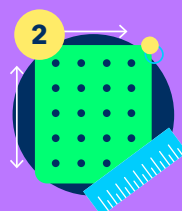


MAY BE TIME
FOR A NEW
MATTRESS
BEDADVICE.CO.UK

8 SIGNS TO LOOK OUT FOR



You wake up unrefreshed and aching



You don't have enough space to sleep comfortably



You've had your mattress for more than seven - ten years



You've had a better night's sleep in a different bed



It sags - you and your partner roll towards each other in the night



It makes suspicious noises in the night



You'd be embarrassed if your neighbours saw it without its covers



The base has dips or is lumpy - the legs or castors are loose, worn or wobbly

For hygiene and health, it MAY be time to replace your mattress!



FOR MORE INFORMATION
bedadvice.co.uk

