



IKEA logo: Design and Quality, IKEA of Sweden

Dansk

Tips til en god nattesøvn

Sådan passer du på din madras/topmadras

IKEA of Sweden, Box 702, S-343 81 Älmhult
Madrasser (spring, skum og latex) og topmadrasser

God søvn begynder her

I begyndelsen kan din nye madras eller topmadras virke lidt for fast. Lad der gå 1 måned, så din krop kan vænne sig til madrassen/topmadrassen, og så de kan tilpasse sig til din krop.

Vælg en passende pude, der giver dig optimal komfort. Sørg for, at din pude passer til dig og din nye madras/ topmadras.

Før brugtagning

De fleste af vores madrasser og topmadrasser er sammennullede. De kan bruges med det samme, men får den oprindelige form og størrelse igen efter 3-4 dage.

Alle nye materialer har en speciel lugt, men den er ikke farlig og forsvinder lidt efter lidt i et godt ventileret rum. Lugten forsvinder hurtigere, hvis du lufter og støvsuger madrassen/topmadrassen.

Ved brug

Støvsug madrassen. Det fjerner støvmider. Læs mærkaten indvendigt på betrækket, og følg anvisningerne, som leveres sammen med produktet.

Hvis du supplerer din madras med en madrassbeskytter eller topmadras, er den mere hygiejnisk, fordi de er nemme at fjerne og gøre rene.

Springmadrasser må ikke foldes sammen, da det kan beskadige materialerne indvendig.

Med årene bliver selv de bedste madrasser og topmadrasser mindre komfortable og opsamler støvmider, så vi anbefaler, at du udskifter din madras/ topmadras hvert 8.-10. år



Italiano

Alcuni consigli per dormire bene

Manutenzione del materasso/materasso sottile

IKEA of Sweden, Box 702, S-343 81 Älmhult
Materassi (a molle, in schiuma e lattice) e materassi sottili

Come dormire bene

Inizialmente il tuo nuovo materasso o materasso sottile può sembrarti troppo rigido. Il tuo corpo ha bisogno di un mese per adattarsi al materasso/materasso sottile e viceversa.

Per un comfort ottimale, hai bisogno del cuscino giusto. Usane uno adatto a te e al tuo nuovo materasso/materasso sottile.

Prima di usare il prodotto per la prima volta

La maggior parte dei nostri materassi e materassi sottili sono confezionati arrotolati. Possono essere utilizzati subito ma riarquistano la loro forma e le loro dimensioni originarie dopo 3-4 giorni.

Tutti i materiali nuovi hanno un odore particolare, che non è dannoso e scompare gradualmente in un ambiente ben ventilato. Passando l'aspirapolvere sul materasso/materasso sottile e arrieggiandolo, l'odore scomparirà più velocemente.

Durante l'uso

Passare l'aspirapolvere sul materasso aiuta ad eliminare gli acari della polvere. Leggi l'etichetta all'interno della fodera e segui le istruzioni per la manutenzione incluse.

Il materasso diventa più igienico completandolo con un proteggi-materasso o un materasso sottile, facil da rimuovere e pulire.

Non piegare i materassi a molle perché potresti danneggiare i materiali interni.

Anche i materassi e i materassi sottili migliori diventano meno confortevoli e accumulano acari della polvere nel corso degli anni, quindi ti consigliamo di cambiare il materasso/materasso sottile ogni 8-10 anni.

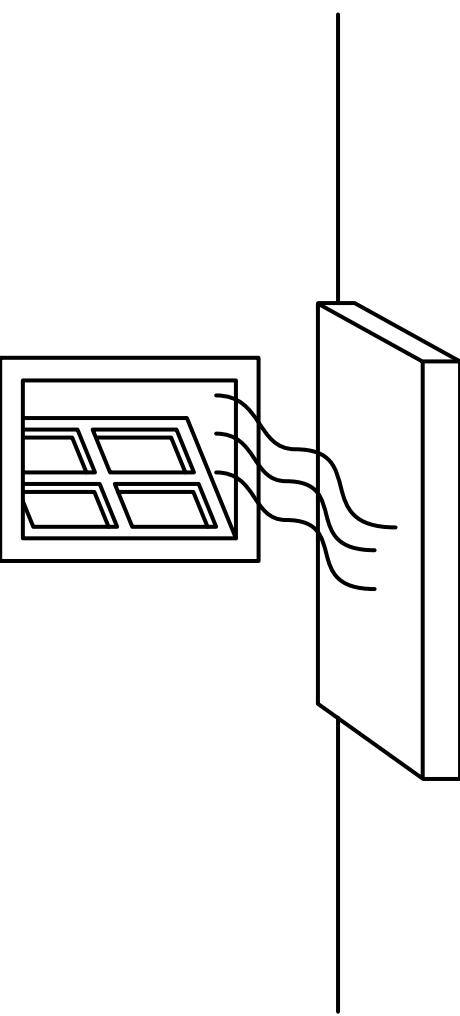
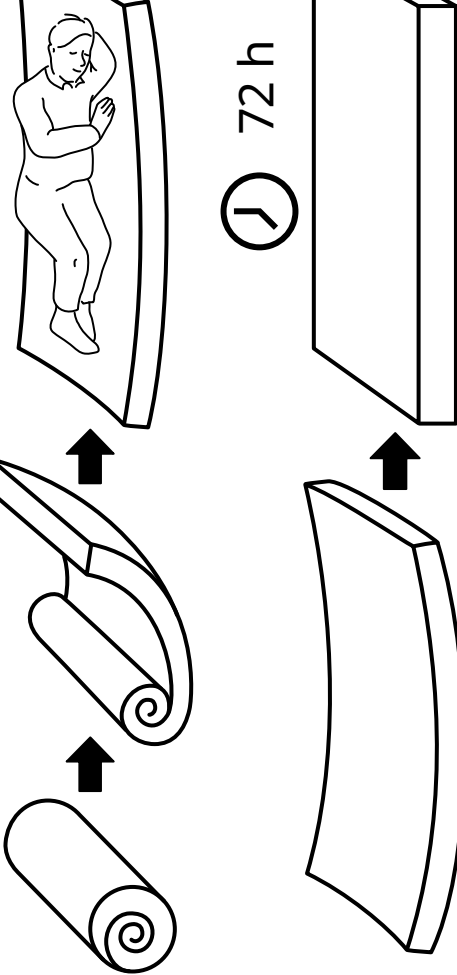


Diagram showing the steps to assemble a mattress. It includes illustrations of the mattress being unrolled, the cover being placed over it, and the final assembled bed. A clock icon indicates a 72-hour break-in period.

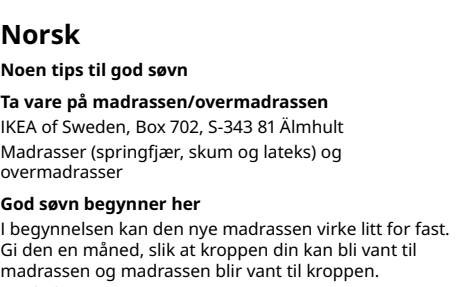


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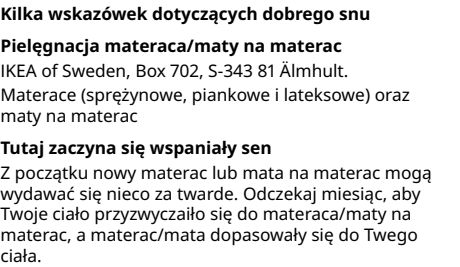


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English

Some tips for great sleep

Taking care of your mattress/mattress pad

IKEA of Sweden, Box 702, S-343 81 Älmhult

Mattresses (spring, foam & latex) and mattress pads

Great sleep begins here

Initially your new mattress or mattress pad can seem a bit too firm. Allow one month for your body to get used to the mattress/pad and for them to adjust to your body.

To get the best comfort you need the right pillow. Make sure that you have a pillow that suits you and your new mattress/mattress pad.

Before using your mattress with a mattress protector or a mattress pad you keep it more hygienic since they are easy to remove and clean.

Don't fold spring mattresses, folding can damage the materials inside.

Even the best mattresses and pads become less comfortable and accumulate dust mites over the years so we recommend that you change your mattress/pad every 8-10 years.

Deutsch

Ein paar Tipps für guten Schlaf

So pflegst du deine Matratze/Matratzenauflage

IKEA of Sweden, Box 702, S-343 81 Älmhult

Matratzen (Federkern-, Schaum- & Latexmatratzen) und Matratzenauflagen

Guter Schlaf fängt hier an

Zu Beginn kann deine neue Matratze oder Matratzenauflage etwas zu fest erscheinen. Es dauert ca. einen Monat, bis sich dein Körper an die Matratze/Matratzenauflage gewöhnt hat und diese sich an deinen Körper angepasst haben.

Für besten Komfort brauchst du das richtige Kopfkissen. Achte darauf, dass dein Kopfkissen zu dir und deiner neuen Matratze/Matratzenauflage passt.

Vor dem ersten Gebrauch

Die meisten unserer Matratzen und Matratzenauflagen sind gerollt verpackt. Sie können sofort genutzt werden, benötigen aber ca. 3-4 Tage, bis sie ihre endgültige Form und Größe komplett eingenommen haben.

Alle neuen Materialien haben ihren charakteristischen Geruch, der nicht schädlich ist und in einem gut belüfteten Raum allmählich verschwinden wird. Es hilft, Matratze/Matratzenauflage zu lüften und abzusaugen, um den Geruch zu vertreiben.

Während des Gebrauchs

Regelmäßiges Staubsaugen der Matratze beugt Staubmilben vor. Etikett im Bezug sorgfältig lesen und die Pflegeanleitung befolgen.

Die Matratze ist hygienischer, wenn sie durch einen Matratzenschoner oder eine Matratzenauflage ergänzt wird, da diese leicht abgenommen und gereinigt werden können.

Federkernmatratzen nicht falten, da dies die Materialien im Inneren beschädigen kann.

Auch die besten Matratzen und Matratzenauflagen werden im Laufe der Jahre weniger bequem und es sammeln sich Staubmilben an. Daher empfehlen wir, die Matratze/Matratzenauflage nach 8-10 Jahren auszutauschen.

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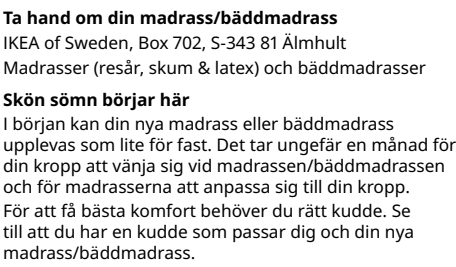


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Français

Conseils pour un bon sommeil

Prendre soin de votre matelas/surmatelas

IKEA of Sweden, Box 702, S-343 81 Älmhult

Matelas (à ressorts, en mousse et en latex) et surmatelas

Pour un bon sommeil

Vous nouveau matelas ou surmatelas peut paraître un peu trop ferme. Attendez un mois pour qu'ils se fassent à votre corps.

Pour un maximum de confort, il vous faut un bon oreiller. Pour un confort optimal, il vous faut un oreiller adapté à votre morphologie qui soit compatible avec votre nouveau matelas/surmatelas.

Avant toute première utilisation
La plupart de nos matelas et surmatelas sont vendus roulés. Ils peuvent être utilisés immédiatement mais retrouvent leur forme et leur taille, 3 ou 4 jours après avoir été déroulés.

Tous les nouveaux matériaux ont une odeur particulière qui n'est pas nocive et disparaîtra progressivement dans une pièce bien aérée. Aérez souvent et passer l'aspirateur sur le matelas/surmatelas aidera également à éliminer l'odeur.

Lors de l'utilisation

Pour éliminer les acariens, vous pouvez passer l'aspirateur sur le matelas. Lisez l'étiquette à l'intérieur de la housse et suivez les instructions d'entretien. En complétant votre matelas avec un protège-matelas ou un surmatelas, vous lui conservez sa fraîcheur car ils sont faciles à retirer et à nettoyer.

Ne pas plier un matelas à ressorts car ceci risque d'abîmer les matériaux contenus à l'intérieur.

Même les meilleurs matelas et surmatelas deviennent moins confortables et accumulent les acariens au fil des ans. Nous vous recommandons donc de changer de matelas /surmatelas tous les 8 à 10 ans.

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