



Your Homework Assignment

Selecting the right sleep system requires some homework. By answering the questions below, your Sleep Specialist at Urner's will help you make the right decision.

1. Which size did you select?

Make sure the size you purchased fits your bedroom.

	<u>Width</u>	<u>Length</u>
<input type="checkbox"/> Twin	39"	75"
<input type="checkbox"/> Twin XL	39"	80"
<input type="checkbox"/> Full	54"	75"
<input type="checkbox"/> Queen	60"	80"
<input type="checkbox"/> Eastern King	76"	80"
<input type="checkbox"/> Cal King	72"	84"

2. How thick is your new mattress and foundation?

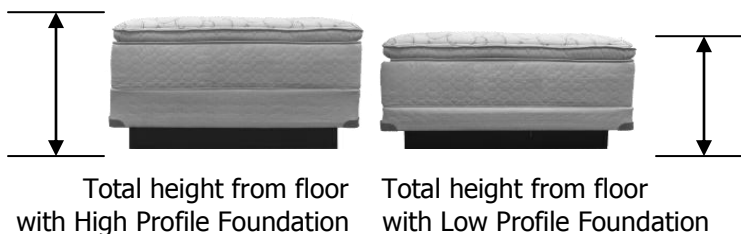
Chances are the sleep system you purchased is higher than your current one. Notice the difference!

How thick is your new set?

_____ Mattress Height

_____ Foundation Height

_____ Total Height



4. Do you need splits?

Many older homes have lower ceiling thresholds or narrow hallways, doorways, and narrow stairways. Queen Split Foundations are available for an extra charge and may be right for you. Two 30x80 pieces can ease delivery.

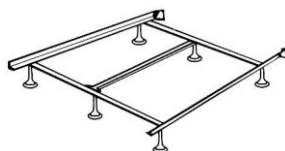


5. What style frame do you have?

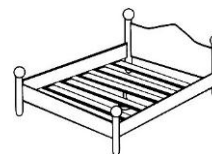
Queen and King Sets require additional support for warranty coverage (option "a." below is not recommended for a Queen or King mattress set).



a.



b.



c.

6. Have you purchased a new Mattress Protection Pad to protect your investment? New pillows to support your neck?

Mattress manufacturers may not honor their own warranty if the mattress is soiled. A comfortable Mattress Protection Pad is a **dust mite & allergy protection barrier** that is also absorbent, waterproof, and breathable. It provides 10-years of limited protection against:

- Food and Beverage Stains,
- Human and Pet Bodily Fluid Stains
- Punctures, Cuts, Rips, and Burns
- Ballpoint Pen Ink Marks





Sleep Surface Expectation Sheet

Do I really need to climb into bed?

Chances are the sleep system you have purchased today is higher than your current one. Initially, it may seem like quite a shock. For this reason, it is very important that you confirm the height of the new set **prior** to it arriving at your home.

Something else we need to "impress" upon you ...

Body impressions in a new mattress are a normal and needed occurrence. Impressions indicate that the upholstery layers are conforming to your body's contours.

The impressions will be more noticeable in a Queen and King sleep surface due to the larger unused areas.

I just got my new bed about a "weak back" ...

Adjusting to a sleep surface is similar to adjusting to a new pair of shoes, and in some cases a month or longer. Your body has become accustomed to your current mattress. As you adjust to your new sleep surface, you may experience some mild discomfort as your muscles and tendons adapt to better support, and ultimately, a better night's rest.

Tight fit? Get splits ...

As foundations cannot be bent to fit around tight corners, most of our Queen size models offer a split foundation for an additional charge. Please consider this option if you have narrow staircases or tight corners in your home.

Some more supporting evidence ...

All major bedding manufacturers specify that Queen and King sized beds must have proper support for warranty claims to be honored. If you already own a frame or rail system, check with your Sleep Specialist to make certain that your new bed will be properly supported.

Make sure you have it all covered ...

Please note the thickness of your sleep surface for fitted sheets. When purchasing new fitted sheets consider that they may shrink when washed.

We hope shopping didn't become a "pain in the neck" ...

Now that you have purchased a new sleep set, you may want to consider supporting your upper lumbar region with comfortable pillows. Often times, the wrong neck support can contribute to back pain as the muscles along the spinal column are stressed. Ask your Sleep Specialist about our extensive selection of properly supporting pillows.

One last thing to clear the air ...

Like a new car smell, the initial odor of a new sleep system can be strong. This non-harmful release of odor will dissipate within a week or two.

Still can't sleep and you're just itchin' to learn more?

Learn much more about better sleep from our friends at the Better Sleep Council:

<http://www.bettersleep.org/>



Z's Please Sleep Center

Now in two great locations to serve you better:

Inside Urner's Main Retail store
4110 Wible Road
White Lane & Wible Rd.
(661) 396-8400

Northwest Bakersfield
9500 Brimhall Road, Suite 201
Calloway Dr. & Brimhall Rd.
(661) 241-9329

www.zsplease.com