



The Little Guide to Great Sleep



Handy tips and instructions
on caring for your new
Makin Mattresses mattress

Congratulations on the purchase of your Makin Mattresses mattress



As the mattress manufacturer we have built your mattress to last longer. To ensure your new mattress will still be comfortable for many years to come, here are a few important care instructions.

Whether you have purchased an innerspring, pocket spring or a latex support unit mattress, a regular rotate and flip of the mattress will ensure even surface wear and longer lasting comfort.

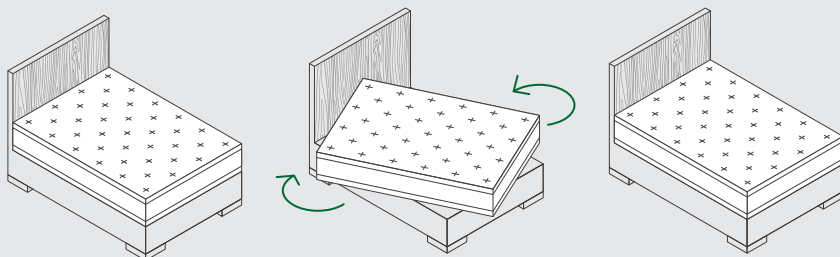
All our mattresses are built double sided meaning you have two sleep surfaces, giving you a mattress that will last twice as long as a single sided mattress. But using both sides evenly is key to each side lasting over time.



The Flip & Rotate Method

WEEK ONE

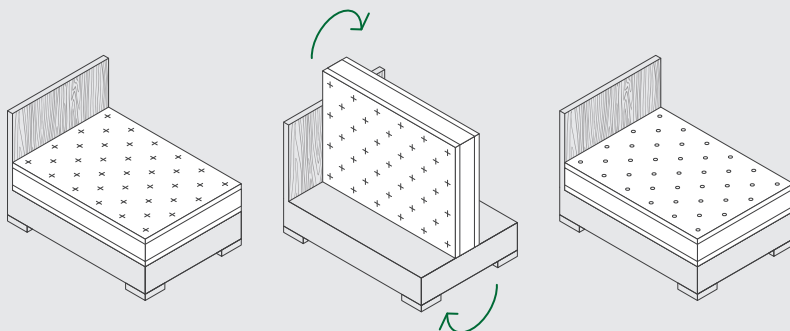
After your first week on your new mattress, it's time to rotate your mattress. Essentially you are spinning the current head section down to the current toe section. A 180 degrees rotate.



WEEK TWO

It's time to complete your first flip. Prior to making your bed with fresh sheets take the time to flip the mattress. Pull the mattress to the middle of the base, lift one side to vertical and then gently lower your current sleep surface to the base. You will now sleep on a new sleep surface from the first two weeks.

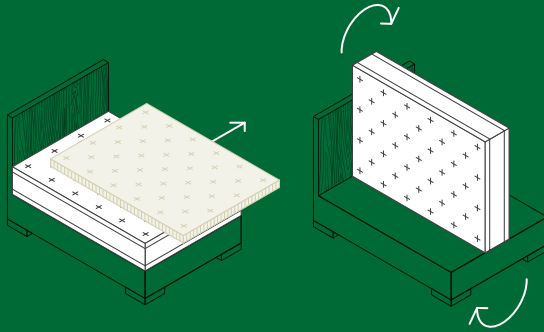
By doing this the previous sleep surface has a break from being the area that is slept on. Generally we sleep in the exact same area of the mattress each night so if you don't move the sleep surface around regularly there is a chance body impressions will start to form.



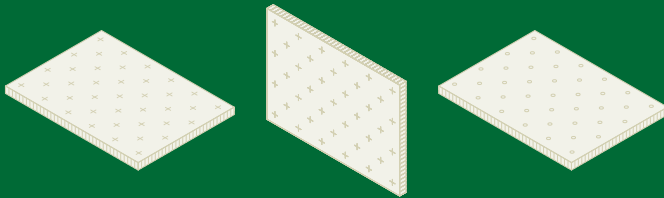
TWO PIECE MATTRESS

If you have a two-piece mattress, separate support unit section and comfort section (Bellissimo range), the flip is a two-part process for you.

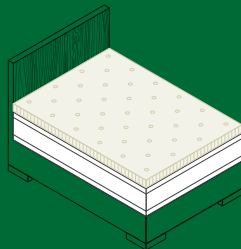
Firstly, remove the pillowtop comfort section and place on the bedroom floor. Then complete the previous flip process with the support unit section.



Now pick up your pillowtop comfort section and flip as you have the support unit.



Now both sides that were facing down last week will be your new sleep surface.

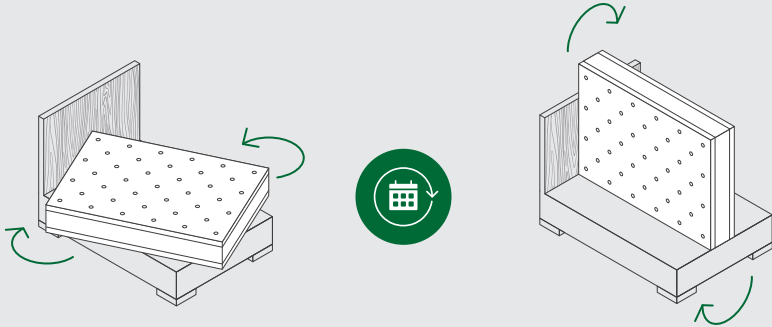


WEEK THREE

It's time to complete your final initial settling in rotate as per week one, simply rotate or spin the head area around to the toe area.

Monthly rotate and flip for ongoing mattress care.

Now each month you can complete one of either a rotate or flip depending on what you last did. A handy hint is to number the sides of your mattress and move your mattress around a 1, 2, 3, 4 step rotate, flip, rotate, flip procedure.



Utilising the entire sleep surface is important, especially for latex mattresses. When sitting, reading or relaxing on your mattress try to move away from your usual sleep area, e.g. sit in the middle or lie across the bed. This assists the even wear of the mattress and equalise body impressions.



Mattress Care and Use

Keep in mind that your mattress will soften to some degree from its initial firmness you may be experiencing.



- ✓ **DO** rotate and flip your mattress frequently. The resilient materials used in your mattress will over time conform to your body's individual contours; this is not a structural defect. To minimise any 'body impressions' and ensure that your mattress settles in evenly you must use the entire surface of the mattress.
- ✓ **DO** carry your mattress flat or on its side – it is easier to handle and less likely to damage the mattress. Makin Mattresses do not use side handles as they compromise the stitching and joins of the outer fabric.
- ✓ **DO** use your mattress only on a strong slatted or platform base.
- ✗ **DO NOT** use on a posture slat or sprung base.
- ✗ **DO NOT** bend your mattress under any circumstances. If required you may flex rather than bend the mattress when going through doorways, etc. and try not to bend the corners when putting on fitted sheets.
- ✗ **DO NOT** allow anyone to stand or jump on the mattress. It was not designed for that kind of intense weight concentration.
- ✗ **DO NOT** allow your mattress to get wet.

Please remember you are buying from the manufacturer so if you have any further queries relating to the care of your product our friendly staff are there to help.

Cleaning

A few handy tips for cleaning and keeping sleep surfaces hygienic for longer.



MATTRESSES & REMOVABLE PILLOW TOPS

General cleaning can be completed by occasional vacuum of the sleep surface and spot clean any stains with a warm damp cloth. The pillow top may be aired out if necessary and rotate and flip on a regular basis to ensure even wear. Always use a mattress protector to prevent unnecessary damage to the mattress or pillowtop.



LATEX PILLOWS

Latex pillows should be hand washed only. We recommend that this be done every six months especially after summer. Washing may be done by placing the pillows into a tub of luke warm water with a few drops of wool wash, giving a good rinse, then dried in the shade.

Never place pillows in direct sunlight.



Bellissimo 5 Year Comfort Promise

We're so confident our Bellissimo mattresses are the most comfortable we guarantee it. If your comfort needs change in the first 5 years, we will reconstruct and reconfigure the feel of your mattress once for free.*

* Terms and conditions apply, see 5 Year Comfort Promise Certificate.

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