

Soaring Heart

SINCE 1982

Natural Beds

GENERAL CARE & MAINTENANCE

Use an All Natural Mattress Pad

To prevent body moisture from getting into your bed (which can prematurely compress and harden the natural fibers and make your bed lumpy and uncomfortable), always sleep with one of our all natural or organic cotton or wool mattress pads. Don't use a poly-blend pad. They aren't absorbent and can cause you to perspire more during sleep. Wash and dry your natural mattress pad with your sheets. Make sure the pad is completely dry before putting it back on your bed, and your mattress will stay clean and healthy for years to come.

Flip & Rotate

Futons & Shikibutons

Make sure your organic futon or shikibuton wears evenly (avoiding body impressions) by flipping and rotating it regularly, so you end up sleeping on all different parts of the bed equally. We recommend doing this once a week for the first month, then once every other week thereafter.

Latex Mattresses

Flip your organic latex mattress every three to six months. Latex is very resilient and shouldn't show body impressions, but it is good to ventilate the organic cotton ticking.

Mattress Toppers

Mattress toppers are designed to be fluffy and soft and therefore are susceptible to compression. Flip your mattress topper every other week (whenever you change your sheets) for long lasting comfort.

Give Your Bed A Sun Bath

A couple times a year, on a sunny day, put your futon, shikibuton, or topper outside in the sun for an hour or two on each side. It's like giving your bed a natural dry-cleaning. The sun fluffs and revitalizes the fibers, discourages microbial growth, and evaporates any residual moisture.

Does not apply to latex - latex can be deteriorated by sunlight.

Keep Your Bed Off Non-Breathable Surfaces

We recommend all futons and shikibutons be kept off the floor. Latex and innerspring mattress need to be kept on slats. Not keeping your latex or innerspring mattress on a slatted frame or foundation will void its warranty.

The more air that can circulate around all surfaces of your natural bed, the better. When not exposed to air, cotton can begin to mildew because the temperature difference between your body heat passing through the futon and the relative coldness of a non-breathable surface (the floor, solid plywood, etc...) can allow condensation to build up.

INFORMATION

About Mold & Mildew

If condensation is allowed to accumulate between the bottom of a mattress and a solid surface, mold and mildew can begin to grow. Mold and mildew spores affect each person differently and can cause a number of health problems. Allergic reactions are most common, but mold can also cause asthma attacks and severe illness in sensitive individuals.

Mold and mildew spores are microscopic. Once they've grown numerous enough to be seen, it's often too late. The best solution for your health is to replace the mattress. However; if there's just a tiny trace of mildew or mold starting, steps can be taken to save your bed. See our Learning section at www.soaringheart.com or call into the shop at 206-282-1717 for further information.

Bottom line, mildew and mold require moisture in order to grow. Eliminate the moisture by with proper and you'll eliminate the problem.

If You're Not Sure, Don't Wash It

The organic cotton cases on your bed aren't meant to be removed or washed. They may be gently spot cleaned with water and mild detergent if necessary, but don't try to remove them or put them in the washing machine. Wool toppers are also not meant to be laundered. Do not attempt to wash any other product that is made with cotton batting or wool batting, like pillows or comforters.

Rebuild

Even if you lovingly follow all the steps listed above, there may come a day when your natural bed doesn't feel quite as comfortable as it originally did. In that case, feel free to call us and schedule a time to bring it in for a rebuild. Often times, all that's necessary to bring new life to your faithful futon is a few new layers of cotton or wool, and that can cost significantly less than a new bed. We do need to see it in person so we can assess what needs to be done, but once we figure it out we can usually finish the rebuild that same day.

We can't work on moldy or mildewed mattress in order to avoid contaminating our workshop. Under no circumstances should a moldy mattress be brought to our store. We reserve the right to refuse rebuilding a damaged or soiled natural bed.

Remember, the better you take care of your bed, the better your bed can take care of you.