

# FURNITUREONE

## HELPFUL TIPS FOR BETTER, RESTFUL SLEEP

At Furniture One, we have a rigid selection process where we choose mattresses of excellent value and quality from some of the major bedding suppliers in Australia. It's true we don't make our own mattresses, but instead rely on the years & experience of our manufacturers to provide you with the comfort and quality you and your family deserve.

In the course of a lifetime you spend 26 years in bed. No other piece of furniture in your home is subject to more use than your mattress, which is why it's most important to ensure your new bed selection is the right one for you.

One of the most important functions of the human body is sleep. Take time to choose your next mattress carefully. Shop for value, not for price. You can always find cheap bedding, but cheap bedding does not always give you the best night's sleep. Buy the best that you can afford.

The fact is, not all beds are created equal, and as they may look alike it's what's inside that can differ enormously.

### Going to Sleep

**Go to bed when you're drowsy.** If you can't sleep, go to another room and read or listen to soft music. This should make you drowsy. Then go to bed again.

**Sleep on your side or your back.** If you can't sleep on your side, make sure you bend your knees slightly. Try to avoid bending your neck, and curling into a ball. This habit puts pressure on your spine and your

internal organs. People who sleep on the stomach twist their spine while they sleep, causing more strain on the body.

### Avoid caffeinated products after 3pm.

**Use a pillow that suits your build.** A pillow that contours and supports your head & neck will give you better spinal alignment because it keeps your spine parallel to the mattress. As you spend time selecting your mattress, you should also spend time selecting a new pillow. A new pillow will ensure a totally new sleeping support system for your body.

**Keep a regular schedule.** Try to go to sleep and wake up at the same time each day.

**Eat balanced meals at regular times.** Avoid fatty meals late at night.

**Drink warm milk before going to sleep.** Milk contains Tryptophan, a brain chemical associated with sleep.

**Ensure your bedroom is a relaxed environment.** Avoid going to sleep with loud music, or TV's in the bedroom.

## CHOOSING A MATTRESS

The right mattress makes a real difference to the way you wake up to greet the day. It helps with your general health, and will continue for many years to come.

Buying a new mattress can be very confusing. How do you know what is the right mattress for you and your family? How do you know whether you are buying quality and getting real value for money?

**COMFORT.** A mattress should be chosen primarily on its comfort. Time should be spent trying all the mattresses in the store, reducing your selection to 2-3 models. A mattress will not be able to be replaced or exchanged because of an incorrect choice, so ensure you spend at least 5-10 minutes on your final selection.

It's always recommended that the person(s) who intend to sleep on the mattress they are purchasing make the effort to lie down together, where applicable, to ensure they are happy with the level of comfort the mattress is providing.

**SUPPORT.** Correct support is the essential ingredient for a healthy body. There are different spring systems that support the body differently. A good mattress will gently support your body at all points and keep your spine in the same shape as a person with good standing posture.

**DURABILITY.** It's the quality of the materials used and how they are put together that determines how long a mattress and base will provide comfort and support. The best assurance of a good performance over many years is to buy the highest quality, of a reliable manufacturer, that you can afford.

If it is time to replace your mattress, you should consider replacing your foundation (ensemble base) as well. Your new mattress will last longer as the old foundation may not be adequately designed to correctly support your mattress. You may even lose your warranty on your new mattress if the base is not giving your mattress the correct support.

Today's mattresses are thicker than the one that you may have at home. Some of the new mattresses do require a deep walled sheet set, which you will be able to source at your local Furniture One store, or your local Manchester supplier.

If the height is an issue we may be able to adjust your existing bed to allow for the new mattress. We can also offer an alternative size caster

for your ensemble base to either increase or decrease the height. A mattress should be chosen based on the comfort that suits you best, not the size of the sheets you already have.

## Standard Mattress Sizes

SIZE	IMPERIAL	METRIC
Two foot six	2'6" x 6'2"	77 x 188
Single	3'0" x 6'2"	92 x 188
Long Single	3'0" x 6'8"	92 x 188
Three Quarter	3'6" x 6'2"	107 x 188
King Single	3'6" x 6'8"	107 x 204
Caravan	4'0" x 6'2"	122 x 188
Double	4'6" x 6'2"	138 x 188
Queen	5'0" x 6'8"	153 x 204
King	6'0" x 6'8"	183 x 204

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## WHAT TO EXPECT FROM YOUR NEW MATTRESS

**Be patient.** Your new mattress is probably firmer or softer than your old one, and it can take up to 30 days for your body to adjust to the feel & support of a new mattress.

**What are body impressions?** Body impressions are often described as a 'dip' or 'depression' in the mattress where the main weight of the body has been lying, or alternatively in the middle of the mattress. The wider the mattress, the more likely a 'ridge' will form in the middle of the bed.

**How do mattresses work?** The major constituents of comfort layers may include foam, fibre, wool, latex and Viscoflex, which are optimised to conform to your body. Consequently, when you lie down on your mattress, a balance is created where the springs and comfort layers are pushed down by your body – responding by supporting you in a comfortable manner. After you get out of bed the comfort layers compressed during sleep will slowly recover.

All comfort layers will lose a certain percentage of their original height and firmness in the first 3 months of use. As a general rule, the plushest/softest mattresses will lose the greatest amount. After this time, the comfort layers stabilize and no further height loss will be experienced.

It's similar to wearing a new pair of shoes; you're wearing in your mattress for greater comfort.

As most couples are comfortable sleeping facing out in a slight fetal position this brings your hips, which bears most of the weight, approximately 15-20cm apart, so the body impression is most noticeable in this middle area of the sleeping surface.

So that the comfort layers conform to your body evenly we recommend that the mattress be turned every two weeks in the 1st 3 months, then every month thereafter.

How do you know if the body impressions are normal?

In general, the depth of the impression is between 25-30mm, which is considered normal (replacement of the comfort layers or mattress will result in similar body impressions). Note that these values may vary for plush/soft mattresses due to the thickness of the comfort layers.

In general the more plush the mattress, the more noticeable the body impression will be. You will receive body impressions in any mattress you choose.

Are there any additional factors that may contribute to body impressions or the feeling of rolling into the centre of the bed?

Yes. If a slat base is old and in poor condition, it may not be supporting the mattress correctly.

If you have given yourself time to adjust to your new mattress and have followed the care instructions, then you may need to review your comfort layer choice. It's always recommended that the person(s) who intend to sleep on the mattress they are purchasing, make the effort to lie down together, where applicable, to ensure they are happy with the level of comfort the mattress is providing. No manufacturer will be responsible for poor choices made by customers at the time of sale.

## MATTRESS CARE

**Keep your mattress clean.** It is advisable to use a quality, washable mattress protector. On a regular basis, vacuuming your mattress will assist keeping your mattress clean and fresh. Caution should be used when using dry cleaning chemicals as this may cause damage to some of the construction and comfort materials.

You should protect your pillows and mattress from water and body fluids. A waterproof cover or absorbent protector is advisable as one person can sweat up to 1 litre of fluid each night. **Sweat or water stains on your mattress will void any warranty.** Your mattress must be kept clean in a sanitized condition.

Handles, where fitted, are for positioning the mattress and not for lifting or carrying. **Do not use the handles to turn your mattress.** Torn handles are not covered under any warranty.

**Do not fold or bend your mattress.** It will damage your mattress and will not be covered under any warranty.

**Do not allow anyone to jump on your mattress.** Abuse will not be covered by your warranty.

**Do not sit on the sides of your mattress.** Even if your mattress has edge border supports, they are designed to give you a larger sleeping surface. They are not designed for sitting on. It will damage your mattress and will not be covered under any warranty.

If your new mattress is going on top of a **bed frame with exposed timber slats**, it is recommended that some form of protector be used as to avoid staining or splintering on your new mattress. Staining or splinters will void any warranty.

To help **minimize body impressions**, rotate your new mattress from head to toe every two weeks for the 1st 3 months, then every 3 months thereafter. Double sided mattress should be flipped and turned head to toe at the same time every two weeks for the 1st 3 months, then every 3 months thereafter. Your mattress will develop body impressions within the 1st 3 months of use. This is a normal occurrence. (For further information see body impression section).

**Ensure correct foundation support.** Your mattress will follow the foundation that it's on, so ensure that the slats or ensemble base is correctly supporting the mattress. Tighten casters on ensemble bases after the 1st month of installation.

## Questions & Answers

**My existing mattress has no body impressions and that's more than 10 years old.** Mattress have developed over time and are now built with many comfort layers of materials that were not evident many years ago, and as a result mattress today are thicker and plusher than your existing mattress.

### **When my partner lay's on the mattress, we roll together?**

Check the foundation that supports the mattress. Make sure that all supports are correctly fitted. You may need an addition centre support rail in your timber slatted bed.

**When I move in bed, I can hear a squeaking noise.** Check that all casters are firmly tightened.

If you have any further concerns, please feel free to contact our store for further assistance.