



# MATTRESSGUIDE

Like other vital functions of life (breathing, digestion), sleep is also considered one of the most necessary function a body should perform. Person's physical and emotional well being depends largely upon the proper amount of rest he/she takes. The recommended sleep time is 6-8 hrs and anything less than that can alter your ability to perform even simplest of task. Other sleep deprivation affects include irritability, loss of concentration, upsets the digestive system, mood swings, erratic behavior and hallucinations in severe cases. The research is going on in examining the effects of sleep deprivation on immune system. During sleep body rejuvenates and prepares itself for a physical and mental stress. So it's rightfully said "Early to bed and early to rise makes a man healthy, wealthy and wise".







## How to select a mattress?

A good mattress provides the right combination of "support" and "comfort". Correct support is an essential ingredient for a healthy body. A good mattress will gently support your body at all points and keep your spine in the same shape as a person with good standing posture. When trying mattresses, pay special attention to your shoulders, hips and lower back, the heaviest parts of your body. On the other hand, the comfort factor in a mattress is equally important. A mattress which doesn't provide the user with a sense of supreme relaxation is not the best designed mattress.

## What is a best mattress to buy?

The answer is a matter of individual taste. What's best for me may not be best for you. When it comes to mattresses, there is no one-size-fits-all. After all, we're all built differently and have different comfort and support preferences, so why would the same mattress be "best" for all of us?

To determine the mattress that's best for you, we recommend using the process of elimination to weed out the ones you don't like. Go to a retailer and use the "rest test" to narrow down your choices. As you lie down on the mattresses, pay attention to three of the mattress's most important features: comfort, support and space. The mattress that best fulfills the combination of these needs is the "best" mattress for you. If you sleep with a partner, bring that person with you to test out the mattresses. After all, you will need to reconcile what you like best with what your partner likes best.

## What is the best way to try a mattress?

- The best way to try a mattress is to take the "SLEEP Test"
- Select a mattress
- Lie down in your sleep position
- Evaluate the level of comfort and support
- Educate yourself about each selection
- Partners should try each mattress together
- Don't be embarrassed. You don't think twice about test driving a car, and you shouldn't think twice about "SLEEP TESTING" a mattress. Lie down on the mattress for several minutes and assess how well it provides support and how comfortable it is for you. The only way to tell if a mattress is right for you is to lie down on it.



## Advantages of Spring Mattresses

- Spring Mattresses out performs all other types of bedding from stand points of Support Comfort and Durability
  - The gentle up thrust of Spring mattresses lets body relax completely
  - No bottoming out, hence good spinal support for better ergonomics
  - Readily adjusts to any body contours and movement
  - 70% of developed world sleeps on spring mattresses. Indian Population is fastly adopting this transition to Spring Mattresses
  - Spring mattresses provide free air circulation throughout.  
Hence no heat builds up and the air passing continuously refreshes the mattress
  - The core of the mattress is formed by a high coil count innerspring unit to provide ideal support
- Spring mattresses are the most preferred sleeping surface in the world and this makes it an evolving product for India

## Advantages of Coir Mattresses

A coir mattress is typically made similarly to other synthetic core mattresses.  
Coir mattresses will usually have layers of coir fibers finished with quilting or cloth cover on both sides.

- Coir fiber is heat and moisture resistant.
- It has good ventilation.
- Coir is moth proof and flame retardant,
- It is an excellent insulator.





## Advantages of PU Foam Mattresses

Polyurethane foam is a common component of mattresses. Even very high end mattresses make use of this material to provide a comfortable and supportive sleeping surface. Most people sleep on a mattress which contains at least a little bit of polyurethane.

- Mattresses perform better based on three factors: durability, comfort, and support. A mattress which contains polyurethane foam can provide a comfortable surface with all three of these properties.
- Foam offers the benefits of being noiseless, dustless, and resisting crumbling and matting. Polyurethane foam does not aggravate the majority of allergies and lacks a residual odor.
- It also has an open cell structure that lets the material breathe and reduces the chance of mold and mildew infestation.
- Mattress made out of memory foam which is also known as visco elastic foam gives you a sinking feeling once you are on the mattress and a delayed impression is formed after moving out of it. Memory foam consists of millions of cells filled with air which acts as a suspension for the body weight and decompresses under pressure.

## What goes inside a good mattress?

A mattress comprises of the following 3 main components:

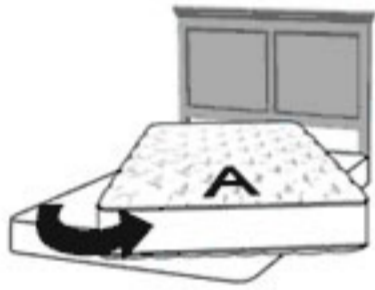
- A sturdy and stable core (can be made of high density rubberised coir/polyurethane foam/bonnell or pocketed springs)
- A comfortable padding (generally comprising of a soft polyurethane foam or memory foam layer)
- An appealing and hygienic outer cover



## Mattresses Care

How and why do I rotate my bedding? How do I avoid body impressions in my mattress? How do I maintain consistent comfort feel throughout the life of my bedding?

We recommend that you rotate your mattress on a regular basis to refresh its comfort. Mattresses contain many layers of upholstery padding to increase their comfort life and support performance. Body indentations can be a normal occurrence in new mattresses, and indicate that the upholstery layers are conforming to a person's individual body contours. To help minimize body impressions, mattresses should be turned occasionally throughout their life. For convenience, we have illustrated below the best method.



1. Rotate mattress counter-clockwise a half turn.



2. Realign mattress with foundation.

## Cleaning Your Mattress

How do I clean my mattress?

Baking soda is a simple way to spot clean your mattress. Simply apply baking soda to spoiled area and let it sit for about 15 minutes. Vacuum and repeat as needed. It's also a good idea to air the mattress as much as possible. Never use dry cleaning fluid or any liquid cleaning solutions foundation as it may damage some of the materials and void your warranty.

