

Guide to Your New Mattress

Thank you for choosing Berkeley Ergonomics.

We are committed to creating a pure, healthful sleep system that will keep you comfortable and rested for years to come.

What to know first...

Your mattress is new. The coils, slats, cover and latex all need time to fully break in. Like your favorite pair of comfy shoes, allow your bed a few weeks to soften and become your own.

To maintain the comfy feel of your mattress, be sure to keep your sheets and bedding loose fitting. While a flat snug fit may look tidy, it will make your mattress feel firmer.

General Information

The mattress has a zippered cover with a top side and a bottom side and does not need to be flipped. Rotating is also not necessary unless one sleeping partner is 50% heavier than the other. In such a case we do recommend rotating the mattress 180 degrees every two to three years.

While the mattress and pillow-top covers have zippers, they are not machine washable. You can take the top off to air out seasonally. You can also put it in the dryer for a half an hour on a cool setting if outdoor airing is inconvenient. If necessary you can spot wash the cover with a gentle detergent. Please, keep your latex inside and out of the sun.

If you purchased a pillow-top (the free floating pad on top of the mattress), we recommend that you rotate and fluff this section of the bed when changing your sheets.

Moving your mattress

Moving a mattress can be daunting.

Though your Berkeley Ergonomics mattress is heavy, we do have some advantages over the standard mattresses. Your mattress can be unzipped and parts separated. This makes the mattress much lighter and easier to deal with.

First unzip the mattress and remove the top layer of the bed. Whether it be 2" of latex or a combination of latex and coils, separating the top layer from the base layer will make it easier to carry. If you have a top coil, roll it as you would a carpet. Just be sure not to compress or put weight on the parts. Also, the mattress parts should rest on top of all your other belongings during transport. This applies to the slat suspension as well.

Reassembling the mattress is simple. Reverse your steps. Place your mattress cover including the larger coil or latex core on the slats, then your top component/s. Make sure all the parts are square and flush with one another and then just zip the bed closed.

Correct Support

Making sure your bed frame supports your mattress is very important. To be sure that your frame has sufficient support, look under your bed. You should see four legs that support the corners of the bed frame as well as two legs that support a center spine. If you do not see this, we advise that you add it to your frame.

We're here for you

If you have specific questions or need further assistance, we are always available to help. Enjoy your new Berkeley Ergonomics mattress!