

# SleepTime® Products

## Comfort Foam

An 8" thick mattress, with a high density foam inner and support layers of high density foam, topped with a deep plush quilt stitched in luxurious jacquard material.

## Comfort Spring

An 8" thick mattress, made with high-tensile springs, each spring free to respond to individual pressure in relation to the weight placed upon it, leading to more individual body support in contouring to the body shape. With layers of support, and topped with a deep plush quilt stitched in luxurious jacquard material, this mattress provides the best comfort and the maximum support.

### Size Guide\* ( Comfort Range)

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- 1. Twin: 75" x 38" (190cm x 97cm)
- 2. Single: 75" x 48" (190cm x 120cm)
- 3. Full (Double): 75" x 53" (190cm x 135cm)
- 4. Queen: 80" x 60" (200cm x 150cm)
- 5. King: 80" x 72" (200cm x 180cm)

\*All sizes have a tolerance of +/- 1.5"

## Making the most of your SleepTime® Product

In the normal course of use, you may notice the occurrence of impressions in the cushioning materials. This natural nesting or conforming that occurs as the cushioning materials mold to the shape of the sleeper is known as a "body impression". Unless the body impression is greater than 1 1/2" it is not a structural defect. It is simply an indication that the upholstery layers are settling and contouring to your body as you use your mattress set. **Regularly rotating and flipping your mattress will help to minimize the depth of the impression that occurs.**

Use a sturdy bed frame. If your set is a full, queen or king size, make sure your frame has an adequate center support that will prevent bowing or breakage.

### Warranty

All SleepTime® products are covered with a six-month limited warranty. Ask for details when purchasing a SleepTime® product.

### Distributor Information:

## The Mattress Guide



If you have comments or suggestions, please write to:  
[sleeptime@omegatz.com](mailto:sleeptime@omegatz.com)

sleepTime®

Comfort. Rest Assured.™

# Buying the Perfect Mattress

The average person spends one-third of his or her life in bed. Which is why your rest – the amount and quality of your sleep – is a critical factor in your overall well-being. It can affect how you feel physically and mentally as well as your productivity.

When purchasing a mattress, there are several things you should consider:

First, determine what size mattress you need. The smallest size mattress you can purchase is a twin mattress. The next largest is a single, then a full (also called a double), followed by a queen, and a king mattress. If you need a great deal of room or will be sharing the mattress with a partner, you will likely need at least a queen size mattress. At the same time, you must consider the size of your bedroom to ensure it can accommodate the mattress size you select.

Another consideration when purchasing a mattress is its firmness. Your mattress should be firm enough to support your body and to make you feel comfortable, which means it should be consistently firm throughout the entire mattress and capable of keeping your body aligned.

If your mattress is too soft, it will not properly support your neck and back. This can cause those areas of your body to be sore when you wake up in the morning. At the same time, the contact points of your mattress should feel soft against your body. Otherwise, your body may begin to ache and you will have a restless sleep.

The mattress you select should also be well constructed. A high quality mattress will have thick padding to provide optimum support and comfort. The padding is important because it provides comfort and helps prevent the mattress from sagging.

Make sure the mattress provides enough space for easy, free movement. Couples should sleep on a queen or king-size mattress. And keep in mind that a mattress and base are designed to work together. Buy them as a set and get the most out of your investment in yourself.

Of course, you must also consider the appearance of your mattress. This may not be much of a concern for you, since your mattress will likely be covered most of the time. Nevertheless, you should consider the colour, the pattern, and the fabric used to make the mattress. The mattress will be a part of your bedroom for many years, so you need to be sure it is one you will be happy with – both when the sheets are on and when they are off.

# Mattress Care Guide

## Dos & Don'ts of Mattress Care

**DO purchase a sleep SET.** The matching base works with the mattress to provide the right support.

**DO let it breathe.** If you detect a slight “new product” odor, leave the mattress and base uncovered and well ventilated. This new product odor will dissipate with time and fresh air.

**DON'T dry clean.** The chemicals in dry cleaning agents/spot removers may be harmful to the fabric or underlying materials. Vacuuming is the only recommended cleaning method. But if you're determined to tackle a stain, use mild soap with cold water and apply lightly. Don't ever soak a mattress or base.

**DON'T bend, fold, drag or drop.** Unless a mattress is made entirely of soft material (like foam or cotton), or is specially built for folding.

**DON'T jump or walk on.** Your sleep set is designed to be slept on. Jumping or walking on your mattress or base can damage the interior construction and possibly cause injury to yourself and other loved ones.

