



Toxin-free, eco-friendly products for everyday living!

**HEALTHY
GREEN
GOODS**

Organic Mattress Care Instructions

Congratulations on the purchase of your new organic mattress! You have made a very wise choice to avoid the many toxic components in today's mainstream mattresses. You will sleep better and awaken more refreshed when your body is able to truly rest, detoxify and prepare for the day ahead.

Please abide by the following care instructions to maximize the life of your new organic mattress:

FOUNDATION: Unlike a synthetic mattress, your organic mattress needs to breathe, and should therefore be placed on an organic wood slat or box spring foundation or on a slatted platform bed. If you have a solid platform bed, you may use it as long as you can drill a series of 1-inch holes in the platform to allow air to circulate from below. Never place your organic mattress directly on the floor or any other solid surface. Rolls of slats or an organic bunk board (a 2-1/2 inch foundation) are available if you need them. Never place your organic mattress on a used or new synthetic foundation because neither would afford the necessary breathability, an old foundation compromises the support of your mattress and a new synthetic foundation releases harmful toxins.

DAILY CARE: Moisture trapped beneath or inside the mattress can allow mold to grow in the cover or cause the rubber to compress. You can easily avoid these problems by:

- using a recommended foundation (as noted above).
- using an organic wool moisture/puddle pad or organic cotton mattress pad to protect your mattress.

Note: We strongly recommend using both pads together in any situation where a wetting accident might occur. In this case, the wool moisture pad should be placed underneath the cotton pad.

- keeping the covers pulled back for several hours after you get out of bed in the morning. That's right...we are giving you permission to not make your bed!

NO-NO'S: It's all about breathability and avoiding toxins. Do not use synthetic foam toppers, magnetic sheets, synthetic mattress barrier covers or synthetic mattress pads. We carry organic cotton barrier covers if you need them, but dust mites rarely set up housekeeping in our rubber mattresses. We also have organic cotton mattress pads and organic wool moisture/puddle pads to protect your mattress, as well as natural rubber and wool toppers in a variety of styles if you need a bit more cushiness.

MONTHLY CARE: If you have purchased an innerspring mattress, you should flip it one month and rotate it the next to maximize the life of the springs. Rubber mattresses do not need to be flipped or rotated.

CLEANING: You can spot clean your mattress cover with a natural enzyme solution or with a solution of diluted white vinegar (3 parts water to 1 part white vinegar). Your mattress cover should never be machine washed. If you must hand wash the entire cover, it should be hung to dry inside and away from direct sunlight. Your *completely dry* zippered cover may be placed outside in the sun, but beware of birds flying by!