

How to take proper care of your Paramount Sleep mattress system

The dos and don'ts

Don't: Bend your mattress under any circumstance. This could result in permanent damage to the innerspring unit.

Don't: Allow anyone to stand or jump on your mattress.

Don't: Use handles when turning your mattress. Handles are intended only to position the mattress.

Do: Use the matching foundation designed specifically for your mattress for proper mattress support.

Do: Use a premium quality mattress pad to protect your sleep surface and ensure limited warranty coverage.

Do: Use a metal bed frame or a metal support system with a headboard and footboard. A metal center support is a must.

Mattress Rotation

For the first three months, rotate your mattress (turning it head-to-toe) every two weeks. After three months, rotate your mattress every month to help minimize body impressions.

Mattress Frame

Your mattress frame should include a rigid center support with *at least* five legs. Wood bed frames require at least five hardwood cross slats.