



Relyon®

The best beds in the world

# BED BUYING GUIDE





The right bed is one that is both comfortable and supportive. Please read our bed buying guides to help you narrow your choice for the type of bed that would be most suitable for you.

The key to owning the perfect mattress is to take your time trying them. Consider your sleeping positions and the most comfortable size.

Bear in mind that a larger bed will typically give you more space to enjoy an undisturbed night’s sleep.

Take your time to try at least three mattresses when choosing your new bed. You spend roughly a third of your life in bed, you need to choose the right bed for you.

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## Sprung Mattresses

Sprung mattresses are the most popular type of mattress as springs provide a fantastic “core” at the centre of mattresses. Springs provide comfort and support as they are compressed.

At the heart of our mattresses is the Relyon classic pocket spring. Manufactured at our factory in Wellington, Somerset, using a specially developed steel alloy that includes Titanium for class leading strength, comfort and durability. Comfort and support is never determined by a number. All of our pocket spring systems are considerably engineered using the latest steel alloys, the perfect wire gauge, tension and geometry. The result? The perfect pocket spring designed to work in harmony with your body.

### Pocket Sprung

Individual springs in their own separate pockets move independently and so provide the best postural support. The individual pocket springs follow and support your body shape and weight. A pocket sprung mattress is a great choice if you or your partner tends to turn a lot during the night.

Changing the spring construction, thickness (gauge) of the wire, height of each spring and the quantity alters the tension, feel and weight distribution properties of each mattress. Higher spring counts offer more supportive comfort.

Our better pocket springs are sewn into hardwearing calico fabric pockets and hand-nested and hand-centre tied for the ultimate support. Linen cord is threaded through the springs to tie the springs and secure the nesting.

In mattresses with a double layer of pocket springs, the upper springs shape to the body contours while the lower layer absorbs changes in weight distribution for the ultimate in comfort and support.

We also feature “zoning” in some of our mattresses. Firm perimeter support mattresses feature firmer springs around the perimeter of the mattress to add strength to the edge of the mattress to allow you to use the whole surface of the mattress as a sleeping area.

Tri zone body support mattresses provide softer support zones at the head and foot of the mattress and firmer support in the middle to provide the correct level of support and spinal alignment. 5 zone pocket springs units have two firmer support zones to follow the contours of your shoulders and hips with three softer support zones in between to provide perfect anatomical support and reduce pressure points for a more restful night's sleep.





# Foam Mattresses

There are three types of foam; latex, memory foam and less expensive resilient foam. Latex and memory foam provide pressure relieving comfort but they do feel quite different. In order to choose between a memory foam or latex mattress you should try both in your local bed retailer to truly experience the difference. We have many foam mattresses, often combine with pocket springs and other upholstery fillings to give to more variety to find the most comfortable one for you.



## Memory Foam

Memory foam softens in reaction to body heat, allowing it to mould to your individual body contours providing perfect pressure relieving support.

- **Responds to body temperature**
- **Pressure relieving properties**
- **Improves blood circulation**
- **Temperature and weight responsive**
- **Body hugging comfort**
- **Steady shape recovery**



## Latex Foam

Latex is a natural filling sourced from rubber trees. It is extremely durable and anti-microbial, and also provides an extremely sumptuous feel.

- **Natural**
- **Pressure relieving properties**
- **Anti-microbial**
- **Temperature and weight responsive**
- **Natural bounce**
- **Natural elasticity for immediate recovery**

# The Perfect Mattress Support

The perfect mattress is a retreat for your body, mind and soul. A constant place of health and well-being away from the rhythm of our daily lives.

A place we return to for a great night's sleep and rely on to awake feeling refreshed and revived ready for the glories of the day ahead. It is said that time costs nothing, but at Relyon we say that time is invaluable.

Selecting the perfect mattress should take all the time it needs. After all, it is an investment in your future health and well-being and the benefits are priceless. Perfect support is achieved when your spine is in neutral alignment. This applies when standing, sitting or lying down, perfect posture is the key to a good night's sleep.

## TOO SOFT



Spine is out of natural alignment. Spine bows downwards creating pressure around the hips and lower back.

## TOO FIRM



Spine is out of neutral alignment. Spine bows upwards creating pressure around the shoulders and knees.

## PERFECT SUPPORT



Spine neutral and in line. The heavier parts of the body, the knees, hips and shoulders are correctly supported.

# Finishes & Fillings



## Quilted & Tape edge

The damask fabric is quilted for subtle cushioning. Highly trained craftsmen sew all around the mattress edges with tape edging fabric to seal the top and bottom panels to the borders. These fixed quilted cases help keep entry level mattresses at great value prices.



## Tufted Mattresses

Hand tufting a mattress is a traditional skill that ensures all loose fillings are secured to provide the perfect finish to your mattress. Our tufted mattresses use either felt or woollen tufts, woollen tufts being used on our higher specification mattresses.



## Hand Side Stitched

Relyon's skilled craftsmen use upholstery needles to hand side stitch mattresses with up to five rows of stitching. It provides support to the mattress walls, extending the sleeping area to the edge of the mattress.



## Upholstery Settlement

The fillings used in Relyon mattresses may settle over the first few weeks or months. Do not worry if hollows appear in the sleeping areas of your mattress leaving a central area of unsettled fillings.



## Turnable Mattresses

Turn and rotate your mattress regularly. It is important that you turn over and rotate your mattress once a week for the first 3 months and then once a month thereafter. This will allow the fillings to settle evenly and will prolong the life and comfort of your mattress.



## No Turn Mattresses

Your mattress will still need to be rotated once a week for the first 3 months, then every 3 months thereafter to ensure even settlement across the surface of the mattress.



# Looking after your mattress

## Mattress Do's

**DO let your mattress breathe:** After unwrapping your bed from its packaging, leave it un-covered for a few hours to allow any condensation and odour to escape. Carefully dispose of the protective polythene covers as they can pose a danger to small children.

**DO air your Mattress:** We advise airing your mattress at least once a week by turning back the bed linen to allow air to circulate around and through the mattress.

**DO use a mattress protector:** To prevent discolouration or marking of your mattress, we strongly recommend the use of a mattress protector. Avoid using a plastic sheet as this will lead to damage through condensation.

**DO clean your mattress regularly:** We'd advise that you brush or vacuum (using the upholstery attachment) your new bed every few months to keep it fresh. You should pay particular attention to the tuft buttons, as dust tends to settle there. Stains and spillages should be absorbed using a dry cloth or paper towels. Do not use detergents or chemical cleaners as this may bleach or disintegrate the fabric.



## Mattress Don'ts

**DON'T fold your mattress:** Do not fold or roll your mattress as this will damage the spring unit, and the tufts may come through. This will be detrimental to the comfort of your mattress and will invalidate your guarantee.

**DON'T jump on your bed:** Do not jump on your bed. This will cause irreparable damage to the springs, cover and the base of the bed.

**DON'T habitually sit:** on the edge of your mattress for prolonged periods of time, as this will cause localised compression of fillings and damage to the mattress borders.

**DON'T risk condensation:** Never use your mattress either in a plastic bag or with a plastic bag between mattress and divan, as this will lead to condensation.



## Other Advice:

**Different Types of Bases:** If you have purchased a mattress only, please ensure that your base is in good working order. If you are using a slatted base, we recommend the use of a ventilation peg board if the slats are more than 70mm apart. If you are using an old base, this may appear to be in good shape initially, but you should consider whether this will last another ten years or so. If the base is damaged in any way, this could have a detrimental effect on your mattress, and could therefore invalidate your guarantee.

**Drawers:** If your bed base has drawers, be careful not to overload them with bulky or heavy items. The weight limit for a standard drawer is 15kg and 25kg for a timber drawer with dovetail joints.

