

# Thank you for choosing John Ryan.

Our mattresses and bases are designed and tested by us, and hand made in Yorkshire. Look after your mattress and it will provide you with years of comfort and support.

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# Caring for your John Ryan Bed



## How to look after your new Mattress

Immediately after delivery, your mattress should be aired for at least 8 hours, to freshen from storage and transportation. Ideally this should be done when the mattress arrives or the next day. You should try to air your mattress on a weekly basis, by turning back your bed linen for a few hours.

### Topper or protector?

We strongly recommend the use of a protector or topper. The type of topper or protector you use will depend on the results you require. Some people opt for a simple protector that can be washed with the linen in order to protect the mattress. Others opt for a thicker topper for a softer feel. As always we are happy to give advice.

By using a topper or protector of your choice you will extend the life of your mattress.

### How and when to turn

All two sided mattress should be turned and rotated regularly. John Ryan mattresses have substantial layers of upholstery filling and need turning to ensure an even settlement across the entire surface of the bed.

Rotate the mattress 180 degrees and turn over completely once a month. If not turned regularly indents will form in the sleeping area.

One sided mattresses still require rotation although they do not need turning.

It is recommended that two people turn the mattress as they are heavy.

## Natural Settlement

You will notice that the area where you sleep will settle more than the area where you don't. This is the case with all mattresses and is especially noticeable in king and super king size mattresses where the users sleep on opposite sides of the bed.

Common sense dictates that the mattress will compress more in the areas that are used the most. The settlement is natural and no cause for concern.

Failure to regularly turn and rotate your mattress will result in uneven settlement. In larger sizes such as Kingsize and Superking, we advise sleepers to use the full surface of the mattress as well. If not a ridge may form over time in the centre where sleepers make no contact with the bed. This can be reduced by adjusting your sleeping position and regular turning and rotating.

Sitting on the edge of the bed can put you undue strain on the springs at the edges and can damage the border.



Please see website for all care and maintenance advice.

A new bed may seem unfamiliar at first, please allow time for your body to adjust and the filling to settle evenly.

## Help and tips

### Getting used to a new mattress

It can take 4-5 weeks to fully get used to a new mattress as you and the mattress adjust. This is perfectly normal just like a new pair of shoes.

### New Mattress Smells

A new mattress can sometimes have a 'new' smell to it. Natural fibre mattresses may have a 'natural' or 'earthy' smell to them at first. This again is perfectly normal and should dissipate in around 4 weeks. Each person may have a different sensitivity, you may not even notice a smell. If you do, then ventilation will help reduce this.

### Fitted Sheets

Due to the high volumes of fibres in our mattresses, they are far deeper than other retailers models. We always advise extra deep fitted sheets.

