

# Emma's mattress care tips

We're sure you'll love your new Emma mattress but for even happier sleep, we've collected some of our top bed care tips.

## Getting rid of the smell

When you unroll your mattress you might notice a slight smell. It's nothing to worry about – factory-fresh foams tend to have a distinct scent. Airing it out in a well-ventilated room will get rid of the smell, but you can wash the cover at 40° to speed the process up. Diluting a few small drops of essential oil in a lot of water and spraying some of this solution onto the foam core (not the cover!) can also help mask the smell.

## Rotating your mattress

To extend the lifespan of your mattress and prevent permanent body impressions, it's essential to regularly rotate it. Once a month, for the first six months is great. After that, every three months should do the trick.

Grip under the lower edges of the mattress border to rotate – that's gentlest on your back and the mattress. Enlist a friend to help, if you've got a larger mattress. The white side of the cover should always face up to allow the core to work its magic. No flipping required!

## Finding the right bed base

The Emma mattress is uncomplicated – you can put it on any clean and dry surface. But placing it on a bed base, such as a slatted frame or a bedstead will give you the dreamiest sleep. For the optimal amount of support and comfort, the space between the slats should be no greater than 3 inches.

The bed base you use can effect the feel of your mattress. For a firmer feel, a divan is perfect. A slatted frame, on the other hand will give your mattress a more medium feel.

## Keeping cool at night

Our open-pored foams are super breathable, so you sleep comfortably cool. However, some bedding materials such as flannel or satin can trap heat, negating its cooling effect and making you feel warm. Using bed clothes made from natural fibres such as cotton will enhance your mattress's breathability.

Our super soft Emma bedding isn't just a beautiful addition to your mattress, it's also wonderfully breathable. Available in a number of sizes and two timeless colours, it's just the thing to keep you cool as a cucumber.

## Using an electric blanket

Our foams respond to your body temperature to contour to your body. This allows you to sleep comfortably, but also means that any added heat will impact your mattress. Using an electric blanket for example can restrict airflow and ventilation and might affect the structure of your mattress.

Although, you can use an electric blanket with your Emma mattress, we recommend forgoing it. Instead, use a regular duvet with a low tog. You'll stay warm but won't wake up in a sweat.

## Protecting your mattress

For happier and healthier sleep use a mattress protector! That will prevent nasties such as bacteria, moisture and dirt from seeping into the foam core. It'll also prolong the lifespan of the mattress.

Our Emma mattress protector encases your mattress and is equipped with probiotics that fight against allergy-causing dust mites, significantly reducing the numbers that set up camp in your mattress. It's also waterproof, moisture-wicking and breathable – for allergen and irritant-free sleep.

**Emma**<sup>®</sup>