

VALEVÄG
Pocket spring mattress, Standard
Double, firm/light blue. 504.507.31

Mattresses, duvets, pillows and protectors

Buying guide 2024

All the products (shown here) may not be available at the store.
Please contact the staff or look at www.IKEA.com for more
information. For more detailed product information, see the
price tag and the internet. All units require assembly.





With multiple layers of foam, including a generous top layer, comfort zones and pocket springs that move independently to follow the body – ANNELAND has the best conditions possible for great sleep!
See page 00

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Why buy a mattress from IKEA

We know a thing or two about mattresses

When it comes to mattresses, one size doesn't fit all. People are built differently and sleep differently. Which is why our range of mattresses offers you a wide choice of sizes, materials and support. We provide all this

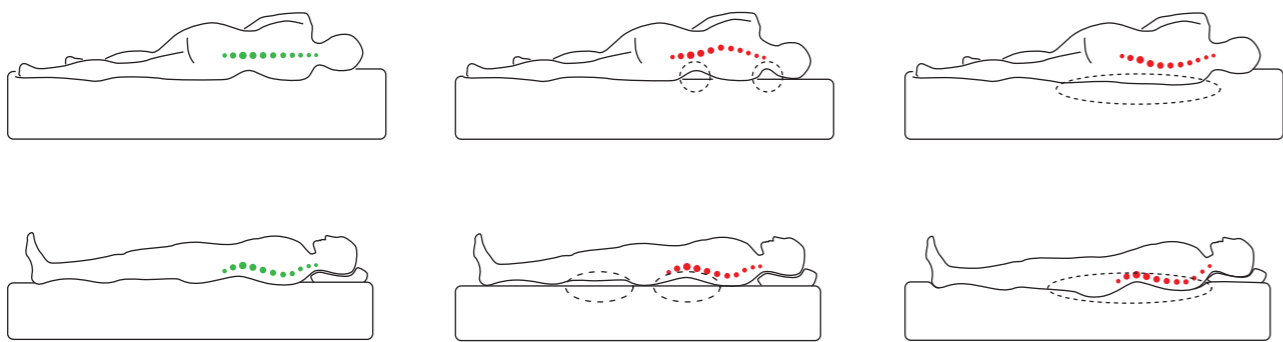
while making sure it doesn't cost the earth or your wallet, since sleep is essential for your health. So yes, we know a thing or two about mattresses and all the other things you need for a good night's sleep.



A great day starts with a good nights sleep

If you wake up feeling refreshed you know you've found the right mattress. It can be a little daunting, so we'll guide you through some key points to help you.

When you get the right balance of support and firmness, it just feels right. This is because your spine is in its natural alignment and the mattress supports your body weight, sleeping position and body shape – so your body can relax for restful and calm sleep.



Balanced comfort and support
A well-balanced mattress provides support where needed, allowing heavier body parts to sink into the mattress, not too much or too little.

The mattress moulds itself to your body with little or no gaps between you and the mattress. The spine enjoys a natural and comfy alignment, helping you to relax – and sleep soundly.

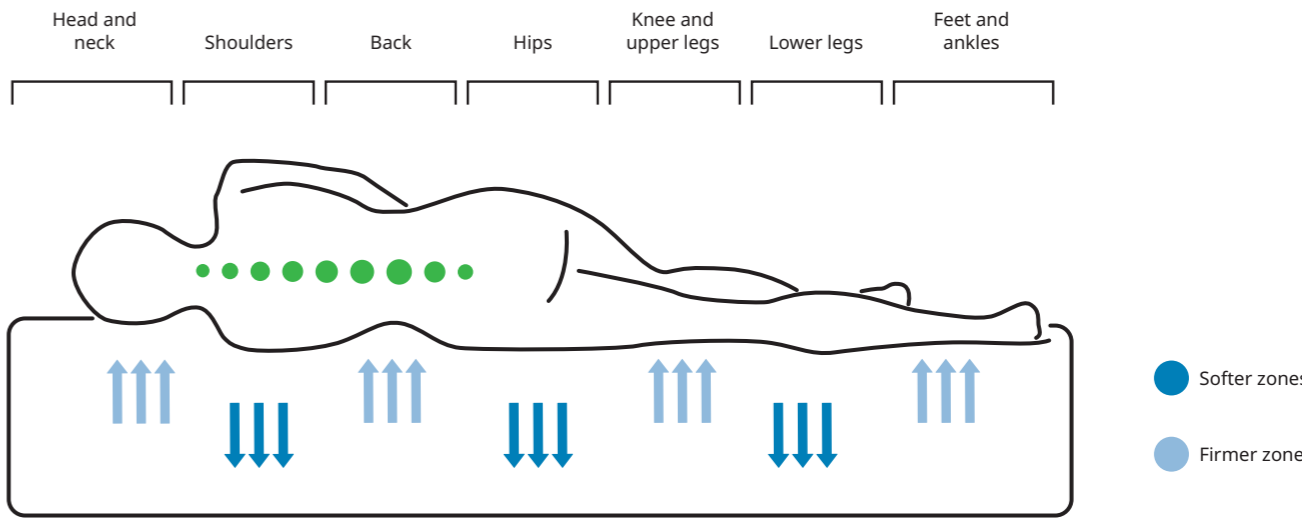
Too firm – too much pressure on the body
A mattress is too firm when you feel as if you lie on top of it. Shoulders and hips don't sink into the mattress, it doesn't mould itself to your body and you may find gaps between your body and the mattress, causing an unbalanced feel. This increases pressure on the body, and the spine doesn't align correctly, causing disrupted sleep.

Too soft – no support for the body
A mattress is too soft when the feeling is that the entire body sinks into it without support for shoulders and hips. The spine doesn't align correctly, and it can be difficult to change sleeping position. This means the muscles have to work to get comfortable as you sleep, making it difficult to relax fully, and you'll wake up not feeling refreshed.

Better spine alignment with comfort zones


What are comfort zones?
A mattress with comfort zones will have different levels of firmness in different parts of the mattress. Comfort zones are beneficial to some since they are designed to provide targeted support and pressure relief to different parts of your body as you sleep.

What is good spine alignment?
Good alignment when lying down is that your spine is similar in posture as when standing, a straight and natural position that does not feel forced or uncomfortable.



Our engineers and comfort lab have designed mattresses based on data from sleep simulations to create targeted areas that support the body in a good way for spine alignment and relaxed sleep. Generally softer areas around the heavier parts of the body (hips and shoulders) to enable them to sink into the mattress optimally. Shoulders can sink in as much as they need while the weight of the hips is distributed

better. Firmer areas where the body is lighter will keep the mattress close to the body, helping to promote healthy spine alignment.

 Look for this symbol for mattresses with comfort zones

How to choose your mattress

There is no need to be an expert when choosing the right mattress, we're all for making things easy. Look for a mattress that supports your body and keeps the spine in its natural position, similar to when you stand up.

Three characteristics to consider are body weight, sleeping position and body shape. Learning a little more about these will help guide you to the right mattress.

We have an online comfort guide that will help you through these steps.

Body weight

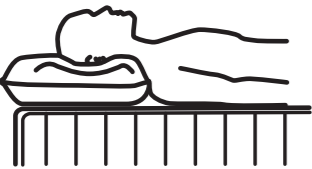
When choosing the right mattress, body weight can affect the level of support and comfort that you need. Take a look at the table to the right to get an understanding of which firmness matches your body weight.

Position	<65 kg	65–85 kg	>85 kg
Back	Medium firm	Firm	Firm
Side	Medium firm	Medium firm	Firm
Stomach	Medium firm	Firm	Firm

Sleeping position

Your sleeping position can also affect the type of mattress that's right for you. Different positions place different amounts of pressure on the body, and this can affect the type of mat-

tress and pillow that is right for you. Read more below about different sleeping positions.

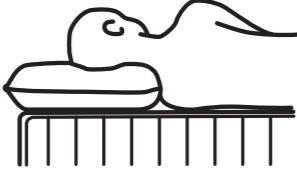


Sleeping on your back

Generally, a mattress without comfort zones benefits back sleepers, promoting freedom of movement and a natural spine alignment.

A mattress with comfort zones can be beneficial for heavier back sleepers. A softer mattress is more suitable for those with lighter body weight.

You'll need the support of a firmer pillow when sleeping on your back

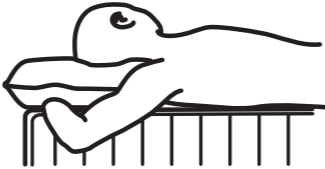


Sleeping on your side

A mattress with comfort zones that allow hips and shoulders to sink in more while the rest of the body is supported is ideal.

Generally, a softer mattress is a good choice, but for heavier body weights, a firmer one can be more suitable.

A higher/firmer pillow helps to keep the neck and spine aligned when sleeping on your side.



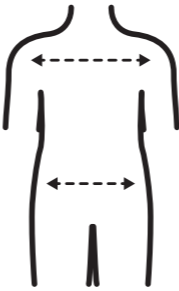
Sleeping on your stomach

A firmer mattress that helps the spine maintain its natural shape and reduce pressure on the spine (no banana shape) as much as possible is ideal.

A low pillow or no pillow is preferred to secure head and spine alignment for a stomach sleeper

Body shape

Narrow hips, wide shoulders or narrow hips and shoulders? We're all different, and it's important to keep this in mind when choosing a mattress that supports your body shape. Read more below.



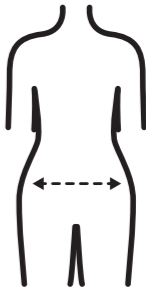
Wide shoulders, regular to wider hips
Larger solid build
Generally more robust, solid, heavy person



Wide shoulders, narrow hips
Athletic build
Shoulders wider than hips, slender person



Narrow shoulders, narrow hips
Smaller build
Hips and shoulders same width, slender light person



Narrow shoulders, wide hips
Small/medium build
Hips/thighs wider than shoulders, smaller curvy person

Generally, for those with wider hips and/or shoulders, a mattress with comfort zones is recommended. For those with a narrower body type most mattresses are suitable

Personal preference & needs

Temperature regulation:

For those who prefer a cooler sleeping environment, spring mattresses allow air to flow, and latex is made with holes to help air movement. High-resilience foam has more of an "on top" feel, potentially providing a cooler experience. Also look for cooling mattresses or mattress pads, they have a special layer that stays cooler as you drift off to sleep.

For those who prefer warmer sleep environment, foam mattresses or pads are generally warmer, as air flow is more restricted. A thicker duvet will also keep the heat in.

Discomfort:

If you experience pain or discomfort, especially in your back or neck, you may need a mattress with specific support in those areas. A mattress with comfort zones supports the body and helps it to relax more, depending on the body type. Don't forget that a pillow can support your neck too.

A mattress pad is a good way of customising comfort needs, both memory foam and latex are good for reducing tension in muscles, helping them to relax.

If you don't move much during sleep but have discomfort, memory foam is a good choice. If you move around during sleep but feel discomfort, latex, plush foam and high resilience foam are good options.

Calm or active sleep:

Most of us move around during sleep, if it's either a little (calm sleepers), or a lot (active sleepers) we have materials that will allow you to move without waking up.

Calm sleepers will benefit from memory foam as it hugs you as you sleep and responds slowly and consistently to your movements.

Latex, high resilience foam, plush foam and standard foam are more responsive to movement, making them ideal for active sleepers.



Comfort guide

Ready to look for your perfect mattress and dream the night away? Try out our comfort guide!

Take your sleep to another level

Once you've decided on the right mattress, it's possible to add more to your sleep experience, small additions can make a big difference. Also read about the complete sleep experience for more ways to create the perfect conditions for a good nights sleep.

Mattress pads

Everyone sleeps in their own way, so why not make your sleep more personal with a mattress pad? Adding a mattress pad to your bed is an easy and affordable solution that can meet your needs while improving the overall comfort and hygiene – provided that the mattress is in good condition. We have pads both for those who sleep still and those who move around during the night. It's easy to remove the cover for airing or washing.



Pillows

To find the pillow for your perfect night's sleep, start with your favorite sleeping position (on your back, side or stomach) and then look for specific benefits and features for your individual needs. We have different pillow materials to choose from such as polyester, natural and ergonomic pillows. Also, if you often feel warm while sleeping then choose a pillow with a cooling function which can add that extra comfort to your sleeping environment.

Duvets

You can curl up and slumber comfortably in our wide range of duvets. Choose a synthetic or a natural material duvet that suits you. They come in a range of warmth levels to help you choose the best duvet that feels right for you, and the time of year. You can machine-wash them, so they're easy to keep clean and fresh. Add a duvet cover of your choice to customise the look.

Mattress and pillow protector

An easy way to keep your mattress/mattress pad or pillow in top condition is with a protector. Choose one that meets your needs, comes with temperature regulation or is waterproof. They're also easy to toss in the washing machine when they need a refresh.

The complete sleep experience

Six ways to enjoy better sleep

Tired and slow or alert and energised. Good or poor sleep makes all the difference to a day. How long people need to sleep varies, but deep undisturbed sleep is always invigorating. Here are six things to keep in mind to enjoy better sleep.



Comfort

It should of course feel comfy to crawl into bed. The trick is to have the right duvet, a mattress that suits you and your way of sleeping and a pillow that helps you find a good position. And then it's good night sleep tight!

Temperature

A cool bedroom is almost always best, around 16–17°C is usually the recommendation. Also remember to choose a duvet that suits the season and the temperature you are most comfortable with.

Sound

Loud, sudden or other disturbing noises affect sleep negatively. In a perfect world, it's absolute silent where you sleep, but it's also possible to dampen the sound with things like soft furniture, hefty curtains and thick carpets.

Air quality

Good air quality is even more important in the bedroom than in other rooms, since we spend a lot of time in bed. A fan, air purifier or air conditioner makes a big difference, but green plants can also have a positive effect on air quality.

Light

As dark as possible, that's the obvious recommendation. Blackout curtains keep out both sunlight and city lights, otherwise an eye mask will help. Before going to sleep, warm dimmed light is best, as it prepares the brain for sleep.

Home furnishing and decluttering

Calm colours like blue, green and yellow are preferred in the bedroom. Keep the decor simple and try to organise your things so the bedroom doesn't feel cluttered. The less clutter, the more likely it is that you will sleep well.


Our mattresses


For over 50 years our teams have been designing mattresses. We use our in-house comfort lab and knowledge from our development partners to create mattresses for different body types – to help you get a good night’s sleep. There are several different materials we use, and we’ll describe some of their features.

Mattress firmness

It’s important to note that the firmness level of a mattress can be subjective, meaning that what one person considers medium firm, another may find too soft or too firm. To determine

which firmness level you prefer, it’s recommended to try out different mattresses and gauge your comfort level.





















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Medium firm
A medium-firm mattress is a very weight-sensitive mattress that can follow the body’s shape to give support in different sleeping positions and for certain body weights.
- 

Firm
A firm mattress is suitable for mid to heavier weight sleepers. It supports by following the natural shape of the body while allowing free movement during sleep.

Even when you’ve found the right mattress, you may find it can take a few weeks for the body and mattress to adjust properly. If there are no health issues to consider, you should wake feeling refreshed and without pain.

Benefits of materials and features

	Bonnell springs Uniform feeling, springs that can transfer motion, meaning partners can feel your movements, ideal for single sleepers.		Cooling Has cooling materials to help keep the temperature lower as you drift off to sleep.
	Pocket springs & mini pocket springs Springs that adjust as you move, right where you move. Motion is not transferred, so partners won't be disturbed by your movements.		Comfort zones A mattress with comfort zones will have different firmnesses in different parts of the mattress to give each part of your body the support it needs.
	S-core pocket springs Our innovative pocket springs, two layers of pocket springs with differing heights adjust with you as you move around. No motion transfer to partners. Great for support and comfort.		Soft stretch cover This type of cover moves as you move, contouring with both your body and mattress.
	Standard foam Ideal for those without any specific sleep needs, offers good support.		Reinforced edge Firmer springs around the mattress support when sitting on the edge and prevent rolling out of bed when sleeping.
	High-resilience foam A foam that follows your movements and helps with pressure relief and has less sink-in effect.		Edge to edge comfort All of our mattress have edge to edge comfort, this means that if mattresses are placed next to each other there is no loss of comfort where they meet.
	Plush foam Plush foam is responsive to movements, while giving a sink-in feeling. Ideal for sleepers who move around when sleeping.		Washable cover The cover is removable and can be machine washed; hang dry for best results.
	Latex Latex gives precise support for the whole body and is excellent at distributing pressure. It also effectively absorbs movement. Latex has good breathability for a pleasant and even temperature and transports away moisture.		Roll packed Makes it easier for you to handle the mattress and bring it home..
	Memory foam A soft and resilient material that slowly responds to your body. Good pressure relief that helps blood circulation and muscles to relax. Memory foam reacts to body heat, so it can feel warmer, but may be slower to react to movements in cooler bedrooms.		Flat packed This mattress comes flat packed/unrolled.
	Natural materials Natural materials like wool, cotton, natural latex and coconut fibre help air flow freely through the mattress and draw away moisture, so you won't get too warm or too cold.		10-year guarantee Our complete mattress is covered by a 10-year guarantee, see guarantee information to learn more.
	Hybrid We use foam in several layers to give you good support and comfort. Then we add a layer of springs to help you take your sleep to a whole new level.		365 days love it or exchange it It takes time for you and your new mattress to get used to each other. That's why we give you 365 days to be sure you're compatible. If the chemistry isn't right, simply come back and choose another mattress.

Spring mattresses

We have two types of spring mattresses, Bonnell and pocket. Spring mattresses are durable and distribute your weight evenly.

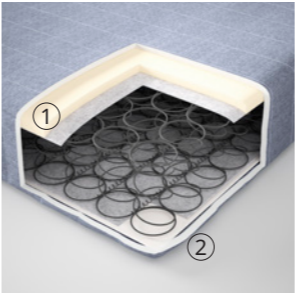
Bonnell springs are an open construction that helps air flow through the mattress and gives a uniform feel as all the springs are joined to each other. Also, movement can transfer – ideal for single person sleep.

Pocket springs are springs in individual pockets that move and respond independently so movement is not transferred through the mattress, meaning partners movements won't disturb you as you sleep.

All spring mattresses have a layer of foam on top that optimises support and comfort thanks to the spring construction.



VADSÖ Spring mattress



- 1. Standard foam
- 2. Bonnell springs

A straightforward 17 cm high spring mattress with Bonnell springs, a layer of foam on top and wadding in the cover provide cushioning.



Bonnell springs



17 cm high



Roll pack



10 year guarantee

VESTMARKA Spring mattress



- 1. Standard foam
- 2. Bonnell springs

A simple 18 cm high spring mattress with Bonnell springs, a layer of foam on top and wadding in the quilted cover provide additional cushioning.



Bonnell springs



18 cm high

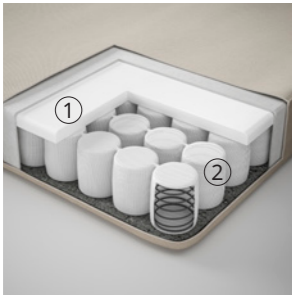


Roll pack



10 year guarantee

VANNAREID
Pocket spring mattress



- 1. Standard foam
- 2. Pocket springs

Sit or lie down on this 12 cm high mattress developed to go with our day-beds. Feel the support from firm, individually wrapped pocket springs and a layer of foam. The soft fabric cover is washable



Firm



Pocket springs



Roll pack

10

10 year guarantee

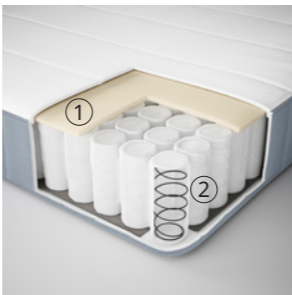


12 cm high



Washable cover

VESTERÖY
Pocket spring mattress



- 1. Standard foam
- 2. Pocket springs

A 20 cm high mattress with individual pocket springs and a layer of foam offers comfort and support. The cover with extra foam and a soft stretch fabric adds even more comfort.



Medium firm



Firm



Pocket springs



Roll pack

10

10 year guarantee

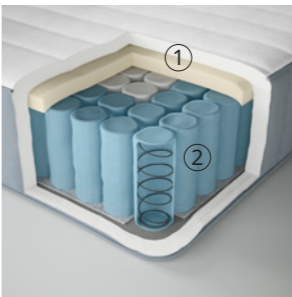


Soft stretch fabric



18 cm high

VALEVÅG
Pocket spring mattress



- 1. Standard foam
- 2. Pocket springs with comfort zones



Medium firm



Firm

A 24 cm high mattress with individual pocket springs. Even distribution of body weight by comfort zones offers softer support for hips and shoulders. A thick layer of foam adds to the comfort.



Pocket springs



Roll pack

10

10 year guarantee



Soft stretch fabric



24 cm high



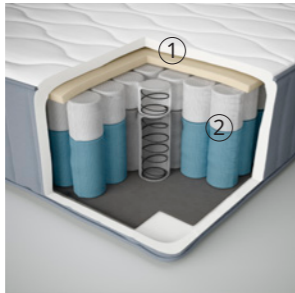
5 comfort zones



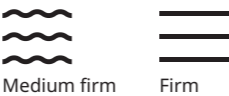
Reinforced edge

VÅGSTRANDA

Pocket spring mattress



- 1. Standard foam
- 2. Double layer pocket springs with seamless comfort zones

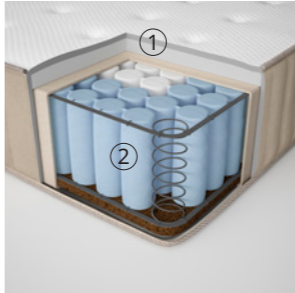


A 28 cm high innovative double layer pocket spring mattress. You get ultimate comfort and perfect support from comfort zones that adjust to your body. A generous layer of foam adds to the feel!

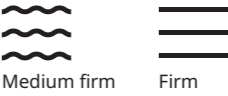
- S-core pocket springs
- Soft stretch fabric
- 28 cm high
- 7 Comfort zones
- Reinforced edge
- Roll pack
- 10 year guarantee

VATNESTRÖM

Pocket spring mattress



- 1. Latex layer
- 2. Pocket springs with comfort zones



A 26 cm high mattress with pocket springs and natural materials. Even distribution of body weight by comfort zones, softer support around hips and shoulders – and natural latex to add comfort

- Pocket springs
- Latex layer
- Soft stretch fabric
- 26 cm high
- 5 comfort zones
- Reinforced edge
- Natural materials
- Flat packed/unrolled
- 10 year guarantee

Foam mattresses

Foam mattresses provide support and distribute your weight. Different foams support the body in different ways, memory foam helps relieve pressure, plush foam has a nice sink-in effect and high-resilience foam gives a more sleep on the top feeling.

We combine different foams in some mattresses for comfort and support. For example, a high-resilience foam base provides support, when topped with memory foam you'll benefit from pressure relieving properties. Foam mattresses are temperature sensitive, meaning if the room temperature is cooler then the foam can feel firmer.



ÅGOTNES Foam mattress



1. Standard foam

This basic foam mattress is 10 cm high. Resilient foam is combined with a soft layer of wadding.



Firm



Standard foam



10 cm high



Roll pack



10 year guarantee

ÅFJÄLL Foam mattress



1. Two layers of standard foam

This simple medium-firm foam mattress is 12 cm thick. Two layers of resilient foam is combined with a soft layer of wadding in the washable quilted cover.



Medium firm



Standard foam



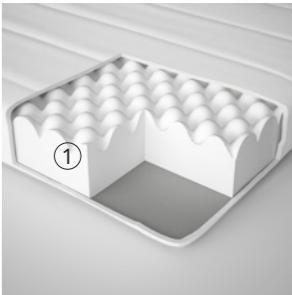
Soft stretch fabric



12 cm high



Washable cover



1. One layer of standard foam

This simple firm foam mattress is 12 cm thick. Resilient foam is combined with a soft layer of wadding in the washable quilted cover.



Firm



Standard foam

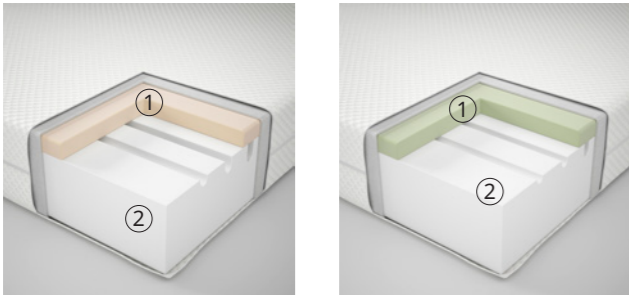


Roll pack



10 year guarantee

ÅBYGDA
Foam mattress



- 1. Plush foam
- 2. Standard foam

A 16 cm high 2-layered medium-firm foam mattress. The top layer of plush foam provides pressure relief, while your body is supported in all areas from comfort zones – and the soft cover is washable.



Medium firm

- 1. One layer of standard foam

A 16 cm high 2-layered firm foam mattress. The top layer of memory foam provides pressure relief, while your body is supported in all areas from comfort zones – and the soft cover is washable.



Firm

- Standard foam
- Soft stretch fabric
- 16 cm high
- Medium firm: Plush foam top layer
- Firm: Memory foam top layer

- Comfort zones
- Washable cover
- Roll pack
- 10 year guarantee

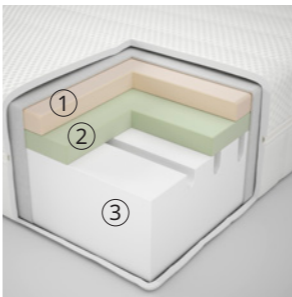
Let’s find your dream mattress

Our comfort guide can help you quickly find the most suitable mattress for a good night’s sleep.



Comfort guide
Ready to look for your perfect mattress and dream the night away? Try our comfort guide!

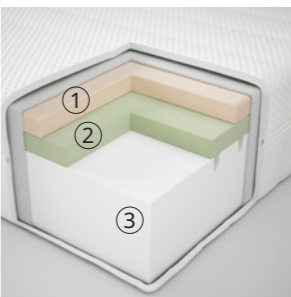
ÅKREHAMN
Foam mattress



- 1. Plush foam
- 2. Memory foam
- 3. Standard foam



Medium firm



- 1. High resilience foam
- 2. Memory foam
- 3. Standard foam



Firm

A medium-firm 20 cm high foam mattress with 3 layers of comfort and support. A washable cover and a top layer of plush foam combined with memory foam and comfort zones for even body weight distribution.

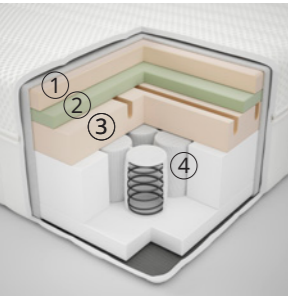
A firm 20 cm high foam mattress with 3 layers of comfort and support. A washable cover and a top layer of high-resilience foam combined with memory foam and comfort zones for even body weight distribution.

- Foam
- Soft stretch fabric
- 20 cm high
- Medium firm: Plush foam top layer
- Firm: High resilience foam top layer
- 5 comfort zones
- Washable cover

- Roll pack
- 10 year guarantee

ÅNNELAND

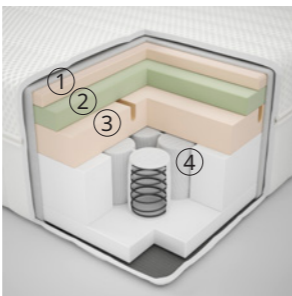
Foam mattress



- 1. Plush foam
- 2. Memory foam
- 3. High resilience foam
- 4. Pocket springs

Medium firm

A medium-firm 24 cm high hybrid mattress. Memory foam combined with plush foam, a layer of pocket springs and comfort zones for even distribution of body weight – and a soft washable cover.



- 1. High resilience foam
- 2. Memory foam
- 3. High resilience foam
- 4. Pocket springs

Firm

A firm 24 cm high hybrid mattress. Memory foam combined with high-resilience foam, a layer of pocket springs and comfort zones for even distribution of body weight – and a soft washable cover.

- Hybrid
- Foam
- Mini pocket springs
- Soft stretch fabric

- 24 cm high
- Medium firm: Plush foam top layer
- High resilience foam top layer
- 5 comfort zones
- Washable cover

- Roll pack
- 10 year guarantee

All our mattresses come with a 10-year guarantee

That's why we've spent over 50 years engineering, developing and rigorously testing our mattresses. Because your sleep is what keeps us awake at night.



Read more about our 10-year guarantee.

Mattress pads

A mattress pad lies on top of your mattress to provide even more comfort or supporting personal needs. They keep your mattress from getting dusty and dirty, since they're easy to remove for airing and cleaning, keeping your bed feeling fresh.

Adding a mattress pad is a good way of customising comfort, if you're looking for adding a little extra comfort or have specific needs like pressure relief, we can find the right product to help you get a good night's sleep. If mattress is not good, it won't help.



NOPAKTE

Standard foam mattress pad



If you want a little extra comfort, this mattress pad is a good option. It's 2.5 cm thick and made with standard foam to give extra softness to your mattress. Add to that a washable cover to keep it fresh.

 Foam

 Washable cover

 2.5 cm high

 Roll packed

NISSEHOLM


High resilience foam mattress pad





Prefer a little firmer feel when you sleep? High-resilience foam gives this mattress pad a soft yet 'sleep on top' feel. It's 5 cm thick and has a cover that can be removed and machine washed.

 High resilience foam

 Soft stretch fabric

 Washable cover

 5 cm high

 Roll packed

NÄSFJÄLLET

Standard foam mattress pad




Add some extra cushioning to your sleep. This mattress pad is 4 cm thick with standard foam for that little bit of extra softness and comfort. The cover is washable to keep it fresh.

 Foam

 Washable cover

 4 cm high


 Roll packed


NORDBERGET


Memory foam mattress pad




This 4.5 cm thick mattress pad with pressure-relieving memory foam creates a snug feel. Perfect if you don't move around a lot during sleep. The washable cover keeps it fresh and follows your movements.

 Memory foam

 Soft stretch fabric

 4.5 cm high

 Roll packed

Mattress bases

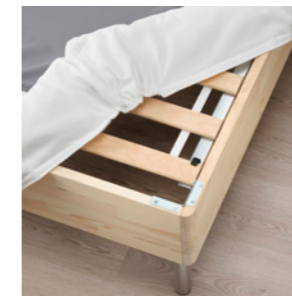
Mattresses bases help your mattress last longer and stay comfortable by absorbing most of the stress and weight placed on your bed.

Combined with a bed frame, slatted bed-bases can be used as a base for spring, foam and latex mattresses. They help your mattress last longer and stay comfortable by absorbing most of the stress and weight placed on your bed. You can choose between slats or a spring core to customise your comfort



LYNGÖR

Mattress base



A mattress base has two big advantages. It makes your bed higher and it helps your mattress keep its shape for longer by distributing your body weight, providing extra support and lightening the load.



20 cm high

LYNGÖR

Mattress base cover/grey



This cover fits LYNGÖR mattress base perfectly – and creates a complete look. The cover comes with a practical zipper and it can be easily removed and machine washed.

Mattress bases

LYNGÖR

Mattress base cover/white



This cover fits LYNGÖR mattress base perfectly – and creates a complete look. The cover comes with a practical zipper and it can be easily removed and machine washed.



NATTJASMIN
Duvet cover and 2 pillowcases,
240×220/50×80 cm,
white. 303.371.66

Slatted bed bases

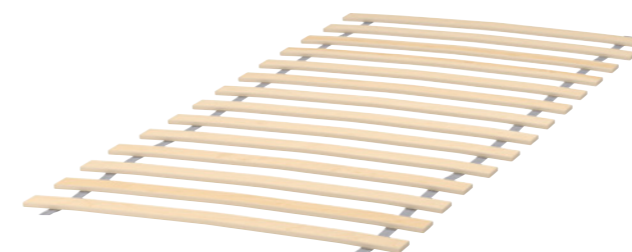
Mattress bases help your mattress last longer and stay comfortable by absorbing most of the stress and weight placed on your bed. Combined with a bed frame, slatted bed-bases can be used as a base for spring, foam and latex mattresses. They help your mattress last longer and stay comfortable

by absorbing most of the stress and weight placed on your bed. You can adjust the slats in some bases to be more or less firm, and some can be adjusted at the foot and head, allowing you to sit up and read or watch television or keep your legs elevated. Curved and flat slats can give a different comfort feeling.



LURÖY

Slatted bed base



LURÖY slatted bed base with curved slats helps to absorb your body weight. The open structure allows air to circulate – which improves the breathability of the mattress and keeps it fresh.

LÖNSET

Slatted bed base



LÖNSET slatted bed base with curved slats absorbs body weight, while comfort zones offer softer areas around your hips and shoulders to help keep your spine aligned for improved comfort and support.



Comfort zones

How to choose duvets, pillows and protectors

Duvets, pillows and protectors are an important part of the complete sleep comfort. The pillow that feels best for you together with your favorite mattress is the base for a good night sleep. Adding a pillow and a mattress protector to protect and keep the pillow and mattress

fresh and prolong its life is easy to be done. A duvet in your preferred material and warmth rate is the last element which makes you feel comfy in bed, sleep well and wake up refreshed.

In order to find the right duvet or pillow for you, it is good to consider the following:

1. **Natural or man-made filling material?**

We offer a wide choice of duvets and pillows in different material choices: Natural materials like down and feathers and man-made materials like polyester, lyocell and memory foam. Considering which material is best for your comfort needs will help you to narrow down your choice considerably. Read more about the filling materials on the following pages.
2. **Which quality?**

We have duvets and pillows in different qualities to fit individual needs and budgets. These qualities are determined by the materials they are made of and the detail of workmanship. For sure, no matter your choice, they are all designed to give you the best possible comfort.


3. **A cooler or a warmer duvet?**

The duvet that is just right for you is determined by your sleeping preferences. Do you easily get warm in bed or do you rather need more warmth from your duvet? Do you share the duvet with someone? What's your bedroom's temperature? For children, it's best to choose a duvet that's cooler and rather lightweight, breathes well and is easy to wash, preferably duvets in man-made material. You can find duvets for younger children at Children's IKEA.
4. **A softer or a firmer pillow?**


We offer pillows in a softer and a firmer comfort. It is a good start to test your pillow together with your mattress in order to find the right one for you. Small children are most comfortable with softer pillows. For older children, it's best to choose a pillow according to their individual preferences. You can find pillows for younger children at Children's IKEA. Adding on a pillow protector is an easy way to keep your pillow clean and fresh so it lasts longer.

Duvets and pillows comfort symbols


The symbols below are used to show the features of our comfort products.




Cool
This is a cool, very thin and lightweight duvet with less filling. It contains a temperature-regulating material.



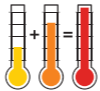
Light warm
This is light warm, thin and a lightweight duvet with less filling.




Warm
This is a warm, thicker duvet with more filling.




Extra warm
This is an extra warm, really thick duvet with a generous amount of filling.



All seasons
This is a 3 in 1 duvet. One light warm duvet, and one warm duvet that can be combined to make an extra warm duvet.




Low pillow
This pillow has less filling. Choose this pillow if you are a stomach sleeper and need a lower pillow that aligns your head and spine.



High pillow
This pillow has more filling. Choose this pillow if you are a side or back sleeper and need the support of a firmer, higher pillow.

Symbols for materials

The symbols below are used to show the materials of our comfort products



Synthetic



Down and feathers



Silk



Wool

Symbols for features

The symbols below are used to show the features of our comfort products

Mattress protectors



Elastic ribbon sides



Water proof layer



Elastic edging all around



Cooling properties

Pillow protectors



Cooling properties



Zipper closure

How to care for your duvets and pillows










General advice for all materials

Mites thrive in damp, warm and dark environments. Therefore, when you wake up in the morning, air your duvets and pillows well so remaining moisture can evaporate before putting them back on the bed. Moreover, you can wash all IKEA duvets and pillows at 60°C (apart from memory foam pillows, where only the cover can be washed), the temperature at which mites die. To keep your duvets and pillows free from mites

and dirt, carefully follow the washing instructions. Air your duvets and pillows often so they will be free from dust and stay fresh and dry.

You can prolong the life of your pillows with a pillow protector which protects them from stains and dirt, read more on page 68.

Care instruction symbols

	Machine wash hot 60 degrees The product is machine-washable at 60 degrees, the temperature that kills dust mites.		Tumble dry, normal temperature.		Iron, medium temperature.
	Do not wash.		Tumble dry, low temperature.		Do not dryclean.
	Do not bleach.		Do not tumble dry.		
			Do not iron.		

Additional advice

Natural material

- For down and feather duvets and pillows you should only use one third of the normal amount of detergent and wash them separately.
- After washing, dry your natural duvets and pillows in the tumble dryer without delay until the filling is completely dry. You can place some tennis balls in the dryer which will keep the filling moving and ensure more efficient drying. Like that your duvets and pillows will regain their fluffiness and dry more quickly. The balls should of course not shed colour.

Man-made material

- Man-made duvets and pillows are very easy to care for and can be washed often. They also dry relatively quickly.

Memory foam

- A pillow with memory foam filling moulds to your head and neck. This helps your muscles relax and, consequently, you will move less and sleep better.
- Consider that it may take some time to get used to this type of pillow, due to the unique properties of the material.
- The removable cover can be washed at 60°C. The filling is not washable; follow the care instructions on the label.



Duvets

Sleeping comfortably is an individual thing. Our duvets come in a range of warmth ratings and fillings so you can choose what's best for you. So whether you like being warm or cool in bed, or prefer down and feathers or new materials like easy to care for lyocell, you'll find the duvet you need for a comfortable night's sleep. From cool to extra warm.

Down and feathers

Get comfy the natural way with down and feather duvets. The more down, the softer, warmer, and lighter the duvet, while feathers draw away moisture to keep you nice and dry and there's a range of warmth levels, so you can choose what suits you the best. Our down and feather duvets are machine-washable.

Polyester

You can curl up and slumber comfortably in polyester comforters with their cozy light fibre filling. They come in a range of warmth levels to help you choose the best synthetic duvets that feels right for you, and the time of year. You can machine-wash them, so they're easy to keep clean and fresh.



FJÄLLARNIKA
Duvet



Care instructions



- A duvet in soft cotton, filled with duck down and feathers.

Materials
Fabric: 100% cotton.
Filling: 90% duck feathers, 10% duck down.

Tumble dry after wash until the filling is completely dry.
Use 1/3 of the normal amount of detergent when washing.



4 Tog, Light Warm

Single	804.574.77
Double	204.574.75
King	004.574.76



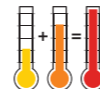
7.5 Tog, Warm

Single	504.590.67
Double	204.590.64
King	704.590.66



12 Tog, Extra Warm

Single	304.593.08
Double	704.593.06
King	504.593.07



4 + 7.5 Tog, All seasons

Single	304.593.08
Double	704.593.06
King	504.593.07

FJÄLLBRÄCKA
Duvet



Care instructions



- A duvet in soft cotton, filled with duck down and feathers.

Material
Fabric: 100% cotton.
Filling: 60% duck down, 40% duck feathers.

Tumble dry after wash until the filling is completely dry.
Use 1/3 of the normal amount of detergent when washing.



7.5 Tog, Warm

Single	304.585.49
Double	704.585.47
King	504.585.48



12 Tog, Extra Warm

Single	404.587.18
Double	804.587.16
King	604.587.17

STJÄRNBRÄCKA

Duvet



Care instructions



- An easy-care duvet in a soft cotton and lyocell blend, filled with a mix of lyocell and recycled polyester.
- You experience a comfortable and dry sleep since the duvet contains lyocell fibres which breathe and absorb moisture.

Material
Fabric: 55% lyocell, 45% cotton.
Filling: 50% polyester – hollow fibre (100% recycled), 50% lyocell fibre.

7.5 Tog, Warm	
Single	804.581.08
Double	204.581.06
King	004.581.07

12 Tog, Extra Warm	
Single	804.586.55
Double	304.586.53
King	104.586.54

STRANDMOLKE

Duvet



Care instructions



- A warm, easy-care duvet in soft, dobby woven cotton and a hollow fibre filling from recycled sources.
- The soft, light fibres keep their volume and insulation ability, allowing your body to breathe and maintain an even temperature throughout the night.
- Panel stitched with intermediate walls to keep the filling in place, which distributes warmth evenly.
- A good choice if you often feel cold while sleeping.

Material
Fabric: 100% cotton.
Filling: 100% polyester – hollow fibre (100% re-cycled).

7.5 Tog, Warm	
Single	704.591.89
Double	104.591.87
King	904.591.88

SÄFFEROT

Duvet



Care instructions



- A duvet made with a soft fabric of brushed microfibre filled with hollow polyester fibres from recycled sources.
- The soft, light fibres keep their volume and insulation ability, allowing your body to breathe and maintain an even temperature throughout the night.

Material
Fabric: 100% polyester.
Filling: 100% polyester – hollow fibre (100% re-cycled).

4 Tog, Light Warm	
Single	804.570.81
Double	204.570.79
King	004.570.80

7.5 Tog, Warm	
Single	605.654.30
Double	005.654.28
King	805.654.29

12 Tog, Extra Warm	
Single	905.384.83
Double	005.385.57
King	905.385.48

SMÅSPORRE

Duvet



Care instructions



- An easy-care duvet in a cotton and polyester blend with a soft hollow fibre filling from recycled sources.

Material
Fabric: 65% polyester (100% recycled), 35% cotton.
Filling: 100% polyester – hollow fibre (100% re-cycled).

4 Tog, Light Warm	
Single	304.570.26
Double	804.570.24
King	504.570.25

7.5 Tog, Warm	
Single	304.579.98
Double	704.579.96
King	504.579.97

12 Tog, Extra Warm	
Single	004.584.47
Double	404.584.45
King	204.584.46

4 + 7.5 Tog, All seasons	
Single	105.921.86
Double	605.921.84
King	305.921.85

SANDGRÄSMAL

Duvet



Care instructions



- Durable and easy-care duvet with 100% recycled polyester fabric and filling. Since the material is 100% recycled it is easier to recycle the whole product at the end of its life cycle.
- A light warm duvet that is perfect for warmer seasons and if you often feel warm during the night.

Material
Fabric: 100% polyester.
Filling: 100% polyester (100% recycled).

4 Tog, Light Warm	
Single	205.948.68
Double	906.083.67

GRUSSTARR

Duvet, cool



Care instructions



- 20% viscose/rayon in the filling provides cool comfort in warm conditions. The higher amount of viscose/rayon the higher cooling effect and the more temperature regulating the duvet will be.
- You maintain an even body temperature and get a restful sleep thanks to the wax infused viscose fibres that absorb excess body heat and releases it back when your body temperature drops again.
- You get a dry and comfortable sleeping environment since the lyocell/cotton cover breathes well, which helps air to circulate and moisture to evaporate.
- A good choice if you often feel too warm while sleeping.

Materials
Fabric: 55% lyocell, 45% cotton.
Filling: 80% polyester (min. 80% recycled)/20% viscose.

2.5 Tog, Cool	
Single	204.578.28
Double	604.578.26
King	404.578.27

GULDBANAN

Duvet



Care instructions



- A warm durable wool duvet which stays fresh for a long time thanks to the natural odour resistance of the wool fibre.
- Wool allows air to circulate, transports moisture away and gives you a comfortable sleeping climate with an even temperature.

Materials
Fabric: 100% cotton.
Filling: 60% wool, 40% polyester - hollow fibre (100% recycled)

Machine-washable at 30.°C



Single	605.919.43
Double	005.919.41
King	805.919.42

RÅDHUSVIN

Duvet, light warm



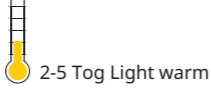
Care instructions



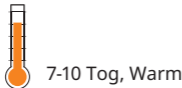
- A wool duvet made of natural fibres; 100% unbleached and undyed cotton on the outside and 100% wool filling on the inside.
- Wool allows air to circulate, transports moisture away and gives you a comfortable sleeping climate with an even temperature.
- Stays fresh for a long time thanks to the natural odour resistance of wool. You can preferably air the duvet regularly to freshen it up between washes.

Material
Fabric: 100% cotton.
Filling: 100% wool

Machine-washable at 30°C.



Single	205.691.28
Double	605.691.26
King	405.691.27



Single	505.574.40
Double	905.574.38
King	705.574.39

Mattress protectors

Let your bedding live longer. Keep your bed fresh with mattress and pillow protectors! A mattress protector will protect your mattress from stains and dirt as well as prolonging its life against general wear-and-tear. It's removable, so it's easy to wash when needed. Some protectors are filled to provide extra comfort and softness and to draw moisture away from the body.

An indispensable protection

if your bed is exposed to shedding pets or playing children. You can also enjoy your bedtime snack or breakfast in bed without having to worry about ruining your mattress with the slightest little accident (and who doesn't have those?). A mattress protector gives you peace of mind.



Washable and easy to keep clean

Our mattress and pillow protectors are easy to wash if they get stained or dirty. All our mattress and pillow protectors are easy to remove and machine-washable at 60°C to get rid of tough stains and dust mites. If you live in a high spill-risk household, we'd recommend you have a look at our waterproof pillow and mattress protectors. These are designed with a layer that prevents any liquids from passing through and into the pillow. This can be a real lifesaver when the dog jumps up and knocks your morning coffee out of your hand.

Mattress protectors that stay in place

We offer protectors for all sizes of pillows and beds. They have elastic edging or elastic ribbons in each corner to keep them stretched out and firmly in place. Just remember to check that your preferred mattress protector fits your mattress, since the elastic ribbons fit mattresses with different widths and heights.

GRUSNARV

Waterproof mattress protector



Care instructions



- A mattress protector in recycled polyester with a waterproof layer that prevents liquid from passing through.
- The elastic edging all around makes sure the mattress protector stays in place and also protects the sides of your mattress.

Material
Top fabric/sides: 100% polyester (100% recycled).
Waterproof layer: Polyurethane.

Single	205.221.50
Double	505.221.39
King	505.221.44
Super King	005.221.51

LUDDROS

Mattress protector



Care instructions



- A quilted mattress protector with a polyester and cotton blend fabric and a polyester filling mainly from recycled sources.
- An elastic strap in each corner keeps your mattress protector in place.

Material
Top fabric: 52% polyester (100% recycled), 48% cotton.
Back fabric: 100% polypropylene.
Filling: 100% polyester (min. 80% recycled).

80x200 cm	404.724.89
Single	804.616.67
Double	804.616.48
King	604.616.54
Super King	404.616.69

ROSENVIAL

Mattress protector



Care instructions



- A quilted mattress protector with a mixed material fabric that gives a cooling sensation, and a filling mainly from recycled sources.
- The filling contains tiny wax infused viscose fibres that absorb excess heat if the body temperature rises and release it when it drops again. You maintain an even body temperature and get a restful sleep.
- An elastic strap in each corner keeps your mattress protector in place.

Material
Top fabric: 51.5% polyethylene, 48.5% polyester (100% recycled).
Back fabric: 65% polyester (100% recycled), 35% cotton.
Filling: 90% polyester (min. 80% recycled), 10% viscose.

Single	205.308.81
Double	105.308.67
King	705.308.74
Super King	005.308.82

SOTNÄTFJÄRIL

Mattress protector



Care instructions



- A mattress protector between your sheet and mattress protects from stains and dirt and prolongs the life of your mattress.
- The wadded surface adds an extra layer of softness and comfort to your mattress.
- Your mattress stays dry because a waterproof layer prevents any liquid from passing through.
- Durable and discreet as the waterproof layer is between the wadding and the fabric.
- An elastic strap in each corner keeps your mattress protector in place.
- The mattress protector is machine washable at 60°C, a temperature that kills dust mites.

Material:
Fabric: 100% polyester (100% recycled).
Filling: 100% polyester (min. 90% recycled).
Waterproof layer: 100% polyester.

Single	905.313.06
Double	405.312.95
King	205.313.00
Super King	705.313.07

ÄNGSKORN

Mattress protector



Care instructions



- A quilted mattress protector with a lyocell and cotton blend fabric and a lyocell and polyester filling. The polyester filling is mainly from recycled sources.
- You experience a comfortable and dry sleep since both the fabric and filling contain lyocell fibres which absorb moisture.
- An elastic strap in each corner keeps your mattress protector in place.

Material
Top fabric: 55% lyocell, 45% cotton.
Back fabric: 100% polypropylene.
Filling: 50% lyocell/50% polyester (min. 70% recycled).

Single	604.620.12
Double	904.620.01
King	804.620.06
Super King	404.620.13

RÅDHUSVIN

Mattress protector



Care instructions



- Made of natural fibres – 100% unbleached and undyed cotton on the outside and 100% wool filling on the inside.
- Wool allows air to circulate, transports moisture away and gives you a comfortable sleeping climate with an even temperature.
- A mattress protector between your sheet and mattress protects from stains and dirt and prolongs the life of your mattress.
- An elastic strap in each corner keeps your mattress protector in place.

Material
Fabric: 100% cotton
Filling: 100% wool

Machine-washable at 30°C.

Single	605.583.64
Double	705.583.68
King	805.583.58
Super King	305.583.65

TAGELSÄV

Mattress protector



Care instructions



- A mattress protector between your sheet and mattress protects from stains and dirt and prolongs the life of your mattress.
- An elastic strap in each corner keeps your mattress protector in place.
- The mattress protector is machine washable at 60°C, a temperature that kills dust mites

Material:
Fabric: 100% polypropylene
Filling: 100% polyester (min. 90% recycled).

Single	205.033.16
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Pillows

A good night’s rest is one of life’s greatest – yet simplest – pleasures. It’s also an essential part of everyday health and happiness. That’s why having the right pillow is so important. A good pillow should be smooth, soft and provide the perfect amount of support for your head and neck while you sleep. It lets you relax and rest comfortably while literally taking the weight of your shoulders.

Choosing the right pillow for you

The softness, firmness and shape of your pillow should be determined by your sleeping habits. Pillows are designed to provide different support depending on your normal sleeping position. A good pillow should keep your head at a position and angle like when you’re standing up with perfect posture.

A firm and high pillow is usually designed for back or side sleepers, because your head will need more support to be perfectly aligned. Softer pillows are generally meant for stomach sleepers, since that position requires less firmness to achieve the required neck-support.

Polyester pillows

A comfy pillow that suits how you sleep can mean a happy start to each day. Our synthetic pillows come in low and high types. All are machine-washable, so you can keep them clean and fresh.

Down and feather pillows

You can’t rest your head on a cloud, but our feather pillows can get you pretty close to the same feeling. Our down pillows come in softer and firmer options – and they’re all machine washable at a very hot temperature to kill those pesky dust mites.



BERGVEN

Pillow



Care instructions



Available as high

- A pillow in soft dobby woven cotton, filled with duck down and feathers.
- The resilient inner core of down and feathers is surrounded by a soft down/feather filling. This gives good support and relieves pressure on your neck and shoulders, helping you to relax.
- Double piping creates larger pockets for the filling to move around in. This increases the fullness and support of the pillow.
- You get a dry and comfortable sleeping environment since the cotton fabric breathes well, which helps air to circulate and moisture to evaporate.
- Choose the high version of this pillow if you are a side or back sleeper or the low version if you are stomach sleeper.

Material

Fabric: 100% cotton.
Outer filling: 90% duck down, 10% duck feathers.
Centre filling: 60% duck down, 40% duck feathers.

Tumble dry after wash until the filling is completely dry.
Use 1/3 of the normal amount of detergent when washing.

High	705.715.86
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GULKAVLE

Pillow



Care instructions



Available as both low and high

- A pillow in soft cotton, filled with duck down and feathers.
- You get a dry and comfortable sleeping environment since the cotton fabric breathes well, which helps air to circulate and moisture to evaporate.
- Choose the high version of this pillow if you are a side or back sleeper or the low version if you are stomach sleeper.

Material

Fabric: 100% cotton.
Filling: 60% duck down, 40% duck feathers.

Tumble dry after wash until the filling is completely dry.
Use 1/3 of the normal amount of detergent when washing.

Low	605.471.63
High	305.471.50

PILSPINNARE

Pillow



Care instructions



Available as both low and high

- A high pillow in soft cotton, filled with feathers and duck down.
- You get a dry and comfortable sleeping environment since the cotton fabric breathes well, which helps air to circulate and moisture to evaporate.
- Choose the high version of this pillow if you are a side or back sleeper, or the low version if you are stomach sleeper.

Material

Fabric: 100% cotton
Filling: 90% duck feathers, 10% duck down.

Tumble dry after wash until the filling is completely dry.
Use 1/3 of the normal amount of detergent when washing.

Low	505.871.40
High	105.871.18

VILDKORN

Pillow



Care instructions



Available as both low and high

- An easy-care pillow with a polyester and cotton blend fabric and a polyester ball fibre filling from recycled sources.
- The ball fibre filling is pliable, airy and easy to fluff.
- The pillow is machine-washable at 60°C, a temperature that kills dust mites.

Material:
Fabric: 65% polyester (100% recycled), 35% cotton
Filling: 100% polyester (100% recycled)

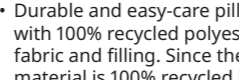
50x80 cm	
Low	904.605.92
High	904.605.73
65x65 cm	
High	204.739.70

SANDGRÄSMAL

Pillow



Care instructions



- Durable and easy-care pillow with 100% recycled polyester fabric and filling. Since the material is 100% recycled it is easier to recycle the whole product at the end of its life cycle.
- The pillow is machine-washable at 60°C, a temperature that kills dust mites.
- You can prolong the life of your pillow with a pillow protector against stains and dirt.

Material:
Fabric: 100% polyester (100% recycled).
Filling: 100% polyester – hollow fibre (100% recycled).

50x80 cm 405.448.82

SKOGSFRÅKEN

Pillow



Care instructions



Available as both low and high

- An easy-care pillow with a cotton and lyocell blend fabric, filled with hollow fibres from recycled sources.
- You get a dry and comfortable sleeping environment since the lyocell/cotton fabric breathes well, which helps air to circulate and moisture to evaporate.
- The pillow is machine-washable at 60°C, a temperature that kills dust mites.

Material:
Fabric: 55% lyocell, 45% cotton.
Filling: 100% polyester – hollow fibre (100% recycled).

Low	504.605.51
High	504.605.32

LAPPTÅTEL

Pillow



Care instructions



Available as both low and high

- An easy-care pillow with a brushed microfibre fabric and a polyester ball fibre filling from recycled sources.
- The ball fibre filling is pliable, airy and easy to fluff.
- Made from 100% recycled polyester which makes it easier to recycle the whole product when it's time for a new pillow.
- The pillow is machine-washable at 60°C, a temperature that kills dust mites.

Material:
100% polyester (100% recycled)

Low	004.603.89
High	404.603.73

GRÖNAMARANT

Pillow



Care instructions



Available as both low and high

- An easy-care pillow with a soft dobby woven cotton fabric, filled with hollow fibres from recycled sources.
- The firm inner core is surrounded by a soft fluffy filling. This means you get a soft pillow that also gives good support and relieves pressure on your neck and shoulders, helping you to relax.
- Double piping creates larger pockets for the filling to move around in. This increases the fullness and support of the pillow.
- You get a dry and comfortable sleeping environment since the cotton fabric breathes well, which helps air to circulate and moisture to evaporate.
- Choose the high version of this pillow if you are a side or back sleeper or the low version if you are stomach sleeper.

Material
Cover: 100% cotton.
Pocket filling: 100% polyester (min. 80% recycled).
Lining: 100% polypropylene.
Filling: 100% polyester ((100% re-cycled)).

Low	904.604.36
High	904.604.17

RÅDHUSVIN

Pillow



Care instructions



Available as both low and high

- A soft and comfy pillow made of 100% natural fibres; unbleached and undyed cotton on the outside and 100% wool filling on the inside.
- Wool allows air to circulate, transports moisture away and gives you a comfortable sleeping climate with an even temperature.
The pillow is machine-washable at 30°C.

Material:
Fabric: 100% wool.
Filling: 100% wool

Low	705.583.49
High	305.583.32

Ergonomic pillows

A good night's sleep means a good start to your morning and a better day. Ergonomic pillows are designed to give your head, neck, and shoulders the right support so you get the rest you need, every night.

Whatever way you sleep, on your back, side or stomach, or if you move between positions, you can find an ergonomic pillow here to help you sleep like a baby and wake up refreshed.



KLUBBSPORRE

Ergo pillow side/back sleeper



Care instructions

Pillow



Pillow cover



Available as high

- An ergonomic pillow with two types of comfort; cushioning foam on one side and a cooling gel on the other.
- The memory foam cradles your head, neck and shoulders, relieving pressure and tension. It maintains an even temperature and has small holes in the core, so air can circulate and wick away moisture.
- The gel layer gives a cool, soothing sleep surface.
- Both the memory foam and the gel layer are made of the same material, but have different densities which give them different characteristics.
- Choose this pillow if you are a side or back sleeper and need the support of a firmer, higher pillow.
- The soft fabric cover breathes and wicks away moisture.

Materials

Top fabric: 51.5% polyethylene, 48.5% polyester (100% recycled).
Back fabric: 99% polyester, 1% elastane.
Filling: Polyurethane memory foam.
Piping/inner fabric: 100% polyester.

41x70 cm 404.460.99

KVARNVEN

Ergo pillow side/back sleeper



Care instructions

Pillow



Pillow cover



Available as high

- Easy to keep clean and fresh since you can machine wash the removable cover.
- An ergonomic pillow with two types of comfort; cushioning foam on one side and a cooling fabric on the other.
- Choose this pillow if you are a side or back sleeper and need the support of a higher pillow.
- The cover is machine-washable at 40°C, which kills dust mites and keeps your ergonomic pillow hygienic.
- Fits perfectly inside our standard-size pillowcases.

Materials

Top fabric: 90% nylon, 10% elastane.
Back fabric/inner fabric: 100% polyester (100% recycled).
Filling: Polyurethane memory foam.
Piping: 100% polyester.

39x69 cm 905.073.49

MJÖLKKLOCKA

Ergo pillow side/back sleeper



Care instructions

Pillow



Pillow cover



- If you are a side sleeper, have the larger side facing up. The negative wedge space creates a pocket for your shoulder giving head and neck good support and reducing pressure on your shoulder.
- If you are a back sleeper, have the smaller side facing up. The slope provides support for the neck and neck muscles, letting you relax.
- Although each side is designed specifically for either side or back sleep, the foam adapts to sleepers who transition from side to back or back to side during the night.
- Small holes in the memory foam core allow air to circulate and wicks away moisture to keep you comfortable.
- Choose this ergonomic pillow if you are a back or side sleeper.
- The soft fabric cover breathes and wicks away moisture.

Materials

Cover: 99% polyester, 1% elastane.
Filling: Polyurethane memory foam.
Piping/inner fabric: 100% polyester.

41x71 cm 404.467.68

LÖKSTAMFLY

Ergo pillow side/back sleeper



Care instructions

Pillow
[Washing machine icon] [No bleach icon] [No dryer icon] [No iron icon] [No steam iron icon]

Pillow cover
[Washing machine icon 60] [No bleach icon] [No dryer icon] [No iron icon] [No steam iron icon]



- Shredded memory foam is softer than solid memory foam and the shredded pieces adapt to the shape of your head and neck. It also allows warm air to escape, replacing it with fresh, cool air.
- Choose this ergonomic pillow if you are a back or side sleeper.
- The quilted cover makes the ergonomic pillow extra soft and it's removable for easy care. Just wash at 60°C and tumble dry. This kills dust mites and keeps the pillow hygienic.
- The memory foam in this product comes from leftovers from IKEA foam mattresses production.

Material
Pillow protector: 65% polyester (100% recycled), 35% cotton, polyester wadding, 100% polypropylene.
Pillow: 100% polypropylene, Polyurethane foam.

50x80 cm 405.961.97

ROSENSKÄRM

Ergo pillow side/back sleeper



Care instructions

Pillow
[Washing machine icon] [No bleach icon] [No dryer icon] [No iron icon] [No steam iron icon]

Pillow cover
[Washing machine icon 60] [No bleach icon] [No dryer icon] [No iron icon] [No steam iron icon]



- If you're a side sleeper use the higher part of this ergonomic pillow and if you're a back sleeper use the lower part. If you change positions often, turn it around and decide which side suits you best.
- Not too hard, not too soft. This ergonomic pillow has a layer of soft foam and a layer of denser foam to give your head and neck snug comfort with just the right support.
- The memory foam top layer moulds to the contours of the body and relieves pressure at head, neck and shoulders. It provides good comfort regardless of the temperature in your room.
- Choose this ergonomic pillow if you are a back or side sleeper.
- The soft fabric cover breathes and wicks away moisture.

Material
Cover: 99% polyester, 1% elastane.
Filling: Polyurethane memory foam, polyurethane foam.
Piping/inner fabric: 100% polyester.

35x50 cm 304.443.69

NORDSTÅLÖRT

Ergo pillow side/back sleeper



Care instructions

Pillow cover
[Washing machine icon 60] [No bleach icon] [No dryer icon] [No iron icon] [No steam iron icon]



- The soft memory foam cradles your head, neck and shoulders, relieving pressure and tension.
- Choose this ergonomic pillow if you are a back or side sleeper.
- The soft fabric cover breathes and wicks away moisture.
- Easy to keep clean and fresh since you can machine wash the removable cover.

Material:
Cover: 99% polyester (100% recycled), 1% elastane
Filling: Polyurethane foam 39 kg/cu.m.

35x50 cm 705.603.86

RAMSLÖKSMAL

Ergo pillow multi position sleeper



Care instructions

Pillow
[Washing machine icon] [No bleach icon] [No dryer icon] [No iron icon] [No steam iron icon]

Pillow cover
[Washing machine icon 40] [No bleach icon] [No dryer icon] [No iron icon] [No steam iron icon]



- An ergonomic pillow with 3-layer structure that can be adapted in height and comfort depending on your sleeping preferences
- With all three foam layers, you get a high pillow that is ideal for back and side sleepers. Remove the mid-layer to make the pillow lower and comfier for stomach sleepers.
- Cooling gel layer and cooling fabric on one side provide a soothing sleep surface. Soft, non-cooling check-pattern fabric on the other side. Flip to the side that suits you best.
- Easy to keep clean and fresh since you can machine wash the removable cover.

Material:
Top fabric: 56 % polyester (100% recycled), 44% viscose/rayon
Back fabric: 99 % polyester (100% recycled), 1% elastane
Inner fabric: 100 % polyester (100% recycled)
Piping: 100 % polyester
Filling: Polyurethane memory foam 55 kg/cu.m., Polyurethane foam 25 kg/cu.m.

41x52 cm 605.542.81

Pillow protectors

Adding a pillow protector helps you to keep your pillow fresh and clean. It also prolongs the life length of your pillow as you rather wash the protector frequently instead of the pillow. Pillow protectors are easy to remove and put back on again and take up less space in the washing machine. There are different qualities of protectors available to suit your comfort needs and budget.



SOTNÄTFJÄRIL

Pillow protector



Care instructions



- Sleep tight knowing this easy-care protector prevents moisture from penetrating your pillow. It has soft and comfy wadding on the outside and a durable, waterproof layer on the inside.
- To protect the inner waterproof layer, treat with care and avoid washing with items like zippers or buttons that may penetrate or damage the material.
- You can prolong the life of your pillow with a pillow protector against stains and dirt.

Material:
Top fabric: 100% nylon.
Interlining: 100% polypropylene.
Filling: 100% polyester (min. 90% recycled).
Back fabric: 95% polyester (100% recycled), 5% elastane.

50x80 cm	305.313.14
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ROSENVIAL

Pillow protector



Care instructions



- This temperature regulating pillow protector keeps you comfy all night, without tossing or having to turn your pillow around because you feel too warm. It also prolongs the life of your pillow.
- A quilted pillow protector with a mixed material fabric that gives a cooling sensation, and a filling mainly from recycled sources.
- The filling contains tiny wax infused viscose fibres that absorb excess heat if the body temperature rises and release it when it drops again. You maintain an even body temperature and get a restful sleep.
- Protects from stains and dirt and prolongs the life of your pillow.
- The pillow protector is machine-washable at 40°C.

Material
Top fabric:
100% nylon
Back fabric/ Inner fabric:
100 % polyester (100% recycled)
Filling:
100% polyester (min. 90% recycled)

50x80 cm	605.759.62
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ÄNGSKORN

Pillow protector



Care instructions



- This soft padded pillow protector prolongs the life of your pillow while also adding a layer of cushioned comfort. The zipper keeps the pillow snugly inside. Unzip to remove the cover for easy washing.
- A quilted pillow protector with a lyocell and cotton blend fabric and a lyocell and polyester filling. The polyester filling is mainly from recycled sources.
- You experience a comfortable and dry sleep since both the fabric and filling contain lyocell fibres which absorb moisture.
- Protects from stains and dirt and prolongs the life of your pillow.
- The pillow protector is machine-washable at 60°C, a temperature that kills dust mites.

Material
Fabric: 55% lyocell, 45% cotton.
Lining: 100% polypropylene.
Filling: 50% lyocell/50% polyester (min. 70% recycled).

50x80 cm	804.620.25
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LUDDROS

Pillow protector



Care instructions



- Protects your pillow from stains and is easier to wash than a whole pillow. Simply unzip and toss it into the washing machine. Thanks to the cotton and polyester mix it can be washed frequently.
- A pillow protector with polyester and cotton blend fabric and polyester filling.
- You can prolong the life of your pillow with a pillow protector against stains and dirt.

Material
Fabric: 52% polyester (100% recycled), 48% cotton.
Lining: 100% polypropylene.
Filling: 100% polyester (min. 80% recycled).

50x80 cm	704.616.82
65x65 cm	205.707.73

Give your mattress a little love

Vacuum your mattress now and then. Complement it with a mattress protector that can be removed and machine washed. And if possible, turn the mattress occasionally to wear it evenly. Simple tips that will keep your mattress fresh for longer.

Sometimes the mattress has a noticeable smell when you open the packaging. The smell isn't harmful or toxic and disappears over time. Airing and vacuuming the mattress helps to eliminate the smell faster.

All our mattresses can be used immediately, but keep in mind that a packaged mattress only regains its full shape, look and comfort after approximately 72 hours. You'll find a label inside the mattress showing care instructions.

Like with a new pair of shoes or jeans, your body will need a couple of weeks to adapt to the new mattress. If you still feel the mattress is not working for you by then, get in touch with us and we'll support you.

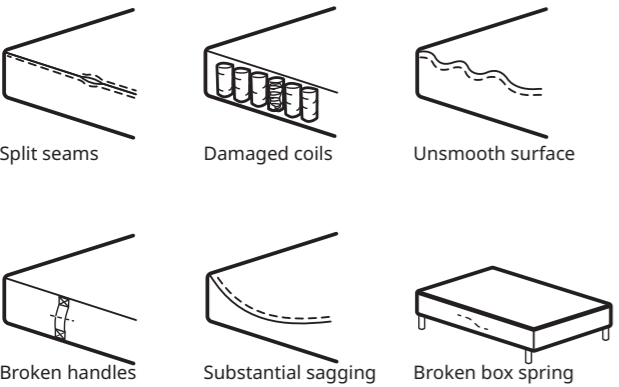
Care guarantee and after care

We place high demands on our mattresses

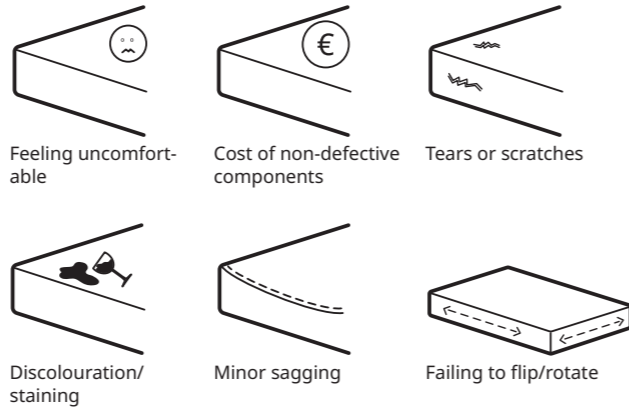
Good mattresses don't have to cost a lot. To create a better everyday life for the many people we place high demands on all IKEA mattresses. They're rigorously tested to comply with strict standards for quality and durability and the highest standards for domestic use.

This means we can offer a 10-year guarantee on the entire mattress against defects in materials and workmanship when you buy mattresses from IKEA. Read about the terms and conditions in the guarantee folder.

What is covered under a mattress warranty?



What is NOT covered under a mattress warranty?



Quality and testing

One thing you can count on – our mattresses

We've rolled around on our mattresses, spilled coffee and lived with them much like many do. Not us literally, but test lab machines that simulate things like a person weighing 140 kg rolling around 50,000 times. That's why we know they take a lot – and offer a 10-year guarantee on the entire mattress. Your sleep is our priority, along with health and the environment, so we also avoid using any harmful chemicals. A lot can feel uncertain, but you can count on our mattresses.

10

Mattresses have a 10-year guarantee. Read more in the guarantee brochure.



Services

Our broad service offer gives you the freedom to choose not only the products that suit you but also decide how much you want to do yourself and how much

you want us to do for you. On this page you'll find the different services that we can offer to help and support you.



Planning and consultation
Even on big projects, the little things matter. Discuss your ideas with our team of design professionals and we'll help nail them down in detail.



Assembly
All of our products are designed to be assembled by you, but we're more than happy to help put it all together, too.



Return policy
It's OK to change your mind. You've got 365 days to return your mattress in new and unused condition for a full refund.



Delivery
Whether you're shopping in store or online, and no matter how big the purchase, we'll do the heavy lifting and bring it to your home or business.



Removal and recycling
On delivering your new sofa or mattress, we can remove and recycle the old one for you.