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Mattress maintenance plays an important role in extending the lifespan of your mattress, as well as ensuring you enjoy optimum comfort while sleeping.

Please take a moment to read this guide – it will help you to get a good night's sleep for as long as possible.

See our FAQs: dreams.co.uk

1 Getting used to your mattress

Chances are the springs and upholstery in your old mattress were not what they used to be, so your new mattress may seem a little strange at first. Please allow **up to 30 days** for your body to adjust to your new mattress and for the fillings to settle.

If you're using your mattress on a different base to the one you tried in store, it's worth bearing in mind that the level of final comfort and support could vary. We recommend that you don't use an old base with a new mattress, as this may provide a **reduced level** of support. This could result in premature mattress wear and invalidate the guarantee.

2 Moving

Your Dreams mattress may be heavy, so you'll need two people to handle it. Take care when lifting your mattress, so you don't injure yourself or damage your mattress. Get help and use the handles to move, turn and rotate the mattress, but remember the handles aren't designed for carrying the mattress any distance.

Your mattress may have compressed slightly during transit. This is normal and in due course it will return back to its natural state, within a tolerance of +/-2cm, which is industry standard.

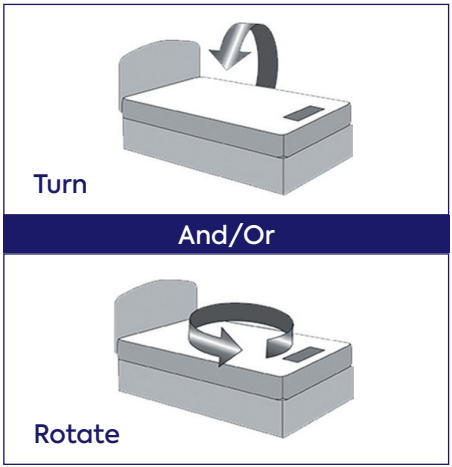
3 Ventilating

When you receive delivery of your mattress, carefully unwrap it and ensure the room is well ventilated for a few hours before you cover your mattress and sleep on it. Mattresses with natural or foam fillings may have a slight odour, which is completely harmless. If you regularly loosen your bedding to help air circulate, this odour should disappear after 14 days.

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4 Rotating

To make sure the fillings lay evenly, and minimise any impressions, we recommend the mattress should be rotated and/or turned (depending on the mattress type, refer to guidance on the mattress label) every week for the first 3 months, and every month after that. Get someone to help you and remember the handles on the side are great for sliding the mattress on its base but they're not designed for carrying the mattress.



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5 Body impressions

Most people tend to sleep in the same position on their mattress night after night. It is therefore natural for body impressions (sometimes referred to as settlement) to form in your mattress. The comfort fillings will settle in the area where you sleep, which can leave a ridge down the centre of the mattress. This can be more noticeable if you have a larger mattress, but it doesn't impact the comfort or support of the mattress. It's also more evident with pillow top mattresses, and regular rotating is essential to make sure the pressure is spread as evenly as possible across the mattress in the first few months that you're sleeping on it. The nature of the pillow top design means you should expect the mattress surface to have deeper body impressions as the mattress settles, but this won't affect your comfort.

6 Cleaning

Take care when you clean your mattress, only use a damp cloth with cool water and a mild detergent. Avoid over wetting the mattress or using a strong detergent as this could cause the fillings to deteriorate.

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7 Sleeping positions

If there's usually one person sleeping on a double, king or super king mattress, we recommend switching things up – sleep on each side of the mattress and in the middle regularly. This will help reduce the amount of settlement.

8 Protecting

Use a good quality mattress protector to help prolong the life of your mattress. This will minimise general wear and tear, guard against marks and stains, and help maintain the appearance of your new mattress.

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See our FAQs: dreams.co.uk

Visit our online guide for further information.

To keep your mattress in its best condition, we recommend you don't:

- Bend, roll or fold your mattress, as this can **seriously damage** the spring unit, fillings and affect the overall strength and durability of the mattress.
- Remove the mattress fire resistance labels or base labels as these **identify** your mattress for the guarantee.
- Jump/stand on your bed, as this can **damage** the mattress and the base.
- Sit on the edge of your mattress for long periods as this **damages** the edge support.

And remember:

- Your mattress has been specifically designed to support weight **evenly** across the entire surface during sleep.
- All Dreams Bed Factory packaging is **100% recyclable**. We will take away all packaging at point of delivery. If you do not want us to do this, please check with your local recycling centre on the best recycling method.

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Dreams

What Dreams are made of
Handmade in the UK

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