

The number one secret to a long-lasting mattress?

Turn and rotate it regularly.
(OK, it's not much of a secret.)

Take a look at the label on your hand-crafted Next mattress.

TURN

If it says TURN, we recommend that you turn and rotate your mattress once a week for the first three months and once a month after that.

NO
TURN

If it says NO TURN, we recommend that you rotate your mattress every month for the first three months and once every three months after that.

Is it absolutely perfect?

Give your mattress a thorough once-over as soon as it's delivered. If you're not absolutely smitten after 2 weeks use, just give us a call on **0300 777 8999**.

We'll be happy to help.

Things that are better after a
good night's sleep:

Work

You

Pretty much everything

So look after your mattress
and it will look after you.

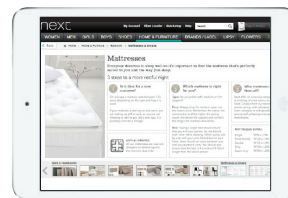
Remember:

Turn

Rotate

Protect

'to see how your mattress was made and
how to care for it check out the videos here'



<http://www.next.co.uk/inspire/making-our-mattresses/>

next
HOME

They say
we spend
a third of
our lives in
bed.

So it's worth taking a few minutes
to learn how to keep your mattress
as comfy as possible.

next plc, Desford Road, Enderby, Leicester, LE19 4AT

How to welcome your Next mattress into your home

Let it breathe

Once you've unwrapped your mattress, leave it uncovered in a well-ventilated room for two hours. That way, any odour or condensation can float away.

Set it free

If you've purchased a pillow-top mattress (excellent choice), the corners may be clipped down to prevent damage in transit. Just give the clips a careful snip.

If your new bed is a drawer divan (another great choice), remove the fabric ties that secure the drawers before using them.

Give it time to grow

Your mattress needs to get used to its surroundings. It'll take one or two weeks to reach its full height and comfort.

Give it some time

It is normal to go through an adjustment period with your new mattress. You should allow up to 4 weeks for your body to adjust to a new level of comfort and support. Your initial discomfort will settle and you'll be sleeping wonderfully in no time at all.

Give it a suitable base

Divan bases provide excellent support for your mattress. However, if you prefer a bedstead we recommend the slats are no further apart than 7cm to ensure minimum support.

Let it stand on its own feet

Divan bases come with castors, glides or legs which need to be fitted before use. You'll find the assembly instructions in a bag underneath the divan. If you are using a bedstead as the month's roll by, it's worth giving them a little tighten every now and then.

Keeping your mattress happy

Keep it clean

Use your vacuum's upholstery attachment on a low setting to keep your mattress surface fresh. A soft brush will also do the trick. Refer to the labels on the mattress and pillow covers for further dry cleaning and washing instructions.

Deal with spillages quickly

Blot them with a clean, dry cloth and take care of any stains with a dry foam cleaner.

Keep it horizontal

Folding your mattress can damage the foam or spring unit and disturb or pull out tufts.

Get yourself a mattress cover...

For your hygiene and the health of your mattress. Make it washable. Trust us on that one.

...but avoid plastic sheet protectors

Whether they're on or under a mattress, these things prevent air circulation and can cause condensation or even mould.

Don't harm with heat

Memory foam is wonderful because it reacts to your body heat and softens with warmth. Electric blankets confuse this process. Steer clear of them.

Remember: it's not a sofa

We know it's tempting, but sitting on the edge of your bed can damage the mattress edges. This leads to saggy mattress syndrome. And no-one wants that.

And finally...

Attention kids and grown-ups: trampolines are found in gardens and sports halls. This means your bed is not a trampoline. Bouncing on it will cause irreparable damage to the covers and the mattress filling. Sorry!

A little bit more info about your mattress

Handcrafted in the UK, our mattresses are made from various natural and manmade fillings such as wool, lambswool, cashmere, silk cotton and polyester.

These materials have a couple of things in common:

1. They're perfect for helping you drift off into a blissful sleep.
2. You may notice some small indentations on the mattress surface, particularly in the area where you usually bed down. This is perfectly normal and won't affect how you catch your *zzzzzzzzzzs*.

Mattress Dimensions

Single W 90cm L 190cm	W 3ft L 6ft 3ins
Small Double W 120cm L 190cm	W 4ft L 6ft 3ins
Double W135cm L 190cm	W 4ft 6ins L 6ft 3ins
King Size W 150cm L 200cm	W 5ft L 6ft 6ins
Super King Size W 180cm L 200cm	W 6ft L 6ft 6ins

Mattresses may vary in size by one or two centimetres. This is normal and isn't considered a fault.

During storage and transit, the springs sometimes nestle into each other for a cosy spoon. This can temporarily reduce the mattresses width and length. Don't worry. The natural dimensions will be regained after two or three months of use.