of sofa.
- **Removable parts:** Some couches come with detachable features such as legs, cushions, or arms. This convenient design can make squeezing through a door much easier.
- **Flexibility is key:** Sofas with flexible or foldable frames can be a game-changer. They can bend or flatten temporarily, making it simpler to navigate tight doorways. This is a big plus if you need multiple people to help with moving a couch. For example, many futon sofas are delivered in fairly flat boxes and there are many types of couches that are designed for delivery ease.

## What is the diagonal depth of a sofa?

- **Diagonal Depth:** Refers to the measurement from the back corner of the sofa to the front corner in a diagonal line. This is a critical measurement that helps determine a couch's ability to maneuver through doorways and homes with tighter entry points and turns.
- **Seating Depth:** This measurement helps determine how deep and spacious the seating area is, allowing you to find the ideal fit for your living space. This measurement is from the front of the seat cushion to the front of the back pillow.
- **Pros of Larger Diagonal Depth:** A sofa with a greater diagonal depth provides extra room to stretch out or curl up, ensuring a cozy experience.
- **Pros of Shallow Depth:** Sofas with a shallower diagonal depth are suitable for smaller rooms, offices, or if you prefer a more upright seating position. An easy assemble couch tends to boast a shallower diagonal depth.

## CONCLUSION

Thanks for joining us!

Thanks for joining our Couch.com community and taking the time to read our Essential Couch.com eBook! Like a good couch, we really appreciate your support. We hope you took away valuable insights about couch shopping, couch ownership, and caring for your couch. This is just a taste of our smorgasbord of couch content, so if you're still hungry for more you can find everything else you need on our full website, [couch.com](http://couch.com).

- The Couch.com Team