

## MATTRESSES: CARE GUIDE

We spend an estimated third of our lives sleeping, so choosing your mattress is always a significant investment. Your mattress ensures that you enjoy restful sleep, which maintains your health and wellbeing. By taking good care of your mattress, this investment will provide many nights of quality sleep.

## **INITIAL STEPS:**

When your mattress is delivered, remove any packaging and allow the mattress to air for a minimum of four hours prior to use. This eradicates any aromas caused by packaging. Ensure sufficient access when installing your mattress. Ensure that there is no bending, twisting or folding of the mattress as this can cause damage to its interior.

## ROUTINE CARE & CLEANING:

- Continue to air your mattress regularly. For convenience, you can do this when you are changing your linens.
- Follow these simple steps: open windows in the room, vacuum your mattress to remove surface dust and leave the mattress to air for a few hours.
- Fit a mattress protector to protect your mattress from spillages and stains. Address any spills immediately to prevent moisture soakage. Mop any excess liquid with a clean cloth or paper towel. Clean stains with a clean cloth and a small amount of soapy water while making sure to not soak the mattress.
- Turn your mattress on a regular basis, except if it's turn-free. This ensures that filling materials do not settle over time. Regularly rotate turn-free mattresses for the same reason, rotate top and bottom once a month for three months, and thereafter every season.