



What to Expect from Your New Mattress

Congratulations on your new mattress purchase!

- Your new mattress needs time to break-in. Much like a new pair of leather shoes. For this reason, your new mattress may feel different at first from the one you felt in the store.
- It typically takes between 30 and 100 days for most new mattress owners to fully adjust to a new level of proper support.
- During the initial break-in period, you may find yourself sleeping a little warmer. This is because your body is adapting to having more surface-to-surface contact with your new mattress. Also, your body will experience better blood circulation which may cause you to initially feel warmer. Your body will gradually adjust to the new experience as your mattress breaks-in.
- Some people may feel a little achy initially because their muscles are adapting to the new sleep system. These aches and pains are much like the soreness you feel when you start a new exercise routine and eventually will disappear.
- You may notice a faint smell from your new mattress, like a new car scent. This is because the mattress is sealed in plastic at the factory and odors are trapped inside until the bag is opened. The scent is not harmful in any way and will dissipate within a few days.
- If you have chosen a thicker mattress, you may want to consider deep pocketed sheets, which are available through us, or any retailer that sells bed linens.

How to Break-in your Mattress

- New padding layers begin to conform to your body's shape immediately, resulting in body impressions. This is normal and does not reflect a defect in the mattress. Body impressions can be reduced, but not eliminated, by following a simple break-in and rotation schedule.
- King size mattresses: Rotate the mattress 90 degrees once a week for 5 weeks. After that, you can rotate it 90 degrees once a season. Note: A King-sized mattress appears square, but it is a bit longer than it is wide. You may notice that after a 90-degree rotation it over hangs an inch or so on the side, but this will not affect the performance of the mattress.
- Queen and Full-size mattresses: Rotate the mattress 180 degrees every other week for 8 weeks. Then rotate 180 degrees once a season.
- Breaking-in your new mattress in this manner will help the foams to soften more evenly and prevent them from shifting.
- To help the foams last longer, and get more life out of your bed, we highly recommend protecting the mattress with a breathable yet waterproof cover. We offer the highest quality protectors available in every store. Consider protecting your investment and your health!
- Thank you for being a valued Factory Mattress customer! ***Sleep Well!***