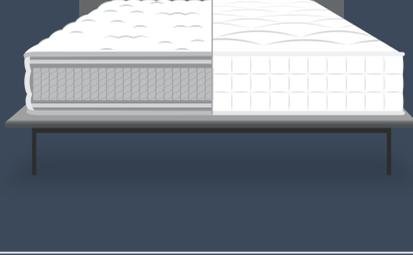


HOW TO BUY THE RIGHT MATTRESS

A Mattress Buying Guide for Back, Front, and Side Sleepers

It's hard to imagine that we spend one-third of our lives asleep, that's why we believe it is of the utmost importance that we help you choose the perfect mattress. Our suppliers have produced the highest quality mattresses in the industry for decades. Support and comfort that is parallel to none, mattresses that guarantee you the perfect night's sleep year after year.



MATTRESS FILLINGS

The fillings are the foundation for your perfect night's sleep. Each of our mattress types offers the perfect blend of fillings. Each mattress offers the right balance to give you an uninterrupted night's sleep.

COTTON



- High breathability
- Very soft fibre
- Absorbs moisture quickly
- Balances humidity

WOOL



- Keeps away moisture
- Regulate heat effectively
- Hypoallergenic
- Fire retardant

HORSEHAIR



- Highly durable
- Creates a microclimate
- keeps humidity away from the body
- Enhanced springiness

CASHMERE



- Lightweight
- Luxurious
- Great insulation
- Soft and comfortable

MERINO



- Lightweight
- Soft and comfortable
- Luxurious

LATEX



- Hypoallergenic
- Mould resistant
- Heat regulation
- Prevents dust mites and bacteria

FLAX



- Good airflow
- Allows humidity to flow through
- Soft and flexible fibres

MOHAIR



- Soft and sumptuous
- Luxurious
- Good insulation

HESIAN FABRIC



- Excellent mattress casing
- Great breathability

SOFT WHITE FIBRE



- Hypoallergenic
- Soft and springy
- Prevents dust build-up

COIR



Taken from the coconut Coir fibre, like horse hair, and has a natural spring to the structure. It's also a highly adaptable material that supports the body and regulates heat.

SILK



Silk is one of the most durable fibres in the world. When combined with cashmere its ability to regulate heat is second to none. Keeping you cool in summer and warm in winter. Silk is also excellent at absorbing moisture and releasing it quickly.

CRAFTSMANSHIP

Mattress makers in the UK are superb, Brits make great mattresses. Our suppliers use simple tools and time-honoured techniques. Our craftsmen use hand stitching and stuffing; maintaining exceptionally high standards.

HAND-SIDE STITCHING



There is nothing stronger than a double hand stitched side on a mattress. This side stitching keeps the whole mattress together and keeps the springs upright, in-turn creating a consistent level of support all the way to the edge of the bed.

HAND TUFTING, FINISHING AND TAPE EDGING



Hand tufting and tape edging are important on a mattress. The surface is the point of contact for the body in all cases, A soft quilted layer for you to gently rest on. This top layer allows our suppliers to gauge the exact standard of firmness.

HAND-SEWN AND CUT



Like upholstery, each stitch and cut needs a human touch to maintain its high-quality. All our manufacturers favour hand tailoring over machining where ever possible.

HAND TEASING



To keep the fillings aerated the fibres within the mattress must be hand teased. This allows the fibres to breathe and keep a steady flow of air throughout the mattress. Furthermore, it regulates body temperature and evaporates any moisture.

JUDGING COMFORT

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TESTING

When testing your mattress you should spend a lot of time lying on it. All too often customers jump on and off and don't test the mattress properly. Spend at least 10 minutes using the tips above to get help make the right choice.

MOVEMENT

When you sleep, you move, it's as simple as that. Experts believe you move as much as sixty times a night. Your mattress should always allow you to move easily.

TEAM SLEEP

Make sure you consider everyone that sleeps on the mattress. Discuss what you both want from the mattress and make sure it delivers for both parties.



THE SPINE

There is a simple exercise which will allow you to ensure your spine is getting the right support. Simply lie back on the mattress facing the ceiling. Take your hands and place them under your lower back. If you struggle to get your hands in the mattress is too soft. Conversely, if there is a lot of space and your hands pass under easily the mattress is too firm.

YOUR BED BASE

Mattresses feel different on different bed bases. Keep this in mind when looking for firmer or softer support. A hard bed base combined with a firm mattress will be extremely firm and vice-versa. However, a combination that is well thought through will give you the perfect night sleep.

CARING OF YOUR MATTRESS

Buy a mattress protector to avoid any marking or staining. Try to find a washable mattress protector to keep it looking clean and fresh.

Not all mattresses are turnable. Keep that in mind and read the specification carefully.

Try not to fold your mattress as this can disturb the fillings and ruin the structure. Don't jump on the mattress either for the same reasons. Finally if possible try to avoid putting pressure on the edges of the mattress. Especially pocket sprung mattresses, as this again can miss-shape it.



Clean your mattress at regular intervals with a soft brush. When using a vacuum cleaner be gentle as not to pull the fillings through the surface. Make sure you get in all the nooks and crannies. Especially around the tufted buttons where dust can easily settle.

Regularly your bed linen doing so, make sure that the mattress breathes for a few hours. Experts advise changing your bed linen weekly to reduce bacteria build up.