



RESTWELL.
SLEEP PRODUCTS

Restwell Sleep Systems: Mattress Buying Guide

Do I need a new mattress?

(Answer: probably)

How do you know if your mattress is robbing you of sleep? Sometimes it's obvious that your old mattress has seen better days; sagging, worn fabric and protruding coils are all signs that it's time for a new one.

However, other times mattress wear & tear is harder to notice. Try asking yourself these simple questions to see if you're due for a new mattress:

- Do you wake up with pain or stiffness?
- Are you not sleeping as well now as you were a year ago?
- Have you had your best night's sleep somewhere other than your own bed?
- Do you feel pain or tingling in your arm when you sleep?

If you answered 'yes' to any of these questions, a new mattress may help you sleep better.

Restwell Sleep Systems: **Social Responsibility**

The Restwell culture revolves around family, responsibility and community involvement. Restwell Sleep Products aggressively pursues office and manufacturing recycling programs. Restwell believes in giving back to the community and supports local charities.

Restwell Sleep Products is also a proud and active supporter of the Better Sleep Council. With concern for the global environment, Restwell has created product lines to minimize our carbon footprint.

Important things to know before you buy a mattress

Below is a checklist of things you should do before you buy a new mattress:

- Establish your needs; consider the comfort and performance required from your new mattress
- Visit retailers' and manufacturers' websites and print out the details of the mattress models that you're interested in. Keep in mind that you should shop by type of mattress rather than brand. Most major retailers carry the same types of mattresses under various brand names.
- Record the measurements of your bedroom, hallways and doors, and take them with you to the store to ensure that the mattress you choose will get to where it is going easily and fit properly into the space.
- Shop at a reputable retailer and ask for advice and recommendations based on your needs
- Don't be afraid to "test drive" and compare mattresses in the store. Couples should test the mattress together for motion isolation and comfort levels.
- Ask to see a cross-section of the mattress to see what you're getting.
- Make notes of the retailer, mattress type, brands, and prices so you can easily go back to the one you like best.

Restwell Sleep Systems: Humble Beginnings

Restwell Sleep Products is a Canadian manufacturer of quality mattresses & bed foundations. Founded in 1990 by a father and son duo, Restwell is still a family-run business that prides itself on personal service and quality manufacturing. We sell our product lines through National Retail & Independent Dealers in North America.

Frequently Asked Mattress Questions

How much body impression should I expect in my bed?

- Many high-end beds become more comfortable with age as they conform to your unique shape; our systems are designed to conform to your body instead of your body trying to conform to the sleep surface.

Many top quality mattresses use extra-plush foams and fibers to create comfort layers designed to cradle your body and relieve pressure. In the first few weeks of sleeping on your new mattress you will likely notice some body impressions on the surface. These impressions are normal and should not be considered a sign that something is wrong with your new mattress. We recommend you rotate your mattress to also minimize the degree of body impressions.

My new bed has body impressions over the last few months; will it get worse with time?

- You should expect some degree of body signature, but if impressions surpass 1.5" occur, please contact the dealer where you originally purchased your sleep system.

My new bed has an odor; what could be causing this?

- This mainly occurs when the mattress comes straight through production and is sent directly to the consumer. The foam that is used in the manufacturing process can experience some off-gassing but this should dissipate within a week. Restwell does not hold a warehouse inventory all our beds are produced as they are ordered through the retailer outlets. Should the odor persist; please contact the retailer where you originally purchased your sleep system.

Frequently Asked Mattress Questions

How often should a mattress be replaced?

- Due to numerous factors such as how the mattress was used i.e. guest bedroom, master bedroom and whether it was cared for properly and also the quality of the mattress itself will all determine when it will wear out. Other important factors are changes in a person's lifestyle, how your body has changed over the years and personal comfort levels. A good indication would be to ask yourself the following every 8-10 years:
 - Are you sleeping better or worse than you did a year ago?
 - Are you waking up feeling stiff and sore?
 - Does your mattress have visible signs of wear and tear?
 - Would a new mattress improve your sleep?

What is the best mattress that you manufacture?

- When it comes to mattresses, there is not a "one-size-fits-all". It is all a matter of individual taste and preference. We recommend you go to a retailer and use the "rest test" to narrow down your choices. As you lie down on the mattresses, pay attention to three of the mattresses most important features: comfort, support and space. The mattress that best fulfills the combination of these needs is the best mattress for you.

Should I buy a new foundation when I buy a new mattress?

- We highly recommend that a new foundation is purchased with your new mattress. Mattresses and foundations are designed to work together as a cohesive unit. When a new mattress is placed on an old foundation, the old foundation does not allow the mattress to perform to its design capabilities.

What type of warranty do you have on your product?

- The specific model that you purchased determines your warranty. Warranty information can be found under the Customer Service section of our website or by calling Customer Service Monday-Friday at 1.888.665.1112 X129 8:30am – 4:30pm PDT or email: customerservice@restwell.com.

Frequently Asked Mattress Questions

How often should I rotate my mattress?

- Rotating your mattress ensures that the cushioning and insulation materials will be evenly and properly distributed. At Restwell we recommend you rotate your new sleep system for maximum comfort and longevity.

How do I keep my new mattress clean?

- At Restwell we recommend using a mattress pad on your new sleep system. This will help to protect you new mattress from accidents that result in stains. Stains will cause deterioration of the foam and fiber layers and void your warranty.

**Have an another question?
Email us at
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