

Caring for your new mattress

Consider your new mattress and foundation as “sleep equipment” that needs to be properly cared for in order to assure good hygiene and the best performance. It’s important to follow mattress care instructions from the mattress manufacturer since products vary greatly. But here are some general guidelines to follow:

- **Proper installation.** Make sure your new mattress and foundation are properly installed in your home. Improper installation can damage your new sleep set. If you choose to transport and install on your own, ask the store personnel to give you some tips to help you avoid problems.
- **Use a protective pad.** A good quality, washable mattress pad (and one for the foundation, too, if you like) is a must to keep your set fresh and free from stains.
- **Let it breathe.** If you detect a slight “new product” odor, leave the mattress and foundation uncovered and well-ventilated for a few hours. A breath of fresh air should do the trick!
- **Give it good support.** Be sure to use a sturdy, high-quality bed frame. If it’s a queen-size or king-size set, make sure your frame has the extra-strong center support that will prevent bowing or breakage.
- **Don’t dry clean.** The chemicals in dry cleaning agents or spot removers may be harmful to the fabric or underlying materials. Vacuuming is the only recommended cleaning method. But if you’re determined to tackle a stain, use mild soap with cold water and apply lightly. Don’t ever soak a mattress or foundation.
- **Don’t remove the tag.** Contrary to popular belief, it’s not illegal for you, the consumer, to remove the law tag, but the information on the label will serve as a means of identification should you have a warranty claim.
- **It’s not a trampoline.** Don’t let the kids jump on your sleep set. Their rough-housing could do damage to the interior construction, as well as to themselves.

- **No boards, please.** Never put a board between the mattress and foundation. It may enhance the sense of support for a while, but it will only make the problem worse over time. When any bed in your home has reached the “board stage,” get rid of it.

- **Out with the old.** Once you’ve treated yourself to a new sleep set, arrange to have your old bed removed and disposed of. Don’t give it to the kids, relatives, guests or neighbors. If it wasn’t good enough for you, it isn’t good enough for anyone else.

‘Body impressions’ are normal

Many of today’s quality mattresses use extra-plush foams and fibers to create comfort layers designed to cradle your body and relieve pressure. In the first few weeks, you will likely notice some body impressions on the surface. These impressions are normal in today’s best mattresses. They indicate that the comfort layers are conforming to your body, as they are supposed to do, and shouldn’t be considered a sign that something is wrong with your new mattress. Unless your mattress care instructions indicate otherwise, you may want to periodically rotate it to even out these impressions over time.

For more information on getting a better night’s sleep, visit the Better Sleep Council’s website www.bettersleep.org.



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