

The Do's & Don'ts of Mattress Care

Tips from The Better Sleep Council

- **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 strong center support and leg that will prevent bowing or breakage.
- **Don't remove the tag.** Contrary to popular belief, it's not illegal for you to remove the law tag, but the information on the label will serve as a means of identification should you have a warranty claim.
- **Don't dry clean.** The chemicals in dry cleaning agents/spot removers may be harmful to the fabric or underlying materials. Vacuuming is the only recommended cleaning method for most mattresses. 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.
- **Turn regularly.** When new, some types of mattresses should be turned and rotated every few weeks to help smooth out contours. After a few months, turn and rotate periodically to help equalize the wear and tear that normally occurs. Occasionally rotating the foundation from end to end is probably a good idea, too. Not all mattresses need this type of care, however, so check with the store to find out what is best for your particular mattress.
- **Don't bend or fold.** Unless a mattress is made entirely of soft material, such as foam, or is specially built to be folded, it probably has a rigid border wire inside that isn't meant to be bent.
- **Don't mishandle.** If your mattress has handles, don't use them to support the full weight of the mattress. They may pull out and damage the fabric. Typically, handles are designed to help you position the mattress over the foundation.
- **It's not a trampoline.** Don't let the kids jump on your sleep set. Their roughhousing could do damage to the interior construction, as well as to themselves!
- **Keep fire away.** You can improve bedroom safety by keeping ignition sources away from your sleep set and making sure your children don't play with fire. Be responsible when using candles, matches, lighters, cigarettes. You can prevent bedroom fires.
- **No boards, please.** Never put a board between the mattress and foundation. It may enhance the feeling of support for a while, but it will only make the problem worse over time. When any bed in your home reaches the "board stage," get rid of it.
- **Out with the old.** Now that you've treated yourself to a new sleep set, arrange to have your old set 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. Throw it out!



For information on getting a good night's sleep, visit www.bettersleep.org.