



## MATTRESS USE, CARE, & EXPECTATIONS

CONGRATULATIONS!! You've made an incredible investment in your health by selecting a new THERAPEDIC® mattress. Here are some guidelines to protect and prolong the life of your sleep set, as well as what to expect.

### FLIP IT AND ROTATE IT

**FIRST 3 MONTHS:** Flip your mattress over (if two-sided), and rotate head to foot, once a month during the first 3 months you own your new sleep set. This will minimize the initial settling of the comfort layers.

**AFTER THE FIRST 3 MONTHS:** Flip your mattress over (if two-sided), and rotate head to foot, every 3 months or more often, if necessary. If it feels like it's time to flip it, it's time to flip it.

By properly flipping and rotating your mattress, you utilize the entire sleep surface of your mattress and allow the comfort layers time to recover. This will extend the life of your mattress and help to minimize normal body impressions. **Failure to do so will void your mattress warranty.**

### PROTECT IT

Stains and spills can impact the structural integrity of the mattress fabric and comfort foams. A water resistant mattress pad/protector will help to protect your mattress from allergens and dust mites, and keep it free of stains. **Failure to do so will void your mattress warranty.**

### SUPPORT IT

Improper support will cause the coil system and support layers to bend unnaturally and fail prematurely. Choose a matching foundation/box spring, as well as a bed frame with a center support or a headboard/footboard/rail system with at least 5 slats. **Failure to do so will void your mattress warranty.**

### KEEP IT

That law tag is important! No, it is not illegal to remove it once you have it home, but the information on the label provides a means of identifying the manufacturer and warranty information should you have a claim. Leave it attached, or remove it and keep it in a safe place. **Failure to do so will void your mattress warranty.**

### CLIP IT

Loose and hanging threads on a new mattress are a normal byproduct of the manufacturing process. If you see them, carefully clip them with scissors or nail clippers. **DO NOT PULL THEM**, or they'll run like pantyhose, and that isn't covered by your warranty.

### EXPECT IT

Yes, you will likely see an impression! That means your mattress is conforming to your body contours to help relieve pressure points while you sleep, just as it is designed to do. We call that your *body signature*. To quote the Better Sleep Council, "These impressions are normal...and shouldn't be considered a sign that something is wrong with your new mattress."

### REPLACE IT

Your new sleep set will eventually wear out, or no longer provide the support or comfort you may need (kind of like a pair of shoes). It may show wear or it may not. If you're waking up achy, or not sleeping as comfortably as you like, it's time to replace it. It's important to understand that the warranty coverage does not mean that's how long your mattress will last. When it's time to replace, see your Therapedic® dealer!

