

# 8 Mattress Resolutions Sure to Make a Positive Impact on Your Sleep

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Want to sleep better? Before you overhaul your [coffee](#) and [social-media-bedtime habits](#), show your mattress some love – which might be the perfect way to start 2018. Mattress purchases represent a significant investment for our households but after the initial purchase, caring for them becomes a distant afterthought. To help your mattress help you sleep better, give it the continued care and attention it deserves. Ensure its longevity – and comfort life – with these resolutions around maintenance, cleaning and buying...

Repeat after me, “In 2018, I promise.... “

## 8 mattress resolutions guaranteed to help you sleep better



“If you have kids or pets, it should be a waterproof one,” suggests Darla DeMorrow, a certified professional organizer and owner, [HeartWork Organizing](#), based in Wayne, PA. “It is well worth the money for a good mattress pad and costs usually somewhere between \$50 to \$100.” She recommends washing it once a month.

Isn't it lovely to crawl between freshly laundered sheets? To keep your [bedsheets](#) smelling fresh and germ-free, throw them in the wash at least once a week. Use the warm-water setting on your

machine to thoroughly eliminate dust, sweat and other icky stuff. (Hot water may shrink the fibers of your sheets.) Prevent your printed or brightly colored pillowcases from fading by laundering them inside out. According to a survey done by [AllYou.com](#), most Americans strip the bed every 10 to 14 days. Many wait as long as three to four weeks. Just don't!



“Many [modern mattresses](#) are made not to flip, but they can be rotated,” says DeMorrow.” Some can be turned a quarter turn, but some are manufactured with zones for each part of your body and they should be rotated a half turn at a time.” The goal is to help your mattress wear more evenly and to avoid lumpy body impressions that can be created



over time – especially important if you’re sleeping single or your partner is much heavier than you.

If



your washing machine has a large enough capacity, launder your comforters and [pillows](#) regularly. After you wash pillows (twice a year is fine) and it’s time to dry them, DeMorrow recommends tennis balls into your dryer to help maintain fluffiness. Protect your pillows with covers to stop oil from your hair absorbing into the stuffing. Always check the manufacturer’s care label.



The longer you leave an untreated [stain on your mattress](#), the more difficult it will be to remove. Address it soon as you can to prevent it from setting.

[BestMattressReviews.com](#) has a process sure to tackle stains:

- Step 1: Blot any liquids. If you’ve spilled liquid on your mattress, quickly blot up as much as you can with a clean cloth or towel.
- Step 2: Clean with diluted dish detergent. Dilute dish detergent in a 50/50 mix with cold water in a spray bottle, then spray it on your mattress sparingly. Let it sit for several minutes before scrubbing.
- Step 3: Repeat. Sometimes, one, two, or three rounds of gentle cleaning isn’t enough for stubborn stains, so keep at it. Just remember not to use too much water, or you’ll saturate your mattress.
- Step 4: Use hydrogen peroxide or laundry detergent for blood or urine. Bodily fluids can be more difficult to remove, so try hydrogen peroxide first, blotting it with a clean cloth. Next, try a small amount of laundry detergent with a brush to break up the stain. Use cold water to gently remove the cleaner from your mattress.



Jackson Lindeke, general manager, [BestMattressReviews.com](#), says that a mattress pad is always your best line of defense to keeping your mattress clean of dust, debris and [bed bugs](#), but if you’re resistant to that idea, you’ll have to clean your mattress a couple of times a year. Start by vacuuming the mattress thoroughly using a bristled upholstery brush attachment to get into all the nooks and crannies. Then clean your mattress with

moisture. Let your mattress air dry before covering your mattress with sheets. If you don't allow it to air dry completely, you risk creating the perfect moist environment for mold. Finally, sprinkle baking soda to your dry, bare mattress to soak up any odors. Let it sit overnight, then vacuum. Repeat on the flip side.

vinegar: Dip a cloth in white vinegar and scrub any stains. Blot with paper towels to remove excess



Don't treat it like a second living room. Keep the crackers and cheese, snacks, toast and jam, tea and coffee out of your sleeping space. [Breakfast in bed](#) might sound like a novel idea, but it won't do your sheets or mattress any favors. In a survey for [Made.com](#), respondents said that they ate at least once meal a week between the sheets.



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### **will intervene and not allow my mattress to die a slow agonizing death**

I will replace it when it's time. The Better Sleep Council says that you should be replacing your mattress every 7 to 10 years, depending on how nicely you treat your mattress. Know the signs indicating that your [mattress is ready for retirement](#). They include: waking up with neck or back pain, feeling or spotting a dent or lumpiness in your bed, an increase of allergy symptoms (an indication of an allergen accumulation), sleeping better elsewhere, plus tossing and turning. Research shows that consumers tend to ditch their mattresses around the 10-year mark, which might be well past its shelf life. Experts say you should assess the health of your mattress and its impact on your sleep quality once you've owned it for 5 to 7 years.