

# mattress care guide

## Ready to **lay down** some ground rules?

Your mattress works hard every night – here's how to give it the TLC it deserves so you can *rest easy*.

### Air Out A New Mattress

New mattress? Let it breathe.

**Unbox + Unwrap:** Remove all packaging and let the mattress air out in a well-ventilated room for 24–48 hours.

**Why It Matters:** This helps release any trapped odours and allows the materials to settle into shape.

### Adjustment Period

New mattress feel a bit unfamiliar? That's normal.

**Settle-In Time:** It can take 30–90 days for your body to adjust and for the mattress to fully contour to your sleep style.

**Tip:** Consistent use helps materials soften and adapt more quickly.

## Size & Fit

Mattresses can vary slightly in size due to manufacturing tolerances.

**Standard Allowance:** Expect up to  $\pm 2\text{cm}$  difference, this is normal and regulated.

**Fit Tip:** Use fitted sheets with stretch to accommodate slight variations.

## Mattress Types & Care Tips

### Pocket Sprung Mattress

Individually wrapped coils offer tailored support.



- **Care Tip:** Rotate regularly to prevent uneven compression.
- **Avoid:** Jumping or heavy impact, it can misalign the springs.

### Memory Foam Mattress

Contours to your body, but needs airflow.



- **Care Tip:** Use a breathable mattress protector and rotate monthly.
- **Avoid:** Direct sunlight or heat sources, they can degrade the foam.

### Orthopaedic Mattress

Designed for firm, targeted support.

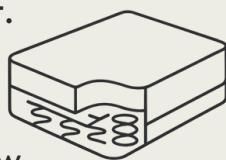


- **Care Tip:** Rotate every 3 months to maintain structure.

- **Firmness Note:** These often feel harder – ideal for spinal alignment, but may need a cushioned topper for comfort.

### Hybrid Mattress

Combines foam and springs for balanced comfort.



- **Care Tip:** Rotate every 2–3 months.

- **Boxed Hybrid:** Allow 48 hours to fully expand before use.

### Boxed Mattress

Compressed for delivery, but needs time to expand.

- **Care Tip:** Allow time for decompression as instructed.

- **Support Tip:** Use on a ventilated/slatted base to help layers breathe.

## Firmness Levels

**Soft Mattress | Care Tip:** Rotate monthly to prevent sagging.

**Extra Support:** Consider a firmer base or slats for better spinal alignment.

**Medium Mattress | Care Tip:** Rotate every 2–3 months.

**Balance Tip:** Ideal for combo sleepers, keep airflow high with a slatted base.

**Firm Mattress | Care Tip:** Rotate quarterly.

**Comfort Tip:** Add a plush topper if it feels too rigid.

## Slatted Bed Bases

Wood slats do more than hold your mattress, they help it breathe.

**Airflow:** Promotes ventilation, reducing moisture and mould risk.

**Support:** Evenly distributes weight, especially for foam and hybrid mattresses.

**Spacing Tip:** Slats should be no more than 7cm apart to prevent sagging.

## Flipping vs. Rotating

Not all mattresses are made to flip, but most benefit from a regular rotation.

**Dual-Sided:** Flip every 3–6 months to distribute wear evenly.

**Single-Sided:** Rotate 180° every 3 months to prevent dips and soft spots.

**Tip:** Always check the care label, some mattresses have zoned support layers that shouldn't be flipped.

## Use a Mattress Protector

A high-quality, breathable protector is your mattress's first line of defence.

**Why It Matters:** Shields against spills, sweat, allergens and dust mites.

**Care Tip:** Wash monthly to keep your sleep surface hygienic.

# Read on...

## Cleaning Your Mattress

Keep it fresh, hygienic and allergen-free.

**Weekly:** Vacuum the surface using a soft brush attachment to remove dust and skin cells.

**Spot Clean:** Dab stains with a mix of mild detergent and cold water - never soak.

**Deep Clean:** Sprinkle baking soda, leave for a few hours, then vacuum thoroughly.

**Avoid:** Steam cleaners, they can damage foam layers and trap moisture.

## Storage & Transport

If you ever need to move or store your mattress:

**Lay Flat:** Never store it on its side, it can warp the internal structure.

**Avoid Damp Spaces:** Garages and sheds can introduce mould and mildew.

**Cover It:** Use a breathable cover to protect from dust without trapping moisture.



## Sleep Hygiene Boosters

These aren't strictly care tips, but they enhance longevity and comfort:

**Loosen Bedding Weekly:** Helps air circulate and reduces trapped moisture.

**Open Windows Regularly:** Fresh air reduces odours and keeps the sleep environment fresh.

**No Breakfast in Bed:** Crumbs and spills shorten your mattress's lifespan.



# Ready for Rest

Now all that's left is to stretch out, sink in and let your mattress do the rest. **Sleep well, you've got the mattress care covered!**

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