

# Buying a new bed



## Important points to remember

### Check your sizes

When buying a new mattress for a bedstead, ensure that the dimensions of both are compatible

### Bigger is better

With a larger bed you are less likely to disturb one another, one of the most common sleeping complaints

### Does your old base need replacing?

An old one is likely to reduce the useful life of a new mattress as well as the support and comfort it can offer. It could also invalidate manufacturers' warranties or guarantees

### Safety and standards

The UK has strict flammability and product safety laws. For peace of mind, look for the 'made by an Approved NBF member' tick

### Smells like new

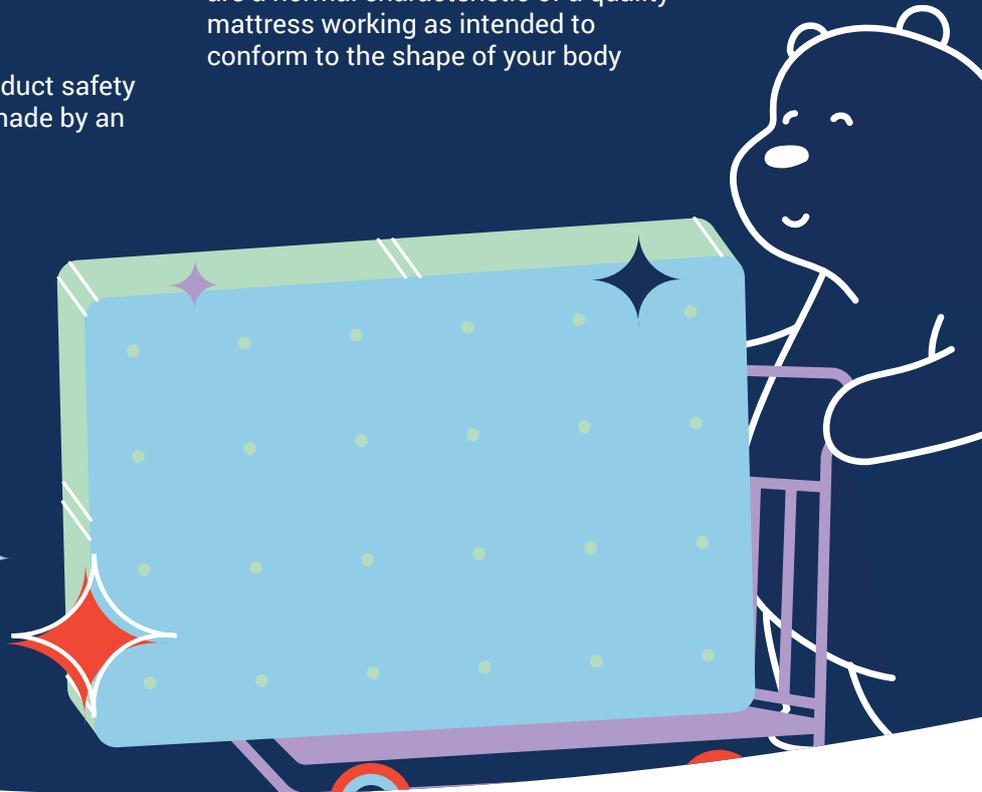
Like a new carpet, a new bed may initially have a "new" smell about it. This is harmless and will disperse if well aired

### Give it time (around 30 nights)

Your body will take a while to adjust to sleeping on a new sleep surface, so don't worry if your new bed doesn't immediately meet your expectations. Give it a little time - up to 30 nights

### Body-shaped impressions

Sometimes referred to as settlement, these are a normal characteristic of a quality mattress working as intended to conform to the shape of your body



For more information visit

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

Look for the NBF-approved logo

