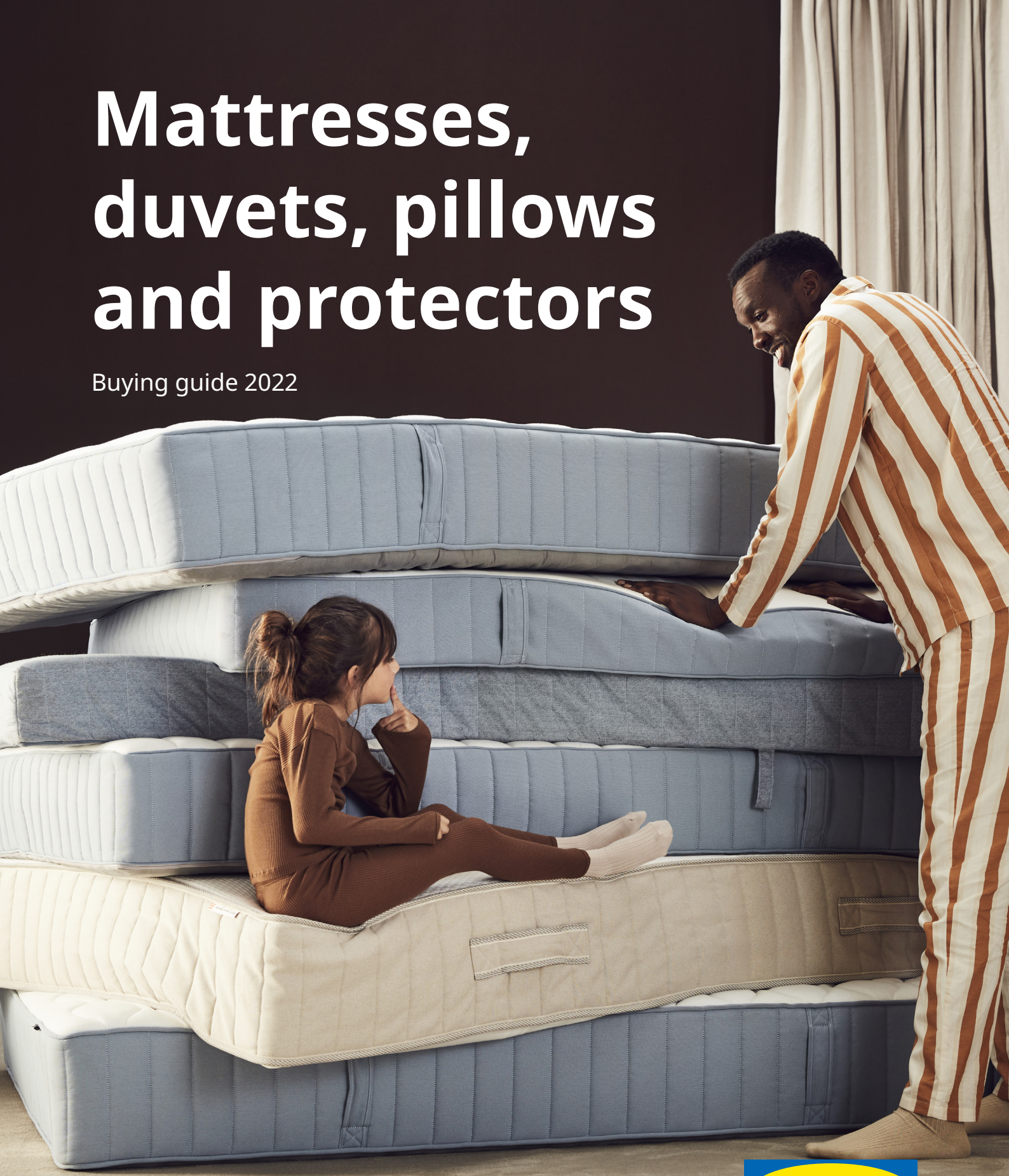


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VALEVÅG
Pocket spring mattress, Standard Double
firm/light blue. 504.507.31

Mattresses, duvets, pillows and protectors

Buying guide 2022



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 an innovative double layer of springs that adjust to your whole body and a generous layer of thick foam, you enjoy ultimate comfort and perfect support with VÅGSTRANDA. Great for every sleeping position!
See page 12

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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. We understand this, which is why our range of mattresses offers you a wide choice of formats, materials and support to suit different body types. We provide all of 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.



Mattress symbols

Lie down and explore our mattresses

No need to be an expert to choose the right mattress, we´re all for making things easy. First decide if you want a foam or sprung mattress. There is no right answer for everyone, it's down to preferences. Your budget is another factor, but not decisive as we have mattresses to fit every budget – and all our mattresses will help you enjoy a good night's sleep. Truth is that the best way to find out if a mattress is a perfect match is simply to have a good lie down on it.

Symbols for materials

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



Bonnell springs
A layer of springs that provides all-over support to ensure a restful night's sleep.



Standard foam
Gives you all-over support and comfort.



Plush foam
Plush foam gives precise support for the whole body and distributes pressure evenly. It also absorbs the movements in bed, ensuring a restful and uninterrupted sleep.



S-core pocket springs
Two layers of pocket springs that follow the curvature of the spine support your body in every way and help your muscles to relax fully.



High resilience foam
High quality foam that closely follows your movements to provide support and relieve extra pressure.



Gel infused memory foam
Gel capsules in the memory foam take a longer time to warm up creating a cooler sleeping surface.



Hybrid
We use foam in several layers to give you good support and comfort. Then we add a layer of pocket springs to help you take your sleep to a whole new level.



Latex
A soft and resilient natural material that offers personalised comfort by moulding to your body. You'll relax more fully as it distributes your body weight to relieve extra pressure and provide precise support.



Memory foam
A soft and resilient material that responds to your body temperature and moulds itself to the contours of your body. You'll relax more fully as it distributes your body weight to relieve pressure and provide optimum support and comfort.



Natural materials
Natural materials like wool, cotton and sometimes 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.



Pocket springs
Individually wrapped springs that work independently to closely follow your movements and the contours of your body.



Mini pocket springs
Individually wrapped mini springs that work independently to closely follow your movements and the contours of your body.



Firm
Mattresses that provide firm support and comfort.



Medium firm
Mattresses that provide medium firm support and comfort.

Mattress comfort symbols

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



Including mattress topper
The integrated mattress topper gives you a snug surface that moulds to your body.



Cooling
This gives a pleasant sleeping environment creating a cooler surface and sleep temperature.



Comfort zones
Give each part of your body the support it needs. Softer areas allow your shoulder and hips to sink more deeply into the mattress while firmer ones actively support your neck and lower back.



Roll packed
Makes it easier for you to handle the mattress and bring it home.



Twin layered
The mattress has two layers of foam that work together to give you as comfortable a sleep as possible.



Extra comfort layer
The comfort layer is the top layer of the mattress. In this case it is an extra standard foam layer underneath the mattress cover. This provides a surface comfort and good point elasticity, meaning the material will contour itself around the body.



Multi layered
The mattress has multiple comfort layers of foam that work together to give you as comfortable a sleep as possible.



10-year guarantee
Our complete mattress is covered by a 10-year guarantee, see guarantee information to learn more.



90 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 90 days to be sure you're compatible. If the chemistry isn't right, simply come back and choose another mattress.



Washable cover
The cover is removable and can be machine washed. Divide the cover in two to make it easier to fit in the washing machine.



Reinforced edge
You can sit comfortably on the edge of your bed. The mattress will stay firm and even thanks to the reinforced mattress edge.



Edge to edge springs
The springs run from edge to edge to avoid a gap if you want to place two mattresses next to each other.



Soft stretch fabric
Soft stretch fabric is smooth to the touch and moves with you when sleeping.



Soft recycled fabric
Soft stretch fabric is smooth to the touch and moves with you when sleeping, and is made with recycled materials.



Quilted top cover
The quilted stretch fabric around the top adds to the look, it is soft to the touch and moves with you when sleeping.



Tufted top cover
The tufted stretch fabric on the top is soft to the touch and moves with you when sleeping.



Increased air flow
The construction helps air flow through the mattress to make sure you don't get too warm or cold.



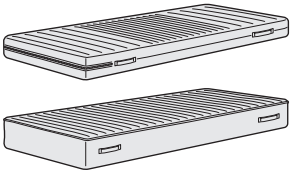
Extra side padding
A layer of foam wadding adds a soft and cosy feel to the mattress.



Flat packed
This mattress comes flat packed/unrolled.

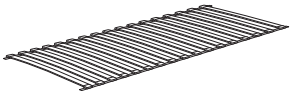
How to choose – building the bed

Mattress combined with a bedframe



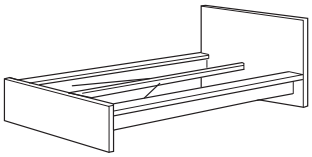
Spring or foam mattress

+



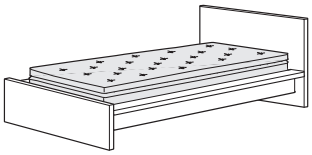
Slatted bed base

+



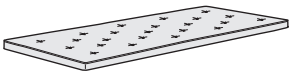
Bed frame

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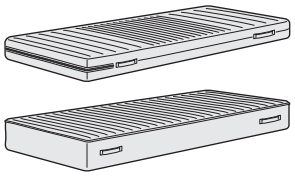
Spring mattress combinations

+



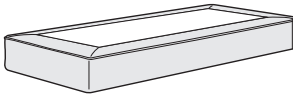
Optional mattress topper + protector/pillow bedding

Mattress combined with a bedbase



Spring or foam mattress

+



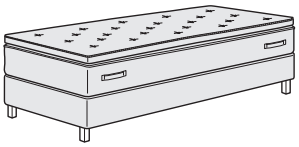
Mattress base

+

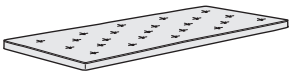


Legs

=



+



Optional mattress topper + protector/pillow bedding





How to choose – comfort logic

Find the right mattress for you

There´s just one way to decide how good a mattress is – how comfortable you sleep on it. A little knowledge makes it easier to choose. A rule of thumb is that heavier people need a firmer mattress, lighter people need a softer one. The key is to find a balance between firmness and softness, so that the mattress provides support where it´s needed, moulds itself to your body where it's comfy and distributes the pressure to help you relax. The rest is personal preference.

Too firm – too much pressure on the body

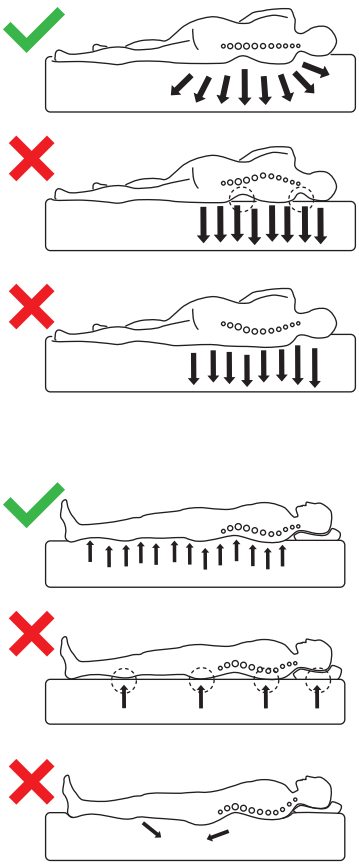
A mattress is too firm when you feel as if you lie on top of it. Heavy body parts don't sink into the mattress, and it doesn't mould itself to your body. This increases pressure on the body, and the spine doesn't align correctly.

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 the muscles work to correct the position, making it difficult to relax.

Balanced firmness and softness

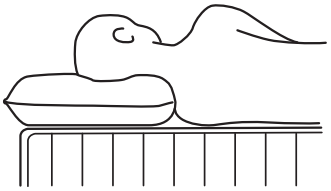
A mattress with the right balance between firmness and softness provides support where needed and allows heavier body parts to sink into the mattress. The spine enjoys a natural and comfy alignment, helping you to relax – and sleep snug.



Comfort logic guide

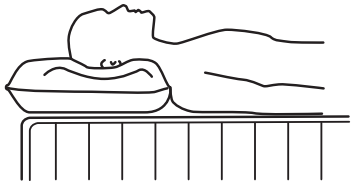
Position	<60 kg	60-85 kg	>86 kg
Back	Medium firm	Firm	Firm
Side	Medium firm	Medium firm	Firm
Stomach	Medium firm	Firm	Firm
Mixed	Medium firm	Medium firm	Firm

How do you sleep?



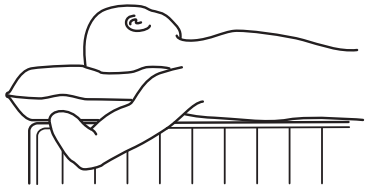
Preferably on the side

Usually best with a softer mattress that moulds itself to hips and shoulders, while the rest of the body enjoys support and ensures that the spine is aligned well. A slightly higher pillow helps the neck to feel relaxed.



Preferably on the back

Usually best with a firmer mattress that prevents the lower back and neck from sinking too deep into the mattress while maintaining the natural shape of the spine. Complete with a lower pillow that doesn't push the neck and head forward.



Preferably on the stomach

Usually best with a medium-firm mattress that helps the spine maintain its natural shape and reduces pressure on the stomach and lungs as much as possible. Extra support around the neck and lower back is recommended, and a very low pillow.



Spring mattresses

Spring mattresses distribute your weight evenly, so there's no extra pressure on any one part of your body. The open spring construction helps air flow through the mattress, so you won't get too warm while you sleep. You can get the comfort level that's right for you with a mattress topper and a slatted bed base or mattress base. Spring mattresses are also extremely durable.



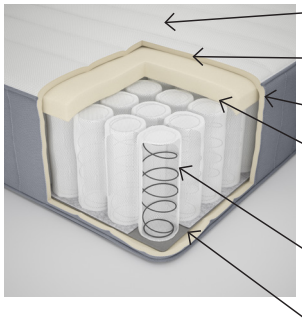
VALEVÅG

Pocket spring mattress





This mattress has comfort zones to reduce pressure on hips and shoulders and give you support where you need it. Individual pocket springs will help you sleep well and wake up refreshed. A thick layer of foam and extra foam in the cover adds to the comfort.



- Soft recycled synthetic fibres are easy to care for and hardwearing.
- Extra comfort layer in the top cover to relieve pressure points.
- Extra comfort layer in the side cover is soft to the touch.
- Standard foam, also called polyurethane (PU) foam, gives good support and shapes itself to the contours of your body to provide a stable sleeping environment.
- Pocket springs work independently of each other, so the movements of one person does not affect the other.
- Felt provides a dense layer of protection for the spring layer so the mattress stays stable.

	Firm
Standard Single	604.507.35
Standard Double	504.507.31
Standard King	804.700.30
Standard Super King	404.700.32

	Medium firm
Standard Single	404.507.36
Standard Double	304.507.32
Standard King	604.700.31
Standard Super King	204.700.33

Pocket springs

Foam layer

Extra comfort layer

Soft stretch fabric

24 cm high

Edge to edge springs

Comfort zones

Reinforced edge

Extra side padding

Roll packed

10 10-year guarantee

VÅGSTRANDA

Pocket spring mattress

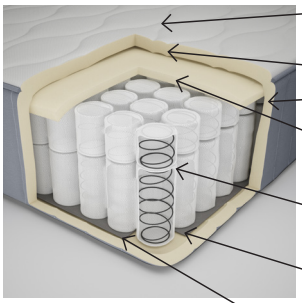




A 2-layered pocket spring mattress. You enjoy ultimate comfort and perfect support from the innovative double layer of springs with comfort zones that adjust to your whole body. A generous layer of thick foam in the cover made of soft stretch farbric adds to the feel. Perfect if you want a mattress with comfy, precise support.

	Firm
Standard Single	704.704.03
Standard Double	104.507.85
Standard King	104.704.01
Standard Super King	204.704.05

	Medium firm
Standard Single	504.704.04
Standard Double	904.507.86
Standard King	904.704.02
Standard Super King	004.704.06



Soft recycled synthetic fibres are easy to care for and hardwearing.

Extra comfort layer in the top cover to relieve pressure points.

Extra comfort layer in the side cover is soft to the touch.

Standard foam, also called polyurethane (PU) foam, gives good support and shapes itself to the contours of your body to provide a stable sleeping environment.

The innovative S-core of the mattress has two layers of pocket springs to provide comfort exactly where it's needed and support your back.

Felt provides a dense layer of protection for the spring layer so the mattress stays stable.

S-core pocket springs

Foam layer

Extra comfort layer

Soft stretch fabric

28 cm high

Edge to edge springs

Comfort zones

Reinforced edge

Extra side padding

Roll packed

10 10-year guarantee

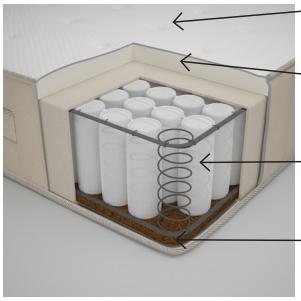
VATNESTRÖM

Pocket spring mattress





If you like a firm mattress this is for you, combined with natural materials like natural latex, coconut fiber, cotton and wool provide comfort and pull away moisture. This gives a pleasant sleeping environment with a cool and even sleep temperature.



Natural fibres often feel softer and more pleasant to the touch than synthetic fibres. They breathe and draw moisture away from the body.

Latex gives precise support for the whole body and distributes pressure evenly. It also absorbs the movements in bed, ensuring a restful and uninterrupted sleep.

Pocket springs work independently of each other, so the movements of one person does not affect the other.

	Firm
Standard Double	304.764.35
Standard King	904.764.37
Standard Super King	504.764.39

	Medium firm
Standard Double	104.764.36
Standard King	704.764.38
Standard Super King	304.764.40

Pocket springs

Latex layer

Extra comfort layer

Soft stretch fabric

26 cm high

Edge to edge springs

Comfort zones

Reinforced edge

Extra side padding

Natural materials

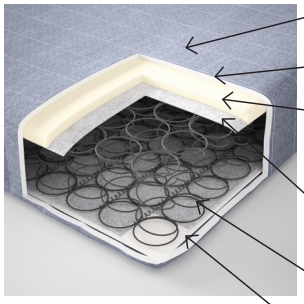
Flat packed

10-year guarantee

VADSÖ

Spring mattress





Recycled synthetic fibres are easy to care for and hardwearing.

Extra comfort layer in cover to relieve pressure points.

Standard foam, also called polyurethane (PU) foam, gives good support and shapes itself to the contours of your body to provide a stable sleeping environment.

Felt provides a dense layer of protection over the spring layer so the mattress stays comfortable.

Bonnell springs give good support and allow air to circulate making it a good choice for warm sleepers.

A straightforward spring mattress with the basic qualities you need to sleep well and wake up refreshed. This one is firm with Bonnell springs and a layer of wadding on top to provide comfy support.

	Firm
Standard Single	804.512.44
Standard Double	204.513.36

Bonnell springs

Foam layer

Extra comfort layer

17 cm high

Edge to edge springs

Soft recycled cover

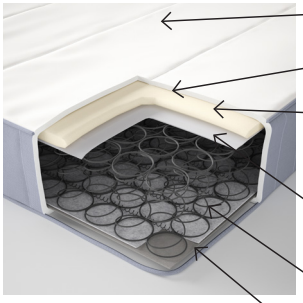
Roll packed

10-year guarantee

VESTMARKA

Spring mattress





Soft synthetic fibres are easy to care for and hardwearing.

Extra comfort layer in cover to relieve pressure points.

Standard foam, also called polyurethane (PU) foam, gives good support and shapes itself to the contours of your body to provide a stable sleeping environment.

Felt provides a dense layer of protection over the spring layer so the mattress stays comfortable.

Bonnell springs give good support and allow air to circulate making it a good choice for warm sleepers.

A spring mattress with all the qualities you need to sleep well and wake up refreshed. This one is with Bonnell springs and a layer of wadding and foam on top to provide good and comfy support.

	Firm	Medium firm
Standard Double	104.513.08	904.513.09
Standard King	304.513.12	104.513.13

Bonnell springs

Foam layer

Extra comfort layer

Soft stretch fabric

18 cm high

Edge to edge springs

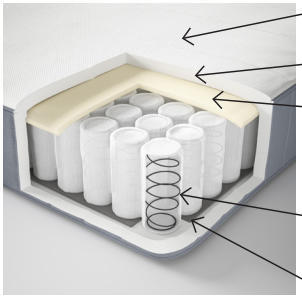
Roll packed

10-year guarantee

VESTERÖY

Pocket spring mattress





Soft recycled synthetic fibres are easy to care for and hardwearing.

Extra comfort layer in the top cover to relieve pressure points.

Standard foam, also called polyurethane (PU) foam, gives good support and shapes itself to the contours of your body to provide a stable sleeping environment.

Pocket springs work independently of each other, so the movements of one person does not affect the other.

Felt provides a dense layer of protection for the spring layer so the mattress stays stable.

A mattress with individual pocket springs and an ample layer of foam – the perfect mix of comfort and support exactly where your body needs it. This mattress makes you long for bedtime.

	Firm
Standard Single	104.506.34
Standard Double	904.506.30
Standard King	404.701.45

	Medium firm
Standard Single	804.506.35
Standard Double	704.506.31
Standard King	204.701.46

Pocket springs

Foam layer

Extra comfort layer

Soft stretch fabric

20 cm high

Edge to edge springs

Roll packed

10-year guarantee



BJÖRKSNÄS
Bed frame, Standard Double with LURÖY slatted bed base, birch
392.475.76

Foam mattresses

Soft and resilient, foam mattresses provide support by moulding to the shape of your body and distributing your weight evenly. Because there's no extra pressure on any part of your body, they encourage blood circulation and help you fully relax. Foam mattresses also absorb the shock of movement, making them a great choice if you have a partner that tosses and turns at night.

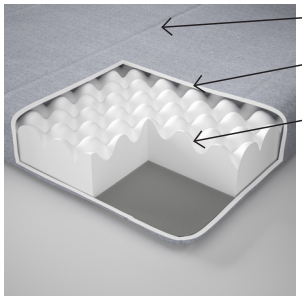


ÅGOTNES

Foam mattress



This mattress offers both steady support and nice comfort. A layer of resilient foam is combined with a soft, cushioning layer of foam wadding. Everything needed for a good sleep!



Synthetic fibres are easy to care for and hardwearing.

Extra comfort layer in cover to relieve pressure points.

Standard foam, also called polyurethane (PU) foam, gives good support and shapes itself to the contours of your body to provide a stable sleeping environment.

	Firm
Standard Single	004.808.63
80×200 cm	404.808.56
90×200 cm	404.808.61

Foam

Extra comfort layer

10 cm high

Soft recycled cover

Roll packed

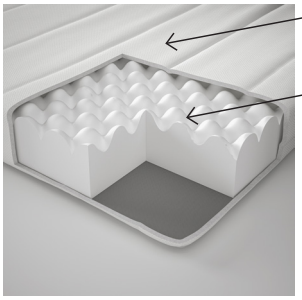
10 10-year guarantee

ÅSVANG

Foam mattress



This simple foam mattress has all you need to enjoy comfortable sleeping. A layer of resilient foam is combined with a soft, cushioning layer of foam wadding. Perfect for a sofa bed or daybed.



Soft synthetic fibres are hardwearing and do not shrink or stretch when you wash them.

Standard foam, also called polyurethane (PU) foam, gives good support and shapes itself to the contours of your body to provide a stable sleeping environment.

	Firm
Standard Single	504.814.12
80×200 cm	604.813.84
90×200 cm	904.813.92
140×200 cm	105.140.75

Foam

Extra comfort layer

Soft stretch fabric

12 cm high

Washable cover

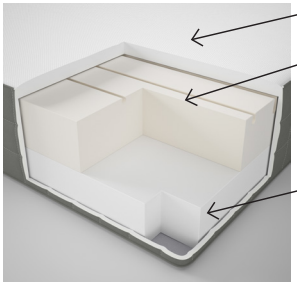
Roll packed

10 10-year guarantee

MORGEDAL
Foam mattress



This foam mattress absorbs the movements of your body giving you all-over support and a restful sleep. Comfort zones provide pressure relief and support exactly where you need it



Synthetic fibres are hardwearing and do not shrink or stretch when you wash them.

High resilience foam or HR foam offers great support and shapes itself to the contours of your body.

Standard foam, also called polyurethane (PU) foam, gives good support and shapes itself to the contours of your body to provide a stable sleeping environment.

Example shows firm version of mattress

	Firm
Standard Single	202.837.91
Standard Double	802.837.88
Standard King	602.837.89
90x200cm	002.837.92
140x200cm	002.837.87
160x200cm	402.837.90

Medium Firm: Memory foam

Firm: High resilience foam

18cm high

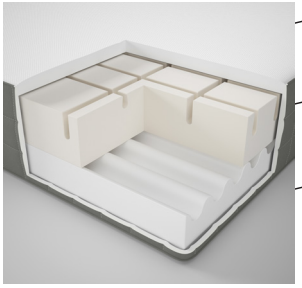
Washable cover

Roll packed

10-year guarantee

MORGEDAL
Memory foam mattress





Synthetic fibres are hardwearing and do not shrink or stretch when you wash them.

Memory foam relieves pressure, improves blood circulation to both muscles and skin and enables you to relax fully.

Standard foam, also called polyurethane (PU) foam, gives good support and shapes itself to the contours of your body to provide a stable sleeping environment.

Example shows medium-firm version of mattress

	Medium firm
Standard Single	502.837.99
Standard Double	902.837.97
Standard King	102.837.96
90x200cm	702.837.98
140x200cm	602.837.94
160x200cm	302.837.95



MORGEDAL
Foam mattress,
Standard Double, firm,
white. 802.837.88

Mattress toppers

A mattress topper lies on top of your mattress to provide even more comfort. They keep your mattress from getting dusty and dirty and will help the mattress last longer. And because they're easy to remove for airing and cleaning, you can keep your bed feeling fresh.



TALGJE

Mattress topper





This mattress topper provides all-over support and comfort. Our mattress toppers create a healthier sleep environment and help to extend the life of your mattress.

Standard Single	802.982.52
Standard Double	602.982.53
Standard King	402.982.54

Foam

Soft stretch fabric

Washable cover

Roll packed

3.5 cm high

TUSSÖY

Mattress topper





This mattress topper has thick memory foam for extra firmness, so you lay more on top of your mattress. Our mattress toppers create a healthier sleep environment and help to extend the life of your mattress.

Standard Single	902.981.76
Standard Double	702.981.77
Standard King	802.981.53
Standard Super King	602.981.54

90x200 cm	402.981.50
140x200 cm	802.981.48
160x200 cm	602.981.49

Memory foam

Soft stretch fabric

Washable cover

Roll packed

8 cm high

TUSTNA

Mattress topper





The latex and wool in this mattress topper provide a soft sleep surface that you sink into. Our mattress toppers create a healthier sleep environment and help to extend the life of your mattress.

Standard Single	002.982.27
Standard Double	802.982.28
Standard King	602.982.29
Standard Super King	402.982.30

Latex

Soft stretch fabric

Roll packed

7 cm high

Mattress bases

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



ESPEVÄR

Wooden bed 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.
Legs are sold separately - Single, Double and King require 1 pack of legs and Super King requires 2 packs.
Double and king size mattress bases require SULTAN supporting leg to provide stability in the middle of the bed - the article numbers below include SULTAN supporting leg.

Standard Single	091.566.24
Standard Double	191.566.09
Standard King	891.566.20
Standard Super King	191.566.28

20 cm high

Legs for wooden bed base

Legs are available in either 10cm or 20cm height, and come in a pack of 4 legs.
Single, Double and King wooden bed bases require 1 pack of legs and Super King requires 2 packs.





BÅTSFJORD

10cm	103.096.16
20cm	102.996.98





BURFJORD

10cm	402.996.87
20cm	202.996.93





BRYNILEN

10cm	602.996.91
20cm	402.996.92



BJORLI

10cm	702.996.95
20cm	002.996.94





SULTAN supporting leg
The supporting leg complements the corner legs by providing support and stability to the middle of the bed.

459.320.80



NATTJASMIN
Duvet cover and 2 pillowcases,
200×200/50×80 cm,
white. 303.371.71

Slatted bed bases

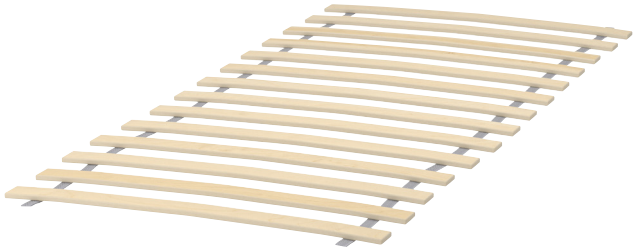
Slatted bed bases help your mattress last longer and stay comfortable by absorbing most of the stress and weight placed on your bed.

Combined with a bed frame, slatted bed-bases can be used as a base for spring and foam mattresses. You can adjust the slats in some bases to be more or less firm.



LURÖY
Slatted bed base





Meant for each other - not only do the slats keep your mattress in place, they also increase the suppleness of the mattress and your sleeping comfort.

Standard Single	702.787.25
Standard Double	502.787.26
Standard King	302.787.27
Standard Super King	794.813.55

70×200 cm	501.602.08
80×200 cm	301.602.09
90×200 cm	901.602.11

LÖNSET
Slatted bed base





Meant for each other - not only do the slats keep your mattress in place, they also have comfort zones which adjust to your body weight and increase the suppleness of the mattress.

Standard Single	002.787.19
Standard Double	202.787.18
Standard King	402.787.17
Standard Super King	894.813.69



Comfort zones

70×200 cm	702.787.06
80×200 cm	702.783.44
90×200 cm	902.783.43

LEIRSUND

Slatted bed base





Meant for each other – not only do the slats keep your mattress in place, they also have comfort zones which adjust to your body weight and increase the suppleness of the mattress.

90×200 cm	002.783.33
Standard Super King	994.813.78

Comfort zones

Features and materials

	Spring mattresses						
	VADSÖ	VESTMARKA	VESTERÖY	VALEVÅG	VÅGSTRANDA	VATNESTRÖM	
Features:							
Comfort zones				●	●	●	
Soft stretch fabric		●	●	●	●	●	
Soft knitted fabric							
Soft recycled fabric	●						
Quilted top cover	●	●	●	●	●		
Tufted top cover						●	
Washable cover							
Reinforced edge				●	●	●	
Edge to edge springs	●	●	●	●	●	●	
Extra comfort layer			●	●	●	●	
Increased air flow	●	●	●	●	●	●	
Twin layered foam							
Multi layered foam							
Padded sides				●	●	●	
Handles	●	●	●	●	●	●	
Roll packed	●	●	●	●	●		
Flat packed						●	
Materials:							
Bonnell springs	●	●					
Pocket springs			●	●		●	
Mini pocket springs							
S-core pocket springs					●		
Standard foam	●	●	●	●	●		
High resilience foam**							
Memory foam**							
Plush foam**							
Latex						●	
Hybrid							
Natural materials						●	

* Can be used for flexible sleep (dybeds etc. in specific sizes).
** Depends on firmness.

	Foam mattresses		
	ÅGOTNES*	ÅSVANG*	MORGEDAL
			●
		●	
	●		
	●	●	
		●	●
			●
	●	●	●
	●	●	●
	●	●	
			●
			●

Complete sleep

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 16–17C° 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 absolutely silent where you sleep, but it's also possible to dampen 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 affect 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.

Colours and decor

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.

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 synthetic filling material?**
   We offer a wide choice of duvets and pillows in different material choices: Natural materials like down and feathers and synthetic 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 light-weight, breathes well and is easy to wash, preferably duvets in synthetic 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. Pillows are designed to provide different support depending on your normal sleeping position. 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.



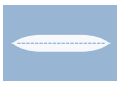
Warm
This is a warm, thicker duvet with more filling.



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 back or 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 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.



Do not wash.



Do not bleach.



Tumble dry, normal temperature.



Tumble dry, low temperature.



Do not tumble dry.



Do not iron.



Iron, medium temperature.



Do not dryclean.

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.

Synthetic material

- Synthetic 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 duvets with their cosy light fibre filling. They come in a range of warmth levels to help you choose the best synthetic 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.



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

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

FJÄLLHAVRE
Duvet



Care instructions

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

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

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	004.567.97
Double	404.567.95
King	204.567.96

7.5 Tog, Warm

Single	604.580.67
Double	004.580.65
King	804.580.66

13.5 Tog, Extra Warm

Single	504.583.55
Double	004.583.53
King	804.583.54

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

ODONVIDE
Weighted blanket



Care instructions

- A good choice if you like being tucked under a heavy duvet. The deep pressure may offer a calming, cocooning sensation that relaxes your body, and can help to improve the quality of your sleep.
- The relaxing effect that the weighted blanket may provide is suitable both for daytime resting, when you need to unwind or recharge, and for falling asleep and sleeping blissfully through the night.
- A light warm weighted blanket that can be used throughout the year. If you feel too cold at night, you can easily complete with a cosy throw.
- The box-stitch pattern allows air to pass through and keeps the filling evenly spread.
- Fits our standard single size duvet cover perfectly.
- Different weights available, choose the one that equals 10-15% of your body weight for optimum effect.

Material
Fabric: 100% cotton.
Filling, top/filling, underside: 100% polyester (min. 80% recycled).
Core filling: PET plastic pellets (100% recycled).

The material can be hand-washed or wiped dry with a damp cloth and then air-dried.

Single, 2.5 Tog

6kg	205.033.21
8kg	605.050.83
10kg	505.050.88

RÖDKÖRVEL
Duvet, warm



Care instructions

- Warm, durable wool duvet that allows air to circulate, transports moisture away and gives you a comfortable sleeping climate with an even temperature.
- A warm duvet in soft cotton filled with 100% wool.
- The wool duvet stays fresh for a long time thanks to the natural odour resistance of the wool fibre. You can air the duvet regularly to freshen it up between washes.

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

Make sure the quilt is completely dry before using it again or storing it.

7 Tog, Warm

Single	904.841.64
Double	304.841.62
King	104.841.63

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% recycled).

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

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, warm



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% recycled).

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% recycled).

4 Tog, Light Warm

Single	804.570.81
Double	204.570.79
King	004.570.80

12 Tog, Extra Warm

Single	905.384.83
Double	005.385.57
King	905.385.48

SILVERTOPP

Duvet



Care instructions

- A light warm duvet with polypropylene fabric and polyester filling from recycled sources.
- A good choice if you often feel warm while sleeping.

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

4 Tog, Light Warm

Single	804.242.22

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 mattress protectors. These are designed with a layer that prevents any liquids from passing through and into the mattress. 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).

80x200cm	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	504.622.96
Double	804.622.85
King	804.622.90
Super King	304.622.97

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



This thin, waterproof mattress protector prevents liquids from passing through, keeping your mattress fresh and free from stains. It stays securely in place and will add years to the life of your mattress.

GRUSNARV
Waterproof mattress protector.
Double. 505.221.39

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.

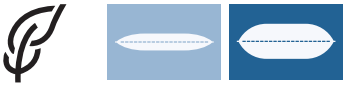


BERGVEN
Pillow



Care instructions





Available as both low and 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.

Low	704.602.39
High	904.602.19

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% recycled)

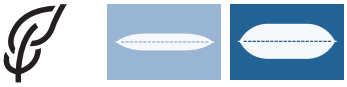
Low	904.604.36
High	904.604.17

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	504.603.20
High	504.603.01

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.
- 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% polyester.
Filling: 100% polyester (100% recycled).

Low	004.603.89
High	404.603.73

LUNDTRAV
Pillow



Care instructions

Available as both low and high

- A 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	704.602.82
High	604.602.87

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

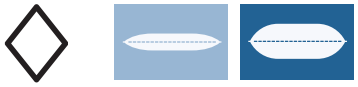
Low	504.605.51
High	504.605.32

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.
- 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: 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

SKÖLDBLAD
Pillow



Care instructions





Available as low

- An easy-care pillow with a polypropylene fabric and polyester filling from recycled sources.

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

50x80 cm	
Low	804.242.41

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

- 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 or stomach sleeper



Care instructions

Pillow

Pillow cover

- 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.
-

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

NÄBBSTARR

Ergo pillow multi position



Care instructions
Pillow





- The design makes this ergonomic pillow suitable for all sleeping positions offering a comfy night's sleep, the way you prefer it.
- The clever crease allows you to fold the pillow to create extra height and support for your neck, which is great for side sleepers.
- Easy to care for as the whole pillow is machine washable and the filling dries quickly.
- Fits perfectly inside our standard-size pillowcases.

Material
100% polyester (100% recycled).

50x80 cm	405.133.24

ROSENSKÄRM

Ergo pillow side/back sleeper



Care instructions
Pillow



Pillow cover





- 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.

33x50 cm	304.443.69

RUMSMALVA

Ergo pillow side/back sleeper



Care instructions
Pillow



Pillow cover





- 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.
- For back sleepers; the shredded memory foam moves aside to cradle your head while still being thick enough under the neck to support your back.
- For side sleepers; the shredded memory foam fills the space between your neck and shoulder, giving your head a comfortable support.
- 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.
- Fits perfectly inside our standard-size pillowcases.

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

50x80 cm	104.467.55

Pillow protectors

Adding a pillow protector helps you to keep your pillow fresh and clean. It also prolongs the life of your pillow as you can 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.



ROSENVIAL
Pillow protector



Care instructions





- This temperature regulating pillow protector keeps you comfy all night, without 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: 51.5% polyethylene, 48.5% polyester.
Lining: 100% polypropylene.
Filling: 10% viscoe/rayon, 90% polyester (min. 80% recycled)

50×80 cm	304.628.05

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 snuggly 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).

50×80 cm	804.620.25

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).

50×80 cm	704.616.82

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.

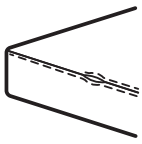
It takes time for you and your new mattress to get used to each other. That's why we give you 90 days to be sure you're compatible. If the chemistry isn't right, simply come back and choose another mattress. When you've found your perfect match you can sleep easy for years to come with our free 10-year guarantee. Read about the terms and conditions in the guarantee brochure.

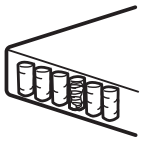
Care guarantee and after care

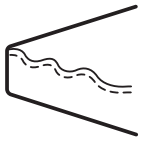
We place high demands on our mattresses

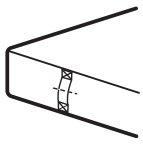
Good mattresses don't have to cost a lot. To create a better everyday life for the many people we place high demands on all IKEA mattresses. They're rigorously tested to comply with strict standards for quality and durability and the highest standards for domestic use. This means we can offer a 10-year 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 brochure.

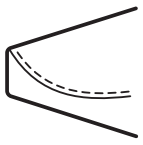
What is covered under the mattress guarantee?


Split seams

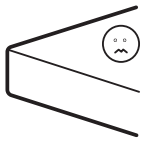

Damaged coils

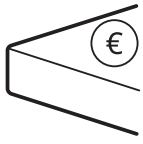

Unsmooth surface

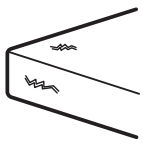

Broken handles

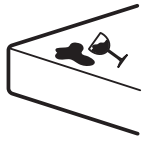

Substantial sagging

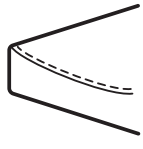
What is NOT covered under the mattress guarantee?

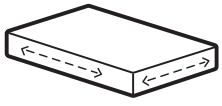

Feeling uncomfortable


Cost of non-defective components


Tears or scratches


Discolouration/ staining


Minor sagging


Failing to flip/rotate

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 free 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.