



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

**HEALTHY  
GREEN  
GOODS**

## Organic DIY Mattress Care Instructions

Congratulations on the purchase of your new organic do-it-yourself (DIY) mattress! You have made a very wise choice to avoid the many toxic components in today's conventional 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 DIY mattress:

**FOUNDATION:** Unlike a synthetic mattress, your organic DIY mattress needs to breathe and should therefore be placed on an organic wood slat foundation or on a slatted platform bed. Never place your organic DIY mattress directly on the floor or any other solid surface. If you have a solid platform bed, you may use it as long as you can drill a series of 1-inch holes (about 12" apart) in the platform to allow air to circulate from below. We carry rolls of slats that could be used on a metal bed frame or elevated off the ground with 2x4 untreated lumber if you desire a very low bed. Never place your organic DIY 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 DIY mattress can allow mold to grow in the cotton 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 and/or organic cotton mattress pad to protect your DIY 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.

**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 mattress pads and organic wool moisture/puddle pads to protect your DIY mattress, as well as natural rubber and wool toppers in a variety of styles if you need a bit more cushiness. Your natural rubber DIY mattress is naturally resistant to both dust mites and bed bugs.

**MONTHLY CARE:** None! Your natural rubber DIY mattress does not need to be flipped or rotated.

**CLEANING:** DIY Mattress Covers are spot clean only. In order to fit well, the organic cotton cover needs to be made without any allowance for shrinkage. Please protect your mattress cover with an organic mattress pad or pads, as described above.

**FIRE SAFETY:** A DIY mattress with a cotton cover does not meet federal fire safety requirements for mattresses. A DIY mattress with a cotton cover and a fitted wool moisture pad will come close to passing the fire safety standards or might even pass, but cannot be tested since the wool pad is not part of the mattress. PureRest's natural rubber mattress with a sewn-on wool cover does pass the fire safety tests for mattresses. Regardless of your mattress choice, please have working smoke detectors near all bedrooms, have a family escape plan, never smoke in the house (or anywhere!) and never leave burning candles unattended.