



TOP TIPS BEFORE BUYING YOUR NEW BED

Getting a good, refreshing night's sleep on a comfortable, supportive bed means you'll look, feel, perform and concentrate **BETTER**.

TIP 1



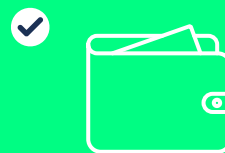
Do your research, in-store or online - look at reviews and ask friends and family for recommendations

TIP 2



If buying in store - try before you buy, if buying online - look for free comfort trials

TIP 3



We spend a third of our life asleep - spend as much as you can afford and invest in your bed as you would in other home products

TIP 4



Bigger is better - more space = less disturbance = better sleep

TIP 5



Perfect partners - ensure mattress and base are the same size and compatible

TIP 6



Safe, clean, honest - look for the NBF-approved tick for peace of mind



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bedadvice.co.uk



Buy an NBF-approved brand