

beds



did you know?

...we spend a 1/3 of our lives in bed,
so choosing the right
bed for a good night's
sleep is so important

All you need to know about beds

ROOMES

ESTABLISHED 1888

Helping you choose the right bed...

It can be bewildering trying to choose the right bed or mattress when faced with so many choices and types.

However it is important to remember that whilst price, special offers, credit deals are all important the most important factor is choosing the right bed for you.

Given that we spend so much of our time asleep in bed it is worth investing time and money. Choosing the right bed is not something to be rushed, it is estimated that an uncomfortable bed could cost you up to an hour's lost sleep per night.

Equally the cost of a good night's sleep is relatively low, whilst the best bed for you is not necessarily the most expensive; you can invest in a quality bed for as little as 28p per night (based on a £1000 bed used continuously over 10 years).

Points to Consider...

If you are considering buying a new bed you are probably thinking that your existing one is getting old or not as comfortable as it used to be, perhaps you have noticed backache or stiffness when you get up in the morning.



Before trying new beds consider whether you want 'more of the same' or if you need a change for better support or comfort.

- Try out a selection of beds (at least three) in the shop comparing each of them for comfort and support.
- Don't be afraid to spend some time on each (at least 10 minutes) trying out the sleeping positions that you use, this is time wisely spent!
- Traditionally designed mattresses will require 'turning' to even out the use they receive (see maintenance). If this is likely to prove a problem then we would suggest you consider a mattress designed to be 'non-turn'.
- A good way to check if the bed you are lying on is too soft, too hard, or just right is to lie on your back, placing your hand in the small of your back and then trying to move it about. If it moves too easily, the bed may be too hard for you; if it's a

struggle to move your hand, then the bed is too soft. If you can move your hand with just a little resistance, the bed may be just right for you.

- If you share a bed, take your partner with you. It's important that your new bed suits both of you.
- Take your time! If you are unsure it is far better spending more time comparing than choose a bed that you are not entirely happy with. (Unfortunately, for hygiene reasons, we are unable to refund or exchange beds that have been unwrapped or used - this does not affect your statutory rights)
- Size matters! Popular sizes tend to be:

	Width (approx)	Length (approx)
Single	90cm (3'0")	190cm (6'3")
Small Double	120cm (4'0")	190cm (6'3")
Double	135cm (4'6")	190cm (6'3")
King Size	150cm (5'0")	200cm (6'6")
Super King Size	180cm (6'0")	200cm (6'6")

- Also consider the height of the bed - will you find it easy to get into and out of? If you choose a higher bed, consider that it may look much bigger than a conventional one and that valances and valanced sheets may need replacing.

We have found that many of our customers are choosing King-size (5') over Double (4'6") for that extra bit of space for a relatively small price premium.

We also stock ranges that are available in a variety of other sizes, but beware those special sizes may require special sized bed-linen.

- If purchasing a bedstead please bear in mind our suppliers generally deliver these un-assembled. We do offer an assembly service upon delivery to you for a nominal charge.





Different Types of Bed Bases...

- Bedsteads: are a more decorative option in the bedroom and are available as part of complete bedroom furniture ranges or as individual pieces. Generally the mattress will be supported by solid slats or sprung slats, the latter giving a more 'cushioned' support than the former. It is also important that the correct mattress is selected to go with the bedstead.
- Divans: The mattress is placed on a supportive, matching upholstered base. This may be either a platform top base construction which will give a firmer feel or with a sprung base where the base contains a spring unit for extra support and comfort. In sprung based models the spring unit will either be to the edge of the Divan Base (Sprung-edge) or set in from the sides (Firm-edge)

- Storage Options: Many ranges offer various configurations for drawers which give extra storage where required and are especially useful when space is at a premium.
- Adjustable Beds: these allow the head and foot ends to be raised or lowered using electric motors to give a different range of sleeping positions

Mattresses...

- Open-coil spring mattresses: the coil springs are wired together to form a single unit, and the thickness of the wire used to make the springs generally determines the firmness. If you place the mattress on a solid slat bedstead or a solid top divan, this will offer a firmer sleeping surface. If there isn't a big weight difference between you and your partner, then these offer good value.

- **Pocket Sprung:** here every spring is in its own individual pocket or sleeve. As these move independently, a restless sleeper is less likely to disturb his or her partner. These mattresses mould to the shape of the sleeper, giving good support to all areas of the body. This type of mattress is ideal if there is a substantial weight difference between sleeping partners. Generally, the more springs the bed contains the more even the support you get.
- **Latex:** moulds well to the body and offers good all round support. Latex does tend to retain body heat more than other materials.
- **Visco-Elastic;** Made from pressure relieving material, visco-elastic materials respond to body temperature and weight, relieving pressure and dispersing it. Initially the mattress feels firm but it moulds to the shape of your body's contours, does not

need to be turned and resists the harbouring of dust-mites.

There are more mattresses being manufactured as 'non-turn' even in sprung mattresses. These offer similar levels of comfort without the aggravation of constantly turning the mattress. However do be aware that some will require turning end-to-end rather than end to end and then side to side.

NB. Your new bed or mattress...

may feel quite different to what you have been used to. It is quite common for your body to need a period of time to become accustomed to the new level of support it is receiving and this is to be expected.

Open Spring and Pocketed Sprung mattresses are upholstered using different types of material such as cotton felt, foam, lambs wool, polyester, woollen felt, etc. The fillings in these mattresses will tend to settle over the first few weeks or months, this will be more pronounced in mattresses with more luxurious fillings. This is quite normal and not a fault and can be alleviated with regular turning of the mattress (see overleaf).





Maintenance:

Proper care and maintenance will prolong the life and appearance of your bed, by following these steps. You should always first follow the manufacturer's instructions with regard to care and maintenance. The following guidelines are for general advice:

- Turn your mattress regularly (except 'non-turn' mattresses). Turn once a week for the first 3 months (first 'end-to-end' then 'side-to-side') and then once a month after that.
- Do not fold or roll your mattress, this can damage the spring unit and tear material
- Avoid sitting on the edge of the mattress, they are designed to take your weight over a large not a small area.
- Air your bed regularly at least once a month by stripping it down for a few hours. Light vacuuming will help reduce dust and dust-mites.

- Consider using a mattress protector.
- Be careful not to overload drawers with bulky or heavy items.
- Avoid jumping on the bed and do not let children use it as a trampoline!
- For extra protection ask about our Premier Care Warranty scheme.

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