

snuginteriors
live • relax • sleep



HOW TO GET A **GOOD NIGHT'S SLEEP**

Our guide will walk you through
how to get a better sleep.

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Our Guide to a Perfect Night's Sleep

Sleep is one of the most important functions our bodies undertake.

Every night we rest our weary minds and bodies so they can repair, restore and process the day's information and events.

But, sleep isn't always that easy to come by.

Stress, anxiety, busy work life and a significant amount of errands can mean settling down to a restful night's sleep is hard.

However, we believe that if your sleep environment is set up just right, then a blissful and restful night's sleep is possible.

A supportive bed, a luxurious mattress, a sumptuous duvet, a comfy pillow and the right accessories to care for your bed, is what we believe will help create the perfect atmosphere for superlative sleep.



Why snuginteriors?

We focus on delivering high quality products with exceptional service and knowledge. As bed experts for over 25 years, we can do much more than sell you a comfy bed; we can help you create your perfect sleep environment.

We've put together this guide to take you through the questions you need to ask to find the right bed, mattress and bedding for you; your sleep preferences, positions and needs are all taken into account.

This guide is yours and you can refer to this when you feel you need to update your sleep space and you'll always be confident in your investments.



Amazing service from true experts in their field. If you want a great night's sleep - talk to these guys. Great products and friendly helpful service. Thank you. -- Peter S

All at snuginteriors are unfailingly friendly and helpful. If what you want is not in stock they go out of their way to obtain it as quickly as possible. What more could a customer ask for? -- Andrew Morison

Very helpful service from start to finish and would highly recommend them. I needed a topper for an adjustable bed and they helped and advised me to the right choice and arranged to get the product a bit longer to fit my bed. I would not have thought about that myself or that it could be done even so am very grateful to them and my v/ spring topper is perfect. -- Mary R

Get You and Your Environment Ready for a Good Night's Sleep



5 Tips To Get YOU Ready For A Good Night's Sleep

You may not be able to control all the factors affecting your sleep but consider adopting these simple habits to encourage better sleep.



Create a consistent sleep schedule

The recommended amount of sleep for a healthy adult is between 7 and 8 hours. This is enough to help you feel well rested. Being consistent reinforces your body's sleep-wake cycle so try to go to bed and wake up at the same time each day, including the weekends.

Be mindful of what you eat and drink

Try to have your large meal several hours before you plan to go to bed because feeling stuffed can make you feel uncomfortable and keep you awake. Be cautious with nicotine, caffeine and alcohol. Nicotine and caffeine are stimulating and the effects take hours to wear off. And while alcohol may make you feel sleepy at first, it can disrupt your sleep later in the night.



Set your alarm for daytime naps

If you're lucky to indulge in some daytime sleep, limit your naps to no more than one hour in the day and don't take it late in the afternoon. This can interfere with nighttime sleep. So, plan to nap shortly after lunch and set your alarm for one hour or less

Be active every day

Regular exercise can make sleep more fulfilling and easier to come by. Try not to exercise too close to bedtime and bonus points if you can do it outside!



Manage worries and anxiety

Set aside any worries for tomorrow and take 5 minutes to jot down any worries before you go to bed. Being organised can help with stress so use your evening to plan what you need for the following day. To manage anxiety try taking a relaxing bath to calm your muscles and nervous system. Meditation is also a great tool for anxiety and there are lots of great resources online.

5 Tips To Get Your ENVIRONMENT Ready For A Good Night's Sleep

The setting you sleep in can greatly affect the quality of your sleep. Create the best ambience for a better sleep with these easy tips.



Create a dark and cool bedroom

To fully relax, you need a cool and comfortable bedroom, ideal for your body heat. The optimal temperature is around 18.5C, though this may change from person to person. Keep light levels as low as possible when you sleep. Invest in blackout curtains to minimise the light coming through your windows. This helps your body's circadian rhythm understand it's night time and you're ready to sleep.

Limit screen time

Keep your room as light-free as possible. This may mean removing computers, TVs, smartphones and other blue-light devices.

Please note, using electronics close to bedtime can also negatively affect your sleep. If you must use your phone, try setting it to night mode to reduce the blue light exposure - this may cause your brain to think it is still daytime and cause a restless night.



Emit relaxing aromas

Some scents like lavender can help you relax. Add a few drops of lavender essential oil to a diffuser to help you sleep.

Block out noise

It's hard to stay asleep when there's a lot of noise. If noise levels are high it will have an affect on the quality of your sleep. If it isn't possible for you to control noise around you, try playing white noise or soft music, or use earplugs to muffle any sounds.



Keep your bedroom clutter free

An unorganised room can cause stress. You don't need to keep your room militarily clean all the time but don't leave it untidy for too long. A tidy bedroom will be visually relaxing.

How To Choose the Right Mattress

At snuginteriors we want our customers to have high-quality sleep and tailor-made comfort. We truly believe in the benefits of a strong, progressively supportive, well-made spring - after all, these are the engines of your mattress!

So, we've put together a comprehensive mattress buying guide to make your search for the ultimate restful sleep easier.



Key Points to Consider When Buying a Mattress



Body Weight & Shape

It is important to consider your weight when choosing the perfect support level and tension for your mattress. In fact, it's so important, let us quickly bust a common myth:

"A firmer mattress is best for my back." Actually, what is right for your back is finding the correct level of support for your body weight and the right upholstery to nestle around your joints.





Generally, a heavier frame suits a firmer mattress. This is because the gauge (width of the wire used) of the spring is thicker and is built to sustain heavier weights. A lighter frame needs a softer spring so that the body's weight can properly engage the spring and get the support it really needs. If a spring is too firm for the body's weight, the person will just be lying on top of the mattress and not getting the full benefit. Additional softness can come from the upholstery, with different combinations and depths of upholstery adding further to the softness.

A correctly supporting mattress will see your spine lying straight. If the mattress is too soft, your spine will bow downwards. If it is too firm, it will bow upwards. In both states, pressure is being added to your body.

If a couple shares the bed, it is important to consider the different weights and shapes of both people, however, depending on the mattress size you are choosing and whether or not a combination tension is available, you will need to be guided by the weight of the heavier person. A mattress topper can always be added if the lighter person then requires more softness.



A simple test to find the best tension for you:
Slide your hand beneath the small of your back and the mattress. If it slides in too easily, the mattress is too firm. If it has to be forced under, it is too soft. It should be a snug fit.



Sustainability

It's important to buy from a brand or retailer whose mattress production shows their [commitment towards sustainability](#), eco-friendly methods and who serve their local communities well. Ask the following questions while you're browsing:

Is the mattress made with sustainably sourced, natural materials? We believe they should be free from foam, plastics, glue and other chemicals. Can the mattress be recycled once it's reached the end of use?

Using natural materials ensures a soft, hypo-allergenic and breathable sleep experience, taking care of your body's needs night after night.



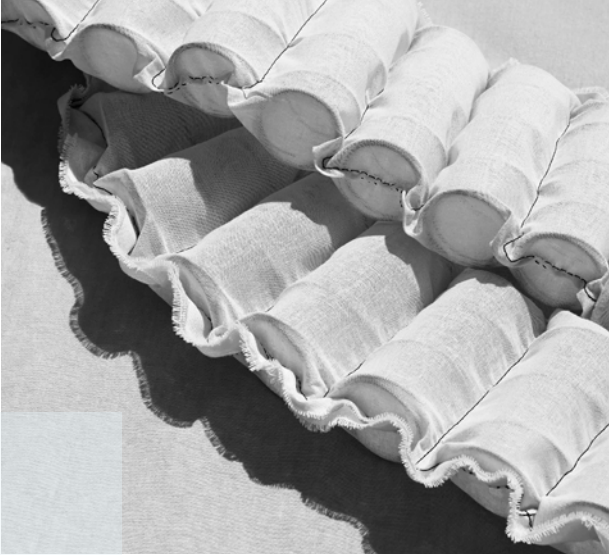
Are the materials local and/or ethically sourced? Is it important to you that the materials come from British farmers, so you know you're supporting local business? Many of our mattresses support the British farming community; we know the wool has been grown responsibly, the animals are looked after, and the land is well managed.

Is the brand involved in charitable work? What actions are they taking to improve the lives of people across the UK and the world, and the health of the planet?





Spring Count



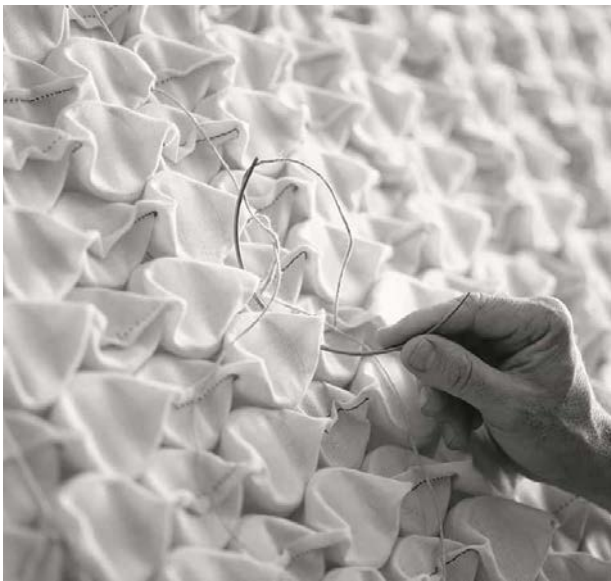
Unlike some companies, we don't inflate our spring count by cramming tiny, low-quality springs into our mattresses. Instead, we use high-quality, durable springs that will deliver the comfort and support your body needs, for many years to come, and this is supported with our product guarantees ranging from 10-30 years. We find many customers use spring count as a comparator, but this can sometimes be misleading if the quality of the springs vary between the models/brands you are considering.





British Craftsmanship

The [brands we partner with at snuginteriors](#) offer luxury, British design and production. Our manufacturers have been perfecting their craftsmanship over many years and offer excellent product guarantees (from 10 to 30 years) to reinforce their durability and long-lasting design.



Look for models that incorporate genuine hand side stitching for a beautifully traditional tailored feel and extra support at the mattress borders. Attention to hand side stitching means greater support at the edge of the bed. These mattresses fit around the body's contours offering deep support. Hypnos, for example, include chrome vents for breathability and hand-finished wool tufts to secure the mattress fillings and prevent them going lumpy.

This British approach to mattress ingenuity will guarantee you bliss and comfort in all the years you use your new mattress.



Use

Which room is the mattress going in? Is it a master bedroom and therefore used every night? Or is it a guest room that won't be used as often. How frequently your new mattress will be used is important and should affect the level of investment you're prepared to make.



You're going to use your mattress for a long time, so always ask, "what is the product's guarantee?" At snuginteriors [we offer a guarantee](#) of up to 30 years. We understand a mattress is an investment so we aim to ensure you feel you're making a safe purchase.



Preference

We all have different comfort needs. You may have a light frame but prefer a firmer bed. As long as the support and comfort is correct, then we won't try to tell you otherwise. That's why it's best to come along to our [large showroom](#) or [call us](#) so we can work together to find the right mattress for you.

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Types of Mattresses



Pocket Spring Mattresses

Our [luxury pocket-spring mattresses](#) are designed to give you full body support using high quality, and durable, individual springs that are nested in different pockets.

Each spring responds independently and according to the pressure it receives, ensuring maximum support as they gently adapt to the body's contours.

Two people in the bed? You won't be disturbed by your partner's movements as it will be their pocket springs affected as they move, not yours. This results in a less disturbed sleep and avoids rolling into each other.



As you go up in our various ranges, you'll notice there are an increased number of springs, luxurious natural fillings and more rows of hand side-stitching. All of these add to the overall comfort, support and longevity of your mattress.

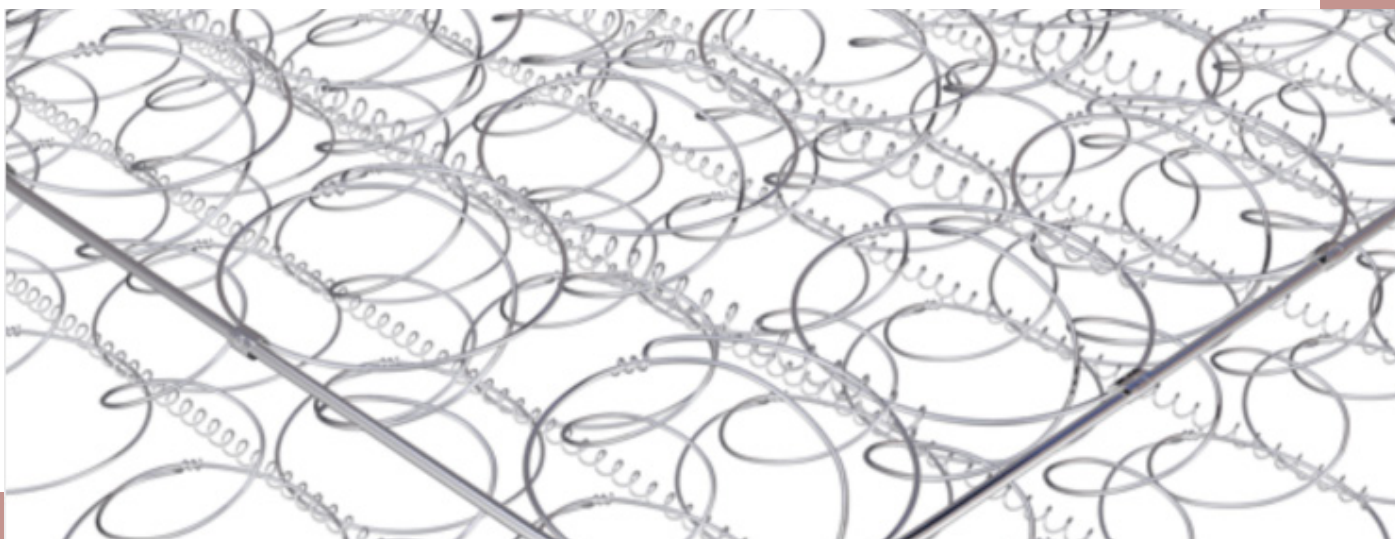
All our pocket spring mattresses are available in a range of tensions to suit your body weight, shape and preference. We also offer a combination of turnable and no-turn mattresses to suit your preference.

Traditional Open Coil Mattresses

Open coil mattresses were traditionally the most common type of springing. They are less expensive than the luxurious pocket spring system, however they are not able to provide the same level of support as the springs are not able to contour the body to the same extent.

Made with single springs fixed together by one wire, they deliver a firm feel and are resilient and hardwearing.

They are also easy to maintain as they are lighter to turn than a pocket spring mattress.



Mattress Fillings

Natural Fibres

Our British made mattresses are filled with high quality, sustainably-sourced, natural materials.



Vispring mattresses use generous quantities of pure 100% British fleece wool that has been sourced ethically and works in harmony with your body to provide the most luxurious sleep surface.



If you choose a Hypnos mattress, you're investing in a brand who has a ground-breaking, industry-first, exclusive partnership with Red Tractor. Their wool can be traced right back to the source at Red Tractor assured farms. Their cotton is also ethically sourced. Using the Better Cotton Initiative and CottonConnect Partnerships. Hypnos provide more traceable and responsibly farmed materials, whilst helping to support cotton farmers, their communities and the environment. Hypnos also include eOlus™ fibres made from recycled plastic bottles which offer resilient body support whilst allowing air and moisture to pass through the materials easily. Unlike warm synthetic foam, eOlus™ fibres create a breathable layer that doesn't retain heat or sweat but still has a soft foam-like feeling for optimum comfort.

Mattress Fillings

Natural Latex

Natural Latex is formed from a white, milky liquid (also known as sap) which is collected from rubber tree plantations. It is a highly resilient product that instantly recovers its shape once pressure is relieved, making it an excellent component for mattresses as it perfectly adapts to the body's contours.

Not only does it give a wonderful cradling sensation, it is also very supportive and has anti-allergenic properties. When combined with pocket springs it gives a lovely, luxurious soft finish.

How To Find The Perfect Bed

We spend a third of our lives sleeping so it's vital to consider all the options when it comes to buying a new bed.

Questions about style, storage, sustainability and comfort are all essential in the bed buying process.

At snuginteriors, we're bed experts, and can help you find the most comfortable, practical, sustainable and stylish bed that will suit your individual requirements.

So, we've put together a comprehensive bed buying guide to make your search for the ultimate restful sleep easier.



First things first, if you're looking for ultimate comfort, the most supportive and luxurious feel will always be from a pocket sprung divan base.

A slatted base (be it solid or sprung) or a solid platform top base will always provide a firmer feel to your mattress, as there is little to no give. Whereas a sprung divan base works in unison with your mattress giving support from both the spring unit in your base and the mattress. A sprung divan base will allow your shoulders and hips (often the widest parts of the body) to nestle deeper into the mattress allowing the springs to better contour your whole body for increased support.

Our mattresses and divan bases work together to provide an exceptional level of comfort and support to ensure a restful and regenerative sleep.



Bed Frames

All our [bed frames](#) come as standard with platform bases so once assembled you simply have to put your new or existing mattress on top.

Handmade in Wiltshire our bed frames come in 4 parts - head end, foot end and 2 side rails. They are assembled in your room of choice and can be upholstered in your chosen fabric.

Voila!

Divan Beds

At [snuginteriors](#) you can choose from a platform top divan base, sprung divan base, or an ottoman or hideaway base to meet your storage needs.

You can choose from a wide range of base types, heights and styles, storage options, fabric, legs, and size. With product guarantees of up to 30 years, you can choose your new bed with peace of mind.



Double beds and above are made in two pieces and linked in the centre. They can be split east or west (across the bed) which is most typical for double or king sizes. Or they can be split north or south down the centre of the bed, most commonly found with larger sizes.

Please note, splits can vary according to the manufacturer and divan height. For example, King size and above can be zip and linked, meaning the divan base can be split into two stand alone single sizes or linked to create one larger bed.

Types of Divan Base

Pocket Spring

Our sprung divan bases include highly adaptive and supportive pocket springing. These beds are seriously comfortable and supportive and are the perfect choice for those seeking a softer, more supportive and luxury feel.

Each pocket spring works independently, adapting to the weight that it receives, allowing the individual pocket springs to perfectly contour and support your body from head to toe.

Our pocket spring divan bases also include a range of different upholstery layers to increase the comfort.



Two of our partner brands have a wide range of pocket spring divan base options:

[Hypnos](#) offer a firm edge pocket spring base. These bases have a firm edge finish, with timber running round the edge of the base for extra support.

[Vispring](#) have a sprung edge finish with unique vanadium steel pocket springs running from edge to edge to maximise the sleeping area.

Platform Top

A [platform top divan base](#) offers a solid sleeping surface for your mattress to sit upon. This is a perfect choice for someone looking to get a firm feel out of their bed while offering a contemporary bedstead look.

It is also one of the most cost-effective base options.



Open Coil



These [sprung divan bases](#) use more traditional open coil springing. These bases are hardwearing and a less expensive option, offering a sprung surface for your mattress. They are a great option for people looking for a softer feel at a lower price.

Storage Options

Once you've decided on the level of comfort you desire, it's time to focus on the practicalities of your bed. Put your bed to work by using it as a storage option in your bedroom.



There are a range of storage options to choose from: drawers, hideaway storage (exclusive to Hypnos) or Ottoman Super Storage.

For all deep divan bases (excluding the Ottoman and Hideaway), you can choose from the following drawer options:

- No drawers
- 2 standard drawers
- 4 standard drawers
- 2 + 2 drawers - 2 continental drawers at the head end plus 2 standard drawers at the foot end. Place your bedside table next to your bed without restricting the opening of the drawers



Ottoman storage is the ultimate storage solution. Offering maximum storage space, it is easily accessible by lifting the lift - gas struts makes this easy - and you can have a bird's eye view of all your belongings.

The [Hypnos Hideaway Divan Base](#), unique to Hypnos, offers maximum storage at the most cost-effective price. Store items across the entire length of your divan whilst concealing them behind an upholstered valance, in the fabric of your choice.



Divan Base Heights

Our divan bases are available in a range of heights; from contemporary shallow divans with a choice of legs to classic deep divans on castors or a fixed foot.

The most common option is the classic deep divan on castors or feet to allow for storage. A shallow divan on legs creates a more modern bedstead look.



Customise Your Personal Look

You can customise your new sofa, so why not your new bed? Some might say this is the most exciting part of your bed buying journey.

Each divan base can be customised and ordered in your choice of fabric (and colour), style of legs, and storage options - plus you can add a [headboard](#).

We offer a wide range of fabric options. Choose from different colours, tones and patterns. Browse a variety of textures to suit your individual taste. Finally, choose from a wide range of leg styles. Comfort doesn't mean compromising on style. Your new bed can look and feel the best at the same time.

Sustainable Timber

As always, we strive to work with brands who put sustainability at the heart of what they do, and their divan bases are as eco-friendly as they come.

Vispring uses slow-grown Scandinavian softwood and hardwood to construct their timber frames, with no particle board or MDF. Every joint is glued and screwed for added strength and all timber has Forest Stewardship Council (FSC) accreditation, guaranteeing sustainability and traceability.

All of the timber in Hypnos' divan bases are from sustainably managed forests that are both FSC® and PEFC™ compliant. All our featured divan bases are 100% recyclable at the end of their lives.



Complete with Sumptuous Bedding



How To Choose The Right Duvet

How do you achieve a cool night's sleep in the summer and a warm night's sleep in the winter?

By choosing the right duvet.

This duvet buying guide highlights 4 key areas to consider when buying a new duvet.

As experts with over 25 years' experience in matching people to the right bed and selecting the best bedding, we've compiled this duvet buying guide so you can make the right decision for your sleep needs.

snuginteriors Duvet Buying Guide

Here are 4 key areas to think about when choosing the right duvet:

Tog Rating

A tog is a measurement of how warm the duvet will keep you during the night. It states the degree to which the duvet retains heat.

This is one of the key areas to consider when buying a duvet. It comes down to: how warm do you want to be? Tog ratings range from tog 1 to tog 15. The higher the tog the greater the heat retention so, you'll be a lot warmer at night if you opt for a higher tog.

As a rule, go for a lower tog rating in the warmer months and a higher tog in the cooler months.

A 4.5 tog is ideal for summer and a 10.5 - 13.5 tog is perfect for winter, depending on how warm you sleep, whether your home is single or double glazed, and whether you have the heating on at night. A 7 tog is a good medium weight duvet for year round use.

If you're after flexibility, or want to satisfy all your warmth needs in one purchase, then consider an all season option. These duvets are suitable all year round. They consist of 3-in-1 temperature control: allowing two separate duvets for warm or cool months, then joining them together for extra cold spells. This is a great choice for a versatile purchase that ticks several boxes.

Duvet tog ratings for different ages

It's important to note that as well as considering the season and personal preference, age must also be taken into account.

An adult can regulate their body temperature well so the duvet tog can be subjective. However, a child (especially young children) cannot so there are specific guidelines for this age group.

If you're buying for a child, aim for a tog rating lower than 10.5 as a thick duvet will be too warm. For very young children and babies, choose a tog rating of 4. This will keep them at a comfortable temperature all night long, especially if they sleep in a cot which retains heat well due to its small size.



Materials

There are two choices when it comes to the material that fills your duvet: synthetic or natural.

Synthetic fill - man-made materials are best for anyone who suffers from allergies such as rhinitis, asthma or eczema. As well as being non-allergenic, these duvets are also washable and utilise new technologies that offer light, breathable fills and are thermally efficient.

Here are two examples of synthetic technology utilised in high quality duvets:

- **Smartfil®:** These are advanced fibre fillings you can find in our ranges of synthetic duvets and pillows. If you used a microscope you could see tiny, micro-fine fibres that have been glazed with a permanent silicone layer.

These micro-fibres are as tough and resilient as diamonds but incredibly silky and soft to the touch. This unique process does two things:

1. The tiny fibres can slide over each other without friction, resulting in free-flowing fillings that shift and shape around your body as you sleep.
2. The permanent silicone layer allows the fibres to keep their shape so they will stay fluffy and plump for a long time.

Smartfil® duvets are washable at 60 degrees which is the temperature that will kill dust mites. They all last longer than other duvets as there is no friction between the fibres. Amazingly, the silky-soft feeling never deteriorates even after repeated washing.

They are also non-allergenic and move the air through for excellent flow. These duvets are superior in quality and perfect if you're looking for a high-tech product that will support your sleep.

Another example of a synthetic material used in high quality duvets is

- **Modal:** This is acquired from natural wood pulp and is wonderfully breathable.

Modal helps to wick away moisture from the body leaving a sleep space that is temperature-controlled and comfortable.



Natural fill - duvets filled with natural materials are another great option. Light and comfy, including materials such as feather and down, and wool, natural fillings make these high quality duvets very breathable and are naturally temperature-regulating. They offer a superior night's sleep that is comfortable and supportive. Natural filled duvets include:

- **Feather and down:** These duvets are soft, light, and offer natural thermal properties as well as being highly breathable. For the most luxurious and soft feeling duvet, choose a duvet with a high proportion of down.
- **Wool:** Wool duvets are breathable and help to regulate body temperature. They do a great job at keeping you cool in the warm months and lovely and warm when it's cold, creating a great sleep experience all year round.



Sustainability

It's important to choose a duvet that is filled with materials that have been responsibly sourced. Look for brands that employ innovation, ethical sourcing and sustainable production.

Many brands who specialise in high-quality duvets will make efforts towards lowering their carbon footprint and recycling their waste.

[The Fine Bedding Company](#) is the first bedding company in the UK to carry the prestigious Downpass seal, certifying that the products are of a guaranteed quality, responsibly and ethically sourced, and have incurred no live-plucking whilst being fully traceable. Their microfiber duvet fillings use 25% less polyester than similar competitor products, and the majority of the cotton is sourced through Better Cotton Initiative sources.

[Devon Duvets](#) handcrafts each item in its Devon workshop using high-grade, 100% British wool and innovative plant-based fibres, found in their Botanics range. Their wool is traceable from farm to duvet. It is only shorn from live sheep during the spring and summer when they naturally need to shed their wool fleece. This respect for animal welfare is reflected across the entire brand's approach to sustainability. They also use cotton that supports the Better Cotton Initiative, promoting better environmental and socio-economic farming practices.

Duvet Sizes

It may sound obvious but check the size of your bed before you purchase your new duvet. Here is our size guide.

Single Mattress 90cm x 190cm	Double Mattress 120cm x 190 cm	King Mattress 150cm x 200cm	Super King Mattress 180cm x 200cm
135cm x 200cm Single Duvet	200cm x 200cm Double Duve	230cm x 220cm King Duvet	260cm x 220cm Super King Duvet

How To Choose The Perfect Pillow



A pillow may seem like a small part on the journey to experiencing blissful sleep, but at snuginteriors we know the finer details truly matter.

“But there is so much choice out there, how do I find the right pillow for my sleep needs?!” We get this query often.

To start, you need to consider a variety of factors to do with your sleep habits, preferred support and material preferences. Understanding what you prefer will put you on the journey to restful sleep.

This pillow buying guide will give you all the advice you need to find the perfect pillow.

Our guide to finding the perfect pillow

1. What type of filling suits you best?

There are two types of pillow fillings; man-made, synthetic fillings or natural fillings.

Synthetic fillings

- Best for allergy sufferers. Rhinitis, asthma or eczema can be exacerbated by some natural materials, so opt for man-made for peace of mind.
- Even if you don't have allergies, synthetic filled pillows have many more great benefits. They are conveniently washable and can include specialist technologies.
- [The Fine Bedding Company](#) utilises an innovative Smartfil® Cluster fibre filling which ensures their pillows remain plump.



Natural fillings

- Choose feather and down. This creates soft, breathable, temperature regulating and eco-friendly pillows. For example, choose a higher feather percentage for more support or a higher down percentage for more softness and cushioning. All of our natural fillings are ethically sourced and meet strict animal welfare standards. Wool pillows, like those at [Devon Duvets](#) who use 100% British wool, are gorgeously soft, hygienic, eco-friendly and hypoallergenic.

- Another option is natural latex like pillows from [Hypnos](#). This is formed from a white, milky liquid (also known as sap) which is collected from rubber tree plantations. It is a highly resilient product that instantly recovers its shape once pressure is relieved, making it an excellent component for pillows as it perfectly adapts to your sleep position.

Not only does it give a wonderful cradling sensation, it is also very supportive and has anti-allergenic properties.



1. Choose the perfect pillow cover.

Your pillow cover should be soft and breathable. We lose between 2-4 pints of moisture from our bodies every night and a third of this comes from our heads. So it is critical to find pillows that are breathable and can be washed and aired easily.

At snuginteriors, we feature pillows with 100% cotton covers that allow optimum breathability and freshness. Cotton covers feel so luxurious and add elegance to your pillow selection.

2. What level of support do you need?

You can work this out by deciding what your preferred sleeping position is. You can find the perfect pillow to match your sleeping position.

Medium soft - if you are a front sleeper go for medium soft pillows as these offer increased cushioning and comfort.

Medium for back sleepers - medium support pillows offer the right level of support to cradle the head and neck.

Firm for side sleepers - with an enhanced level of support, firm pillows will keep the head and neck in a neutral position throughout the night.

Specialist - if you suffer from head, neck or back pain, a specialist support pillow could alleviate pressure on these areas for a better night's sleep.





3. Consider pillow height.

Some pillows can leave you tossing and turning all night and it might be because you have the wrong pillow height for your needs.

You might notice the term as 'pillow loft' and this refers to the thickness of the pillow.

Finding the right pillow height for you is important as the wrong pillow height can change the alignment of your spine.

If you sleep on your front, you'll probably prefer a slimmer pillow, whilst the perfect pillow for a back sleeper would be a medium depth pillow. The perfect pillow for a side sleeper will often be a deep pillow with a box construction, so that there is depth to support your neck and keep it aligned with your spine.

4. Have you got a longer or shorter neck?

A longer neck will feel benefits from the middle of the pillow whereas those with shorter necks will feel more at the edge of the pillow.

Try to remember this when you're searching for the perfect pillow, the more detailed you are, the more benefits you'll get.



5. Pillow maintenance and hygiene.

This is important, make sure you choose a pillow that is washable from brands that consider hygiene. By choosing a hygienic sleep surface, you're reducing the risk of dust mites developing in your bedding. You can also use a pillow protector to keep your pillows fresh.

6. Pillow sizes.

Our pillow sizes come as follows:

- Standard 50cm x 75cm which works across all beds
- King 50cm x 90cm for Super King sizes and above

On Super King sizes, people will often use two King size pillows as the bottom pillow then dress the bed with two standard size pillows. They may continue dressing the bed by adding square 60cm x 60cm or boudoir 30cm x 40cm pillows.



Whilst choosing the perfect pillow remains a very personal decision, as bed experts for over two decades, snuginteriors can explore the best options for you, depending on your preferences and build.

How To Care For A Mattress

Taking care of your mattress is important in extending its lifespan, as well as ensuring you experience optimum comfort while you sleep.

This buying guide looks at three items, all of which play a vital role in protecting your mattress for the long term whilst maintaining, and enhancing, your comfort needs.

Once you've invested in a mattress that you hope to use for many years, these mattress accessories will help you in your quest for blissful sleep.

This guide is going to look at:

1. Mattress Toppers
2. Mattress Protectors
3. Mattress Pads

To help you get a great night's sleep for many years, we'll break down the difference between the three mattress accessories, we'll explain what they are and the role they play in caring for a mattress.

We'll also show you the benefits of having these mattress accessories, their sumptuous materials and how to use them.



How to care for a mattress

What is the difference between a mattress topper, mattress protector and mattress pad?

Mattress Topper

A mattress topper adds a deep layer of upholstery for extra comfort and softness. It adds further cushioning and a luxury feel and is simply placed on top of your mattress.

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Mattress Protector

A mattress protector goes directly on top of your mattress and is designed to protect it from the moisture we lose at night. A mattress protector can easily be removed and washed, helping to keep your mattress hygienic. This is the ideal mattress accessory for protecting the investment you've made.

It doesn't supply the comfort of a topper but it ensures longevity in your mattress. Many mattress protectors come with waterproof options which are perfect for children and elderly people.

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Mattress Pad

A mattress pad sits between a slatted base and the mattress. It acts as a thick wool blanket layer and will protect your mattress from the wear and tear of a slatted base.

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What are the benefits of using mattress accessories?



Mattress Topper

First and foremost, mattress toppers are the ideal choice for adding luxury comfort to your mattress.

They are a great solution for partners with differing body weights where a firmer spring tension has been chosen to ensure optimum support of the heavier weight person. In this scenario, the mattress topper will provide extra softness for the lighter weight person.

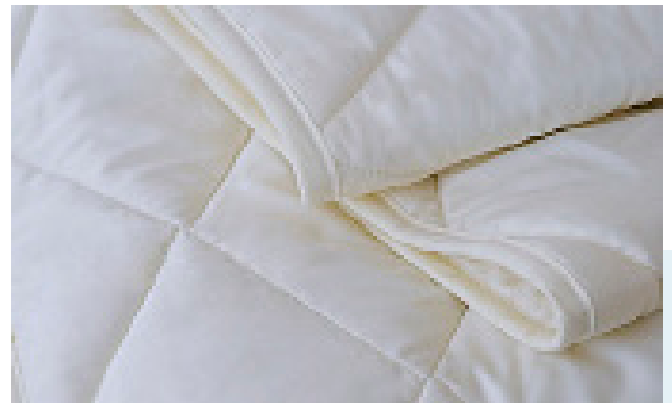
Overtime mattress upholstery will compact with use. Adding a mattress topper will help rejuvenate and extend the useful life of your mattress with an extra layer of upholstery between you and the springs.

Also, your body will change as you age, too. You may start to experience sore joints and find your mattress is too firm. In this case, a mattress topper may add the cushioning you need so you don't have to splash out for a new mattress so soon. However, bear in mind as our weight changes over time, so will the need to review your support level.

Mattress Protector

This item will keep your mattress fresh, hygienic and free from stains. They often come with many options, including allergy-free so suit a range of needs.

This protective cover will protect your mattress from fluids, allergens, oils and even dust mites.



Mattress Pad

A mattress protector goes directly on top of your mattress. Pads are designed to be tougher than protectors and act as a protective barrier between your mattress and slatted base, stopping unwanted abrasion or even splinters or moisture transferring from the slats into the mattress.



What types of fillings are available?



Mattress Toppers

A mattress topper can either have synthetic fillings or natural fillings and both have great benefits.

- **Natural fillings:** Natural fibres offer softness, support and will regulate body temperature. Plush fillings might include natural, breathable layers of wool, cotton, silk or cashmere to name a few.

Wool is temperature regulating and hypo-allergenic which will keep your sleep environment cool and allergy-free.

Toppers can also be filled with feathers and down. This creates a luxury, soft and snuggly feeling.

- **Synthetic fillings:** Toppers made with synthetic fillings include very fine polyester fibres making the topper practical and easy to care for. They are a great choice for allergy sufferers and are easy to wash and dry.

The synthetic fills are still very much like wool, offering softness, support and a springiness.





Mattress Protector

Our luxury mattress protectors are made with the softest natural materials, or our waterproof options are durable to give you peace of mind.

- **Natural fillings:** Wool does a great job at protecting a mattress from moisture. Wool is naturally very absorbent and will wick away moisture before it hits your mattress.

Wool is temperature regulating and will help keep you cool in summer and warm in winter. It is also naturally springy and resilient and will prevent dust mites from reaching your mattress.

Mattress protectors can have a soft cotton covering which offers softness and support.

- **Synthetic fillings:** For a mattress protector that is 100% waterproof, look for a built in layer of Polyurethane. When combined with soft layers of polyester it protects your mattress from fluids and dust mites, as well as adding a thin layer of cushioning between you and your mattress.



Mattress Pad

Our mattress pads are made with the finest, natural wool. A wool mattress pad is breathable which is ideal if you have a mattress made from natural materials. It is also tough, acting as a barrier between the mattress and slatted base.

As wool is efficient at wicking away moisture, it will ensure none enters from the wooden slats, and no splinters either.



How do I fit each mattress accessory to my mattress or bed?

Each of these mattress accessories fits easily to your mattress or bed. Read our instructions so you feel comfortable before you decide on a purchase.



Mattress Topper

How to fit: Most mattress toppers come with elasticated corners or straps to easily attach to your mattress, whilst more luxurious, deeper filled toppers are loose and will be held in place by their weight.

To care for your mattress topper, you simply need to shake it regularly and fluff it up. It can simply be done whenever you change your bedding.



Mattress Protector

How to fit: Mattress protectors come with elasticated corners or as a fitted sheet style. This is called a skirt fitting.

Those with elasticated straps will ensure the protector is secure in place at each corner of the mattress. Whilst a skirt fitting runs down the sides and around your mattress and hooks underneath.



Mattress Pad

How to fit: A mattress pad sits underneath your mattress, on top of the slatted base of your bed. You can attach it to the base with string ties and eyelets that run down the side of the mattress pad.

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We partner with luxury brands who specialise in traditional craftsmanship; producing products that are sustainable, comfortable and bespoke. They each tailor their beds or mattresses or bedding to suit your preferences.

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THANK YOU