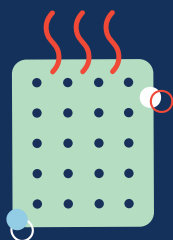


# Caring for your new bed



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



Air your new mattress  
before use and on a  
regular basis



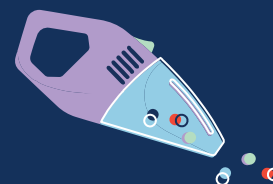
Rotate your mattress  
head to toe regularly  
and flip it over unless  
it's single sided



Give it time (around  
30 nights) to get used  
to your new mattress



Body impressions or  
settlement forming in  
the first few weeks is  
perfectly normal



Gently vacuum the  
top of the mattress  
from time to time

For more information visit

[bedadvice.co.uk](https://bedadvice.co.uk)

Look for the NBF-approved logo

