



Cool People Sleep Better®

Breathe Easy. Sleep Better.



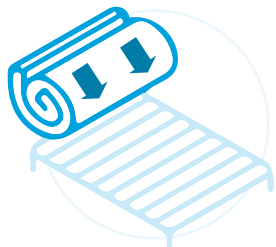
Care of your Sleepbear mattress and bedding

Important! Please read this before you use your Sleepbear mattress and bedding

Opening instructions for the mattress

Congratulations on your Sleepbear purchases! We want you to enjoy many years of luxurious comfort through the support of the mattress and the unparalleled hygiene of the component materials and other bedding items.

In this booklet you will find all the information you need to care for your Sleepbear items in order to enjoy optimal support and relief from allergens. Please read carefully in order to be clear about the terms of the guarantee and the return period. Full details are at www.sleepbear.co.uk/terms-conditions-new



Step 1: Carefully unroll the Mattress onto your bed-base



Step 2: Pull the seal and tear the bag with your hands, or cut very carefully with scissors if necessary.



Step 3: Watch your Sleepbear awaken!



Step 4: Tag your Sleepbear unboxing photos! #mysleepbear

On opening your Sleepbear, you will notice a fresh 'new bed' smell. Let the mattress breathe for at least four hours in a well-aired room, before putting on the bed-clothes and sleeping on it.

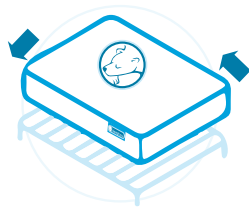
Please check carefully that your Sleepbear fits your bed base properly.

Maintaining Luxurious Comfort and Support

Just like a new pair of shoes, you need to allow your body to adjust to the feel and support of a new mattress. Please don't feel unduly concerned if your Sleepbear doesn't immediately meet your expectations. We recommend that you sleep on your mattress for at least a month, especially if your last mattress was old and unsupportive. The difference is profound.

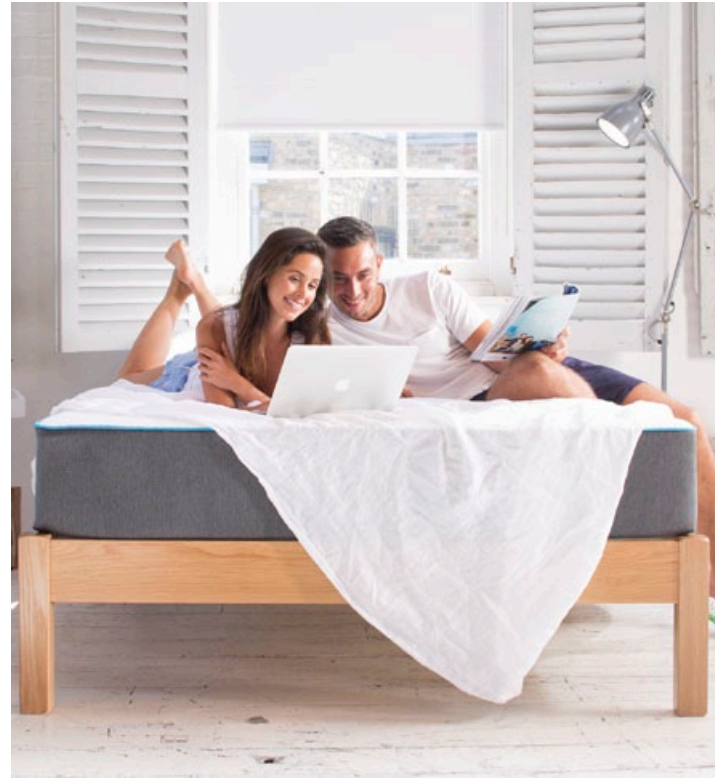
Due to the unique combination of foams, the Sleepbear mattress is not designed to be turned over. There is only one sleeping surface.

However, after 20 days, by using the handles tucked under the base, carefully rotate your Sleepbear through 180 degrees. Repeat this rotation through 180 degrees in the next 40 days.



After 40 days has elapsed, rotate your mattress again through 180 degrees every three to six months for the first two years. This will allow 'even' settlement and prolong the life of your purchase.

We recommend that your Sleepbear mattress is rotated at least once a year.



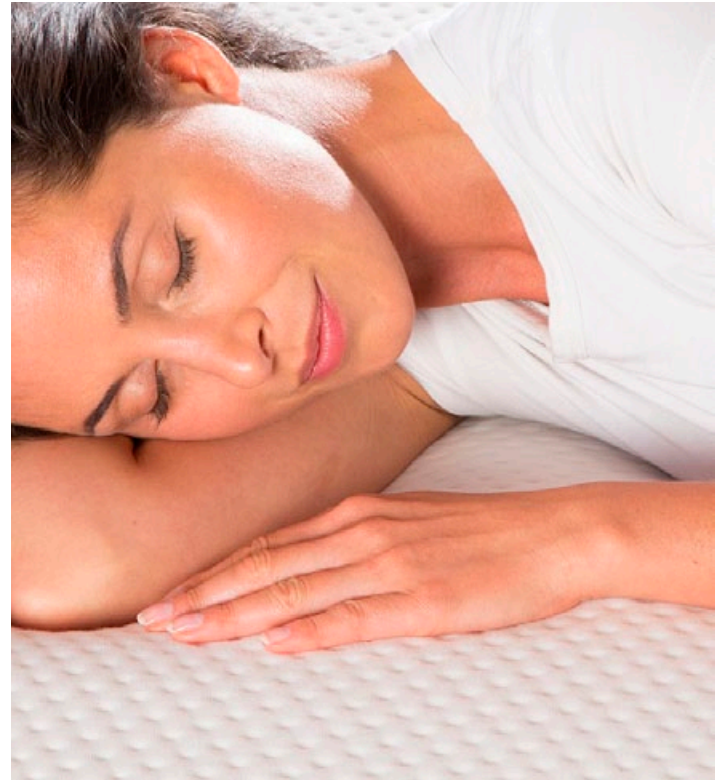
Care of your Sleepbear Polartex® cover

Your new Sleepbear Mattress incorporates an un-zippable washable cover that we call Polartex®. Polartex® needs special care in order to provide a line of defense from common bed allergens for the life of your mattress. Following these instructions will prolong the performance of your Sleepbear Mattress.

Polartex® incorporates Purotex® because it has a clinically proven 89% effectiveness rate in diminishing dust mite allergens*. This biotechnology takes the form of probiotic flora that actively consumes the harmful proteins found in the droppings of dust-mites. This destroys the triggering allergens and greatly diminishes the micro eco-system of dustmites, mould and bacteria. Polartex® also reduces allergens found in dog hair and dander by 66.7% and effectively reduces 92.8% of cat allergens*

Your Sleepbear Mattress Cover is impregnated with 5 kinds of probiotic. These are 100% natural bacteria that actively consume known bed allergens. Probiotics are found in yogurt, designed to promote healthy gut flora. They are also used in cleaning fluids in hospitals to combat resistant harmful bacteria.

This bio-technology is found in tiny encapsulations in the fabric weave. It is activated by the movements and humidity produced by a normal body.



Sleepbear's Polartex® coverings are easy to care for and will last the lifetime of your mattress - but you must take care to protect the probiotics. Please note the following;

- Do not be tempted to wash your Sleepbear Mattress Cover in the first year unless completely necessary. Trust that the probiotics are doing their job and multiplying. This will happen within 24 hours of use.
- Frequent washing is completely unnecessary and will result in diminished performance of the probiotics.
- If you need to refresh your Sleepbear Mattress Cover – hang it outside to 'air', but take care to keep it away from direct and strong sunlight.
- When you do wash your Sleepbear Mattress Cover NEVER wash at a temperature above 40 degrees. This could eliminate the essential probiotic. Only wash at 40 degrees or below.
- Use a gentle non-biological detergent
- Use the lowest spin cycle possible – and never spin at greater than 800 rpm.



- If your Sleepbear Mattress Cover becomes soiled with blood or urine, rinse the area in cold water first to wash away the residue, then apply 1 part baking soda (bicarbonate of soda) to 2 parts water directly to the stained area. Then wash as the instructions above at 40 degrees or below and with a low spin.
- Never use bleach on your Sleepbear Mattress Cover.
- Do not dry-clean
- Do not tumble dry.
- Never be tempted to iron your Sleepbear Mattress Cover
- It is best to air-dry your Sleepbear Mattress Cover. Due to the unique construction it will dry quickly. However, always keep the coverings AWAY from direct sunlight to protect the probiotic.

If you follow these washing instructions carefully the probiotics will be continually activated for the life of your bed, ensuring optimal performance in the fight against allergens for years to come.

*University Hospital of Ghent. September 26, 2016

Care of your Sleepbear Polartex® Pillow defenders

Your Sleepbear Pillow Defender is designed to keep you cool and protect your body from harmful allergens so often found in pillows. It is made from Polartex®. Polartex® needs special care in order to continue to perform well in the fight against allergens. Following these instructions will prolong the life of your Sleepbear Pillow Defender.

Polartex® incorporates Purotex® because it has a clinically proven 89% effectiveness rate in diminishing dust mite allergens*. This biotechnology takes the form of probiotic flora that actively consumes the harmful protein found in the droppings of dust-mites. This destroys the allergens and thus greatly diminishes the micro eco-system of dustmites, mould and bacteria. Polartex® also reduces allergens found in dog hair and dander by 66.7% and effectively reduces 92.8% of cat allergens*

Your Sleepbear Pillow Defender is impregnated with 5 kinds of probiotic. These are 100% natural bacteria that actively

consume known bed allergens. Probiotics are found in yogurt, designed to promote healthy gut flora, and used in cleaning fluids in hospitals to combat resistant harmful bacteria.

This biotechnology is found in tiny encapsulations in the fabric weave. It is activated by movement and humidity produced by a normal body.



Your Sleepbear Pillow Defender is easy to care for provided you do the following.

- Remove the Polartex covers from the pillow to wash. Never wash the Talalay latex foam - but you can air outside in the sun. Follow instructions below for the covers
- Do not be tempted to wash your Sleepbear Pillow Defender in the first 3 months unless completely necessary. Trust that the probiotics are doing their job and multiplying. They will be activated by normal use within 24 hours.
- Frequent washing is completely unnecessary and will result in a diminished performance of the helpful probiotics.
- If you need to refresh your Sleepbear Pillow Defender – hang it outside to ‘air’, but take care to keep it away from direct and strong sunlight.
- When you do wash the Sleepbear Pillow Defender, NEVER wash at a temperature above 40 degrees. This could eliminate the essential probiotic. 40 degrees and below is optimal.
- Use a gentle non-biological detergent
- Never use bleach on any part of the Pillow Defender
- If your Sleepbear Pillow Defender becomes soiled, rinse the affected area in cold water then apply 1 part baking soda (bicarbonate of soda) to 2 parts water directly to the stained area. Then wash as normal at 40 degrees or below.

- Spin dry your Sleepbear Pillow Defender at the lowest spin cycle, and never more than 800 rpm.
- Never dry-clean
- Never tumble dry.
- Never be tempted to iron your Pillow Defender
- It is best to air-dry the Pillow Defender. It will dry quickly because of the construction.
- However, never expose the Pillow Defender to direct sunlight. This could reduce the numbers of probiotic flora.

If you follow these washing instructions carefully your probiotics will be continually activated for the life of Sleepbear Pillow Defender, thus ensuring optimal hygiene and relief from allergic symptoms for years to come.

*University Hospital of Ghent. September 26, 2016



Care of your Sleepbear Polartex® Mattress Defender

Your Sleepbear Mattress Defender is designed to keep you cool and protect your body from harmful allergens. It is made from Polartex®.

Polartex® needs special care in order to continue to protect you from allergens. Following these instructions will prolong the life of your Mattress Defender.

Polartex® incorporates Purotex® because it has a clinically proven 89% effectiveness rate in diminishing dust mite allergens*. This biotechnology takes the form of probiotic flora that actively consumes the harmful protein found in the droppings of dust-mites. This destroys the allergens and greatly diminishes the micro eco-system of dustmites, mould and bacteria. Polartex® also reduces allergens found in dog hair and dander by 66.7% and effectively reduces 92.8% of cat allergens*

Your Sleepbear Mattress Defender is impregnated with 5 kinds of probiotic. These are 100% natural bacteria that actively consume known bed allergens. Probiotics are found in yogurt, designed to promote healthy gut flora, and used in cleaning fluids in hospitals to combat resistant harmful bacteria.

This biotechnology is found in tiny encapsulations in the fabric weave. It is activated by movement and humidity produced by a normal body.



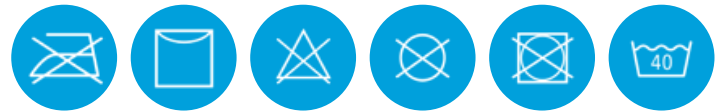
Your Sleepbear Mattress Defender is easy to care for provided you do the following.

- Do not be tempted to wash your Mattress Defender in the first 3 months unless completely necessary. Trust that the probiotics are doing their job and multiplying.
- Frequent washing is completely unnecessary and will result in diminished performance of the probiotics.
- If you need to refresh your Sleepbear Mattress Defender within the 3 months – hang it outside to 'air', but take care to keep it away from direct and strong sunlight.
- When you do wash the Mattress Defender, NEVER wash at a temperature above 40 degrees. This could eliminate the essential probiotic. Wash at 40 degrees or below.
- Use a gentle non-biological detergent
- Never use bleach on any part of the Mattress Defender.
- If your Mattress Defender becomes soiled with blood or urine, rinse the affected area in cold water first, then apply 1 part baking soda (bicarbonate of soda) to 2 parts water directly to the stained area. Then wash as normal at 40 degrees or below.
- Use the lowest spin cycle for your Sleepbear Mattress Defender and never spin at more than 800 rpm.

- Never dry-clean
- Never tumble dry.
- Never be tempted to iron your Mattress Defender
- It is best to air-dry the Mattress Defender. It will dry quickly because of the construction.
- However, never expose the Mattress Defender to direct sunlight. This could reduce the numbers of the helpful probiotic.

If you follow these washing instructions carefully your probiotics will be continually activated for the life of Mattress Defender, thus ensuring optimal hygiene and relief from allergic symptoms for years to come.

*University Hospital of Ghent. September 26, 2016



Sleepbear CosySnow® Pillows with Polartex® covers

Your Eco Tencel pillows are machine washable although you need to take note of the following instructions to prolong the life and performance of your pillows.

- Remove the Polartex covers from the pillow to wash.
- Your Eco Tencel pillows love to be refreshed and aired outside or in the sun. Shake thoroughly before putting outside to air. This allows the fillings to re-loft.
- Wash as frequently as you like at 40 degrees or below
- Use a gentle detergent
- Do not use bleaching agents or fabric conditioners
- Do not dry clean
- Make sure the pillows are not cramped in the washing machine with other items. These pillows need room to move freely. We recommend the machine is no more than 50% full when the item is loaded. Tightly packed pillows that cannot move will be damaged during a wash cycle.
- Tumble dry your pillows on a low heat but take care not to fill the machine. We recommend the dryer is no more than 50% full when the item is loaded. Your CosySnow® pillow needs room to move about freely while drying and achieve a re-loft to maximum capacity.

TIP:
placing two
clean tennis
balls in the tumble
dryer will enable
maximum re-
lofting!



- Alternatively your pillows can be air-dried.
- Make sure these pillows are thoroughly dry before using and returning to the Polartex® covers.

Failure to adhere to these instructions could mean irreversible damage to the Eco Tencel and micro-fibre blend- meaning that your pillow will not feel as soft and supportive as it once was. This will invalidate your guarantee.

Wash the Polartex® covers as per the earlier instructions.



Sleepbear SnuggleSnow® Duvets

Your Eco Tencel duvet is machine washable although you need to take note of the following instructions to prolong the life and performance.

- Wash as frequently as you like at 40 degrees or below
- Use a gentle detergent
- Do not use bleaching agents or fabric conditioners
- Do not dry clean
- To wash your SnuggleSnow® duvet take it to a commercial launderette. Most domestic washing machines do not have sufficient capacity. Wash the duvet alone with the drum no more than 50% full. Tightly packed duvets that cannot move about will be damaged during a wash cycle.
- Your SnuggleSnow® duvet loves to be refreshed and aired outside, preferably in the sun. Shake thoroughly before putting outside to air. This allows the fillings to re-loft. It is also good sleep hygiene as dust mite and moulds hate bright light and dry air.
- To tumble dry your SnuggleSnow® duvet use a launderette. Most domestic tumble driers are too small. Dry the duvet on a low heat on its own, with the drum no more than 50% full when loaded. Your duvet needs a lot of room to move about

TIP:
placing two
clean tennis
balls in the tumble
dryer will enable
maximum re-
lofting!



freely while drying to achieve a re-loft to maximum capacity.

- Do not iron your SnuggleSnow® duvet.
- Important - Make sure your SnuggleSnow® duvet is thoroughly dry and shake out to allow the duvet to re-loft as new!

Failure to adhere to these instructions could mean irreversible damage to the Eco Tencel and micro-fibre blend- meaning that your SnuggleSnow® duvet will not feel as soft and supportive as it once was. This will invalidate your guarantee.





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