

## Frequently Asked Questions about TEMPUR mattresses

When buying a new mattress, you are investing in your health, your comfort, and your ability to get a good night's sleep. With an investment that significant, it's important that you take time to make the right decision – and as we all know, the best decisions come from being well informed.

With that in mind, we thought we'd gather together some questions and answers that may help to make your decision that much easier. After all, we know how special **TEMPUR** mattresses are. It's time you did too.

### **Q. Where is the TEMPUR mattress made?**

A. In the 1980s, NASA released to the public its pressure-absorbing material designed to help cushion and support astronauts during lift-off. Taking more than a decade to develop this design, two companies in Sweden and Denmark came together to create TEMPUR material for use in mattresses.

Utilising that design, TEMPUR launched in 1991, quickly finding success around the world. As demand grew, TEMPUR expanded into North America, building an R&D and engineering centre in Duffield, Virginia and a fabrication plant in Albuquerque, New Mexico. Meanwhile, in Denmark, the R&D facility and factory was extended considerably.

Today, all TEMPUR mattresses are manufactured either in the US or Denmark TEMPUR facilities. Manufacturing is not outsourced, which means standards remain as high today as they were when TEMPUR was first founded.

### **Q. What is the TEMPUR mattress made from?**

A. One of the questions we often hear is, is TEMPUR latex or memory foam? While TEMPUR material is neither latex or memory foam, it is perhaps more like memory foam in the way that it behaves. However, it's the construction of TEMPUR material that sets it apart.

TEMPUR material is made from billions of visco-elastic spherical shaped, open cells. These cells are designed to respond to the heat and weight of your body, meaning they shift and move to mould to your body's exact contours. This not only provides the support you need, it also eliminates pressure points to allow blood to flow freely throughout the night. With less tossing and turning, you can enjoy a more comfortable night's rest, and better quality sleep.

## Q. Is TEMPUR memory foam?

A. While TEMPUR material may be compared to generic memory foam, it is in fact superior in many ways. So, what is the **difference between TEMPUR material and memory foam?**

**Design:** One of the most important things to note about TEMPUR material is that it is composed using a secret formula. While competitors have tried to replicate it, none have been successful. The result? Not only is TEMPUR material developed from a NASA design, TEMPUR is the only mattress company to be certified by the International Space Foundation.

**Production Value:** Some competitors outsource their production, which can make it hard to monitor quality. TEMPUR manufactures its own products, keeping to the highest possible design and manufacturing standards at all times.

**Comfort & Durability:** Utilising an open-cell structure, TEMPUR material perfectly contours to the body. This allows it to adapt to each body type, with less than 3% rebound. It also allows for excellent durability, with each TEMPUR mattress guaranteed by a 10-year warranty.

## Q. Are TEMPUR mattresses good for people with back pain?

A. Each TEMPUR mattress features an open-cell structure, which allows it to spread body weight more evenly, eliminating pressure points to offer a more comfortable night's rest. When used in conjunction with the Adjustable Zero G bed base range, TEMPUR mattresses can help to reduce the pressure exerted on the spine, while working to relieve muscle tension.

While a TEMPUR mattress may help to alleviate your back pain, it's recommended you seek the advice of a medical professional.

## Q. Are TEMPUR mattresses hot to sleep on?

A. Because generic memory foam mattresses tend to 'run hot', we often get asked if TEMPUR mattresses suffer the same problem. However, thanks to the open cell structure utilised in the design of TEMPUR material, this allows for easy ventilation and dissipation of heat.

## Q. How long does a mattress last?

A. As a big investment, it's important to make sure your mattress will stand the test of time. So, how often should you change your mattress? It's generally recommended you change your mattress every 10 years. However, you may find some mattresses don't last that long, becoming lumpy and unsupportive long before the 10-year mark.

TEMPUR mattresses, however, are built to last. With a **10-year full replacement guarantee** on all TEMPUR mattresses purchased directly from TEMPUR or an authorised retailer, you can be sure your mattress will offer the same level of comfort and support throughout that 10-year period.

## **Q. Where can I try the TEMPUR Mattress?**

A. Finding the perfect mattress often means testing out the options. By visiting one of TEMPUR's retail partners, you can do just that. Find your local TEMPUR stockist [here](#), then use these **tips** on how to choose a mattress to find the right option for you.

## **Q. Can I sleep on my TEMPUR mattress straight away?**

A. You can sleep on your mattress straight away. In fact, the more time you spend on your new mattress the better. Why? If you are used to a more traditional style of mattress, such as an innerspring mattress, your new TEMPUR mattress will initially feel quite different. The high level of support TEMPUR mattresses offer means your body may need time to adjust to the change.

By spending time in bed, reading, watching television, or simply relaxing, you can speed up that adjustment time. Either way, it shouldn't take longer than a few weeks for your body to adjust to the feel of your new TEMPUR mattress, to start enjoying the exceptional comfort, support and pressure-relieving qualities that encourage a wonderful night's sleep.

## **Mattress Care**

### **Q. How do you clean the TEMPUR mattress?**

A. Washing TEMPUR material prevents it from functioning as it should, which means it should not be washed, sponged or dry cleaned. If you're wondering how to clean your mattress without washing it, here are some tips.

- TEMPUR material features environmentally friendly bacterium-reducing components, which prevent bacterial and fungal growth, so the mattress itself needs little maintenance.
- By placing the mattress on a ventilated bed base, it allows air to circulate freely and prevents moisture from accumulating.

The removable cover on your mattress can be removed and washed as needed. Note, some covers cannot be washed, so check the care instructions carefully.

### **Q. Can I wash my TEMPUR mattress cover?**

A. While most TEMPUR mattress covers can be washed, some cannot. Check the label stitched inside the cover for care instructions on how to best care for your mattress cover. You will generally find older 'Deluxe' models and mattresses that have TEMPUR material embedded or quilted into the cover can be removed, but not washed. Instead, these covers should be aired to renew their freshness.

### **Q. Do I need a mattress protector?**

A. TEMPUR mattresses feature a removable cover, which can be washed or aired as needed. However, you do need a mattress protector for your mattress, not just for your guarantee but to make sure that your mattress cover doesn't age.

### **Q. Is the TEMPUR mattress waterproof?**

A. TEMPUR material is not waterproof. However, your mattress should remain dry and comfortable with your TEMPUR mattress protector in place. Waterproof and breathable, this mattress protector is made from natural fibres that breathe with the body. It also features an intelligent membrane that prevents your mattress from getting wet, which is the thinnest in the market.

### **Q. Which bed base is best?**

A. Wondering whether you can put the TEMPUR mattress on an adjustable bed base? Or if you can you put a TEMPUR mattress on slats? The answer is yes – to both questions.

If you want an adjustable bed, you can opt for a TEMPUR mattress that is compatible with our adjustable bed range, allowing you to find the most comfortable position for sleep, or for reading or watching television in bed.

You may also place a TEMPUR mattress on a slatted base, however we recommend using a solid base from the TEMPUR bed base range.

### **Q. Do I need to turn the TEMPUR mattress?**

A. Wondering whether you should flip your mattress and how often? While other mattresses may need to be flipped or turned regularly to ensure they remain comfortable, TEMPUR mattresses do not. TEMPUR material is designed to return to its original shape, day after day, year after year. For that reason, there is no reason to flip or turn TEMPUR mattresses.

### **Q. Can I use an electric blanket with my TEMPUR mattress?**

A. We do not recommend the use of electric blankets or hot water bottles when sleeping on a TEMPUR mattress. Because TEMPUR material responds to your body heat, an electric blanket or hot water bottle will prevent it from doing this and properly contouring to your shape. It may also cause irreversible damage to the pressure-relieving properties of your mattress. If your hot water bottle leaks, to wet, stain or damage your mattress, it will invalidate your manufacturer's guarantee.

If you think you still need extra warmth, consider an over electric blanket rather than an under blanket. Ensure that it is less than 10 years old and in good working order.