

Cottonsafe® Mattress Mould & Moisture Guide

Mould & Moisture

Natural mattresses are designed to be breathable, but **all mattresses need to be kept dry and well ventilated.**

Natural fibres such as wool and cotton can absorb moisture from the surrounding environment and from normal perspiration during sleep. If moisture becomes trapped within or underneath a mattress and cannot evaporate, it can create conditions in which mould or mildew may develop.

The best protection is prevention

To help keep your mattress fresh and dry:

- Allow your mattress to breathe each morning by pulling back the bedding.
- Keep your bedroom well ventilated.
- Use a suitable breathable, waterproof mattress protector.
- Make sure bedding and mattress protectors are completely dry before use.
- Keep the mattress on a suitable, well-ventilated bed base.
- Avoid placing the mattress directly on the floor.
- Do not allow moisture, spills or damp bedding to remain on the mattress.
- Avoid excessive humidity and condensation in the bedroom.
- Never cover or store your mattress while it is damp.

Good airflow underneath and around the mattress is particularly important. A mattress placed on a poorly ventilated surface or directly on a damp floor can be more vulnerable to moisture accumulation.

What if you notice mould?

If you notice **visible mould or mildew on your mattress**, stop using the mattress

Do not:

- Soak the mattress
- Steam clean it
- Use bleach or strong chemicals
- Apply disinfectant or mould-killing sprays
- Attempt to wash the mattress
- Use excessive amounts of water
- Cover the mattress in an attempt to contain the problem

Mould can extend beyond the visible surface and may be present within the internal layers of a mattress. For this reason, **do not assume that removing visible marks from the outer fabric has resolved the problem.**

If mould is suspected inside the mattress, please contact us before attempting any cleaning or treatment. We can advise you on the most appropriate next steps based on the circumstances.

Why has mould developed?

Mould is generally associated with **excess moisture combined with insufficient ventilation**. It is not caused simply by the mattress being made from natural materials.

Possible sources of excess moisture include:

- High humidity within the bedroom
- Condensation
- Damp walls or flooring
- A poorly ventilated bed base
- Placing the mattress directly on the floor
- Damp bedding
- Spills or other liquid entering the mattress
- Insufficient ventilation after sleeping

This is why regular ventilation and keeping your mattress dry are such important parts of natural mattress care.

If Your Mattress Gets Wet

If a spill or other moisture reaches your mattress, act promptly.

1. Blot

Gently blot away as much moisture as possible using clean, dry towels.

2. Ventilate

Remove bedding and allow plenty of fresh air to circulate around the mattress.

3. Dry thoroughly

Allow the mattress to dry completely before replacing the bedding or protector.

4. Don't use direct heat

Avoid radiators, heaters, hairdryers and other strong sources of direct heat, which may damage mattress components.

5. If the mattress has become significantly wet, contact us for advice.

Never cover, store or continue using a mattress while it remains damp.

A little care goes a long way

The combination of **fresh air, good ventilation, a suitable bed base and keeping your mattress dry** is the best way to protect your natural mattress from moisture-related problems.

Natural materials are designed to breathe — give them the opportunity to do so.