

## JRNITURE PLUS MATTRESS BUYER'S GUIDE

## **GENERAL INFORMATION**

- 1. Mattresses are built, and tested by using two industry standard tests, which are the Cornell Test, and the Rollator Test.
- 2. In order to create a standard, mattresses are built using a 6 foot, 180lb individual as the "average".
- 3. Mattresses should be replaced every 7-8 years, if slept on every night, regardless of outside appearance, because you can't always see the wear, and tear on the inside. See example below:



- A Springs break down over time, and lose their ability to recover.
- B Foams break down over time, and lose their ability to recover.
- C Mattresses gain weight each year from body fluids (primarily sweat), dead skin; etc.
- 4. Users weighing more than 180 lbs, should replace a mattress more frequently, while users weighing less than 180 lbs will get longer useful life with their mattresses.
- 5. The heavier the user, the firmer the mattress should be. This will extend the useful life of a mattress, as the components inside wont wear, or break down as quickly.
- 6. Warranty does not equal useful life; useful life is solely dependent on the weight of the user.

## **MATTRESS CARE TIPS**

- 1. We recommend using a washable mattress pad or protective mattress cover to prevent staining of your mattress and to protect against dust mites.
- 2. Rotate your mattress in accordance to the manufacturer's specific warranty instructions. The majority of today's mattresses are "non flip".



- 3. Use an appropriate bed frame for your new mattress. King and queen size beds require that there is at least one center support leg on the frame.
- 4. Do not remove the law tag on the end of your mattress. This has the necessary warranty and identification information listed should you need to file a claim. Most manufacturers will not honor a warranty without these tags attached.
- 5. Do not lift the mattress by the handles. These are provided only for positioning the mattress on the bed, not for lifting or carrying.
- 6. Do not jump or stand on your mattress.
- 7. Body Impressions are a normal occurrence in new mattresses.
- 8. Be careful not to fold or bend your inner-spring mattress and avoid narrow hallways or spiral staircases so that this does not occur.
- 9. Body impressions are more prevalent in pillow top mattresses as the materials used on the top layers are made of different foams and fibers. Pillow top mattresses are designed to contour to the sleeper's body. This will relieve pressure points and allow for a more restful sleep. These body impressions can be normal in a new mattress and do not indicate that there is a problem with your mattress. They should not be confused with "sagging". Most manufacturers consider a body impression of up to 1 ½" to be normal. It is recommended that you rotate your mattress according to your manufacturer's warranty to vary the areas of usage.
- 10. We recommend that when you first purchase your mattress that you turn it over once-a-month for the first six months and then every 3 months after that.
- 11. Sleeping in the same spot every night will make your mattress sag and have indentations.
- 12. Flipping your mattress will make it last much longer than expected.
- 13. If you have a mattress that cannot flip, you can rotate it.
- 14. HOTEL SECRET! Hotels keep track by marking each end of a mattress: one says "January" (right side up) and "April" (upside down), the other "October" (right side up) and "July" (upside down). Whenever one of those months rolls around, adjust the mattress so that the appropriate month's name is right side up at the foot of the bed.

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