



HOW TO CARE FOR YOUR NEW BED

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

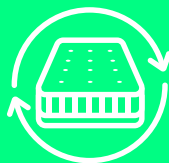
Once you've found the right bed, it's important to take care of it to prolong its lifespan

TIP 1



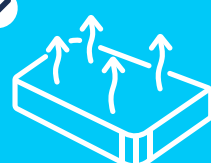
Don't bend or roll your new mattress if it was delivered flat

TIP 2



Rotate your mattress regularly and flip it over unless it's single-sided

TIP 3



Air your new mattress before use and on a regular basis

TIP 4



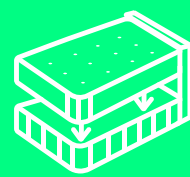
Use a mattress protector to keep it clean and prolong its life

TIP 5



Gently vacuum the top of the mattress from time to time

TIP 6



Ensure your bed base properly supports your mattress



TOP TIP impressions are a sign that your mattress is conforming to the shape of your body



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Buy an NBF-approved brand