

Cottonsafe® Mattress Rotation & Turning Guide

Rotating & Turning Your Mattress

Natural fibres and fillings gradually settle as your mattress is used. Regularly changing the mattress position helps distribute use evenly and allows the fillings to settle naturally.

What's the difference?

Rotate — head to foot

Turn the mattress **180°**, so the end that was at the head of the bed is now at the foot.

Turn — flip the mattress over

Turn the mattress over so the **other sleeping surface is facing upwards**.

Important: Only turn/flip your mattress if it is specifically designed to be used on both sides. Some Cottonsafe® mattresses have a designated sleeping surface and should **not** be flipped. If you are unsure, please contact us.

During the First 3 Months

The first three months are particularly important while the natural fillings settle.

If your mattress is designed to be rotated and turned:

- **Rotate it every 1–2 weeks**
- **Turn/flip it every 1–2 weeks**

You can rotate and turn at the same time or alternate the two actions — the important thing is to regularly change the mattress position during these first three months.

This helps:

- Encourage the natural fillings to settle evenly
- Distribute body weight and normal wear
- Reduce uneven settlement
- Allow the mattress to gradually adapt to use

After the First 3 Months

Once the mattress has had time to settle, we recommend:

Rotate and turn once a month, provided your mattress is designed to be turned over.

If your mattress is **one-sided**, continue to **rotate it head-to-foot once a month**, but do not flip it.

At a Glance

Mattress type	First 3 months	After 3 months
Two-sided mattress	Rotate + turn every 1–2 weeks	Rotate + turn once a month
One-sided mattress	Rotate every 1–2 weeks	Rotate once a month

Always Use Two People

Natural mattresses can be substantial in weight. Always use **two people** when rotating, turning or moving your mattress.

- Lift rather than drag
- Support the mattress evenly
- Avoid twisting or sharply folding it
- Take care not to catch or crush it against the bed frame, walls or furniture
- Avoid pulling on the fabric
- Only use handles to carry the mattress if they are specifically designed for this purpose

Working together helps make turning easier and prevents unnecessary stress on the mattress.

Do Not Bend Beyond 45°

When rotating or turning your mattress, **do not bend or fold it beyond approximately 45°**.

Excessive bending can place unnecessary stress on the internal spring unit and may affect the mattress's shape, construction or performance.

Keep the mattress well supported and avoid forcing it around corners or through restricted spaces. If access is difficult, please contact us for advice.

A Simple Routine

First 3 months:

-  Rotate every **1–2 weeks**
-  Turn every **1–2 weeks** if your mattress is double-sided

After 3 months:

-  Rotate **monthly**
-  Turn **monthly** if your mattress is double-sided

Some natural settlement is completely normal. Regularly changing the mattress position simply helps distribute this settlement and normal wear as evenly as possible