Mattresses, quilts, pillows and protectors

The key to feeling good – a good night’s sleep
We sleep for one-third of our lives, and a good night’s sleep is important for us to feel well and rested. What we choose to sleep on and have over us makes a big difference. To make the choice easier, we’ve gathered all of our mattresses, mattress pads, mattress bases, slatted bed bases and legs in this buying guide. You will also find our range of quilts, pillows and mattress protectors. All items have unique features, so before deciding, it can be wise to test both mattresses and pillows in our sleep studio at the store.

All the products (shown here) may not be available at the store. Please contact the staff or look at IKEA.sg for more information. For more detailed product information, see the pricetag and the Internet. All units require assembly.
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When it comes to mattresses, one size doesn’t fit all. People are built differently. People sleep differently. We understand this, which is why our range of mattresses offers you a wide choice of materials, support and price levels; everything you need to find a perfect match for you. Almost all of our mattresses and bases are covered by a 25-year guarantee against defects in materials and workmanship. For more detailed information, please read the Guarantee folder.

For your complete comfort
And because a good night’s sleep depends on more than just the mattress, you’ll also find the entire range of pillows, quilts, mattress and pillow protectors in this guide. In order to find what’s best for your individual needs, we advise to try the mattress of your choice together with different pillows. Find the combination that best fits you, by actually lying down and trying them out together in the mattress studio.

A quilt in the comfort that fits your sleeping preferences adds into the complete comfort so you sleep well and wake up rested. Take a look at our pillows and quilts on pages 15-24 to find the right ones for you.

When you get your mattress home
Before using for the first time
It’s normal for new mattresses to feel a bit too firm, so you should allow one month for your body to get used to the mattress and for the mattress to get used to your body. New materials also have their own particular smell. We recommend airing the mattress to help eliminate any smell. If you buy a roll packed mattress, you can use it straight away but keep in mind that it takes 3-4 days of use for them to regain their shape.

Care and cleaning
Adding a mattress protector (page 11) or mattress pad (pages 9-10) to your new mattress makes it more hygienic, as it is easy to remove and clean. Some of our mattresses have a washable cover. On those that don’t, use upholstery cleaner to remove stains. Even the best mattresses become less comfortable with age and all mattresses accumulate dust and mites over the years. So we recommend that you change mattress every 8-10 years.

GOOD TO KNOW

Read more in the guarantee brochure.

365 day mattress exchange*
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 bedfellows.

* You may exchange your mattress once within 365 days if you don’t love it, provided your merchandise is not found by IKEA to be dirty, marked, damaged or abused.
HOW TO CHOOSE MATTRESS

To find the right mattress for you, you should think about:

1. Foam/latex or sprung?
   We offer a variety of different mattresses. Deciding if you want a foam/latex or sprung mattress will help you narrow down your choice considerably.

2. Your budget.
   We have mattresses to fit every budget – from basic mattresses to mattresses made with high quality natural materials. But you can be sure that every one is designed to give you a good night’s sleep.

3. How does it feel?
   The most important thing when choosing a mattress is to have a good lie down. Try the mattress without thick jackets and coats and in the position you usually fall asleep in. That way, you can tell if the mattress is a good match for you.

MATTRESS COMFORT SYMBOLS

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

Firm
Mattresses that provide firm support.

Medium Firm
Mattresses that provide medium firm support.

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.

Extra comfort filling
An extra top layer of soft filling that adds comfort.

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.

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

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

Latex
A soft and resilient natural material that offers personal-ised 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.

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

Foam
Gives you all-over support and comfort.

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

Wash 60 degrees
Removable and washable. Mites thrive in warm, dark, humid environments like beds. Wash fairly often to keep it fresh and clean.

25-year guarantee
Almost all of our mattresses and bases are covered by a 25-year guarantee against defects in materials and workmanship. For more detailed information, please read the Guarantee folder.
Sprung 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 pad and a slatted bed base or mattress base. Sprung mattresses are also extremely durable.

**SPRUNG MATTRESSES**

Sprung 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 pad and a slatted bed base or mattress base. Sprung mattresses are also extremely durable.

**HAFSLO sprung mattress, beige.**

- Bonnell springs
- Roll packed
- 25-year guarantee
- This firm mattress keeps its shape, provides steady support and distributes your weight evenly.
- A mattress to sleep on – not in. Bonnell springs provide all-over support to ensure a restful night’s sleep.
- Designed to be used on one side only – no need to turn.
- Roll packed – easy to take home today.
- Thickness: 18 cm

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**HAMARVIK sprung mattress, light grey.**

- Bonnell springs
- Extra comfort filling
- Roll packed
- 25-year guarantee
- Bonnell springs provide all-over support to ensure a restful night’s sleep.
- A generous layer of soft fillings adds support and comfort.
- Stretch fabric on topside of the mattress moves with you to maximise comfort.
- Designed to be used on one side only – no need to turn.
- Roll packed – easy to take home today.
- Thickness: 21 cm

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**HÖVÅG pocket sprung mattress, dark grey.**

- Pocket spring
- Extra comfort filling
- Roll packed
- 25-year guarantee
- You get support when and where you need it with individually wrapped pocket springs that work independently to closely follow your movements.
- The pocket springs are individually wrapped to insulate movements so you don’t disturb your bed partner.
- A generous layer of soft fillings adds support and comfort.
- Stretch fabric on topside of the mattress moves with you to maximise comfort.
- Designed to be used on one side only – no need to turn.
- Roll packed – easy to take home today.
- Thickness: 24 cm

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SPRUNG MATTRESSES

HYLLESTAD pocket sprung mattress, white.

- Extra comfort filling
- Memory foam
- Pocket springs
- 25-year guarantee
- Latex

• Relax more fully with a sleeping surface of memory foam (Firm) or latex (Medium firm) that conforms to your body to relieve pressure.
• You get support when and where you need it with individually wrapped pocket springs that work independently to closely follow your movements.
• The pocket springs are individually wrapped to insulate movements so you don’t disturb your bed partner.
• A generous layer of soft fillings adds support and comfort.
• Stretch fabric on topside of the mattress moves with you to maximise comfort.
• Designed to be used on one side only – no need to turn.
• Thickness: 27 cm

HOKKÅSEN pocket sprung mattress, white.

- Extra comfort filling
- Latex
- Pocket springs
- 25-year guarantee
- Memory foam

• Relax more fully with a sleeping surface of memory foam (Firm) or latex (Medium firm) that conforms to your body to relieve pressure.
• A soft layer of mini pocket springs contours to the natural curves of the body to create an enhanced comfort.
• You get support in the right places with the help of individually wrapped pocket springs that work independently and closely follow your body.
• The pocket springs are individually wrapped to insulate movements so you don’t disturb your bed partner.
• Generous soft fillings adds support and comfort.
• Stretch fabric on topside of the mattress moves with you to maximize comfort.
• Designed to be used on one side only – no need to turn.
• Thickness: 31 cm

HIDRASUND pocket sprung mattress, natural.

- Natural materials
- Comfort zones
- Extra comfort filling
- Latex
- Pocket springs
- 25-year guarantee
- Mini pocket spring

• Natural materials like natural latex, coconut fiber, cotton, wool and lyocell provides extra comfort and gives a very pleasant sleeping environment with an even temperature.
• You get support in the right places with the help of two layers of individually wrapped pocket springs that work independently and closely follow your body.
• 5 comfort zones give very precise support and relieve pressure on your shoulders and hips.
• Thanks to the reinforced mattress edge, you can sit comfortably on the edge since the mattress stays firm and even.
• Stretch fabric follows the contours of your body as you move in bed.
• The textiles closest to your skin are made of 100% cotton from sustainable sources.
• The distinctive texture on the sides of the mattress comes from the natural, non-coloured and non-bleached linen that creates subtle variations in the surface.
• The mattress provides good ventilation and sleeping comfort because the bottom layer is made of natural coconut fibres that allow air to circulate.
• Thickness: 33 cm
FOAM MATTRESSES

Soft and resilient, foam and latex 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 facilitate 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.

**MOSHULT foam mattress, white.**

- Get all-over support and comfort with a resilient foam mattress
- The 90×200 size is approved for children. It has a child-proof zipper without a pull mechanism, which eliminates small parts and prevents children from opening it.
- Easy to keep clean since you can wash the cover by machine.
- Easy to bring home since the mattress is roll packed.
- Thickness: 10 cm

*Firm*  
Single 90×200 cm  102.723.40  $109  
Queen 150×200 cm  602.733.45  $169

**MALFORS foam mattress, white.**

- Get all-over support and comfort with a resilient foam mattress
- The 90×200 size is approved for children. It has a child-proof zipper without a pull mechanism, which eliminates small parts and prevents children from opening it.
- Easy to bring home since the mattress is roll packed.
- Easy to keep clean since you can wash the cover by machine.
- Thickness: 12 cm

*Firm*  
Single 90×200 cm  002.723.12  $139  
Queen 150×200 cm  202.722.93  $199

**MALVIK foam mattress, white.**

- Get all-over support and comfort with a resilient foam mattress
- A generous layer of soft filling that adds support and comfort.
- Easy to keep clean since you can wash the cover by machine.
- Easy to bring home since the mattress is roll packed.
- Thickness: 14 cm

*Medium firm*  
Single 90×200 cm  202.722.88  $139  
Queen 150×200 cm  202.722.93  $199
MATTRESSES FOR DAYBEDS

MOSHULT foam mattress, white.

- Get all-over support and comfort with a resilient foam mattress
- The 90×200 size is approved for children. It has a child-proof zipper without a pull mechanism, which eliminates small parts and prevents children from opening it.
- Easy to keep clean since you can wash the cover by machine.
- Easy to bring home since the mattress is roll packed.
- Thickness: 10 cm

Firm
Day-bed 80×200 cm 902.723.36 $99

MALFORS foam mattress, white.

- Get all-over support and comfort with a resilient foam mattress
- The 90×200 size is approved for children. It has a child-proof zipper without a pull mechanism, which eliminates small parts and prevents children from opening it.
- Easy to bring home since the mattress is roll packed.
- Easy to keep clean since you can wash the cover by machine.
- Thickness: 12 cm

Firm
Day-bed 80×200 cm 802.723.08 $119

HUSVIKA sprung mattress.

- Bonnell springs provide all-over support to ensure a restful night’s sleep.
- Stretch fabric on topside of the mattress moves with you to maximise comfort.
- This mattress is approved for children. It has a child-proof zipper without a pull mechanism, which eliminates small parts and prevents children from opening it.
- Easy to bring home since the mattress is roll packed.
- Thickness: 12.5 cm

Firm
Day-bed 80×200 cm 603.188.64 $119
MATTRESS PADS

A mattress pad 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 pad, white.
- Foam filling provides a soft sleep surface.
- Stretch fabric on topside of the mattress pad moves with you to maximize comfort.
- Easy to keep clean since you can remove the cover and wash it by machine.
- Easy to bring home since the mattress pad is roll packed.
- Thickness: 3.5 cm.

Single 90×200 cm 102.982.41 $79
Queen 150×200 cm 602.982.34 $149

TUDDAL mattress pad, white.
- Filled with high resilience foam provides a pressure relieving effect and a firmer sleep surface.
- Stretch fabric on topside of the mattress pad moves with you to maximize comfort.
- Easy to keep clean since you can remove the cover and wash it by machine.
- Easy to bring home since the mattress pad is roll packed.
- Thickness: 5 cm.

Single 90×200 cm 002.981.90 $99
Queen 150×200 cm 502.981.83 $199
King 180×200 cm 802.981.86 $249

TUSSÖY mattress pad, white.
- Filled with memory foam that moulds to your body, enables you to relax more fully and gives a firmer sleep surface.
- Stretch fabric on topside of the mattress pad moves with you to maximize comfort.
- Easy to keep clean since you can remove the cover and wash it by machine.
- Easy to bring home since the mattress pad is roll packed.
- Thickness: 8 cm.

Single 90×200 cm 502.981.40 $199
Queen 150×200 cm 002.981.33 $299
King 180×200 cm 302.981.36 $349
MATTRESS PADS

TUSTNA mattress pad, white.

- Latex and wool filling with high pressure relieving capacity enables you to relax more fully and gives a softer sleep surface.
- Stretch fabric on topside of the mattress pad moves with you to maximize comfort.
- Easy to bring home since the mattress pad is roll packed.
- Thickness: 7 cm.

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TISTEDAL mattress pad, natural.

- Natural latex filling with high pressure relieving capacity enables you to relax more fully and gives a softer sleep surface.
- All natural materials wicks away moisture and gives a very pleasant sleep environment with an even temperature.
- Stretch fabric on topside moves with you to maximize comfort.
- The textiles closest to your skin are made of 100% cotton from sustainable sources.
- The distinctive texture on the sides comes from the natural, non-coloured and non-bleached linen that creates subtle variations in the surface.
- Easy to bring home since it is roll packed.
- Thickness: 6 cm

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A mattress protector will help your mattress or mattress pad last longer and stay fresh by protecting it from stains and dirt. It’s removable, so it’s easy to wash when needed. Filled protectors provide extra comfort and softness and draw moisture away from the body. The waterproof one prevents any liquid from passing through to keep your mattress dry and fresh.

ÄNGSVIDE mattress protector.

- Elastic ribbon in each corner to keep the mattress protector in place.
- A good choice if you are allergic to dust mites since the protector is machine-washable at 60°C, a temperature that kills dust mites.

Material
- Filling: 100% polyester
- Fabric: 52% polyester, 48% cotton
- Backside: 100% polypropylene

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GÖKÄRT mattress protector.

- Your mattress stays dry because a waterproof layer prevents any liquid from passing through.
- Fits mattresses with a max. height of 30 cm, since the mattress protector has elastic edging.
- A good choice if you are allergic to dust mites since the protector is machine-washable at 60°C, a temperature that kills dust mites.

Material
- Top: 80% cotton, 20% polyester
- Surface coating: Polyurethane
- Sides: 55% cotton, 45% polyester

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KUNGSMYNTA mattress protector.

- You get a dry and evenly tempered sleeping environment since the lyocell/cotton cover breathes well, which helps air to circulate and moisture to evaporate.
- Elastic ribbon in each corner to keep the mattress protector in place.
- A good choice if you are allergic to dust mites since the protector is machine-washable at 60°C, a temperature that kills dust mites.

Material
- Filling: 50% lyocell, 50% polyester
- Outer fabric: 55% lyocell, 45% cotton

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ROSENDUN mattress protector.

Care instructions

- You can prolong the life of your mattress with a mattress protector against stains and dirt.
- A temperature-regulating lining reacts to your body temperature and keeps you comfortable during sleep.
- You get a dry and evenly tempered sleeping environment since the lyocell/cotton cover breathes well, which helps air to circulate and moisture to evaporate.
- Elastic ribbon in each corner to keep the mattress protector in place.
- A good choice if you are allergic to dust mites since the protector is machine-washable at 60°C, a temperature that kills dust mites.

Material

Filling: 50% lyocell, 50% polyester
Fabric: 55% lyocell, 45% cotton
Lining: Temperature-regulating non-woven polyester

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

ESPEVÅR mattress base, white and dark grey.

- 14 slats of layer-glued birch adjust to your body weight and increase the suppleness of the mattress.
- Easy to take home, as the mattress base comes in a flat-pack.
- Easy to get in and out of bed because the mattress base makes the bed higher.
- Gives your bed set a colour coordinated look together with our sprung or foam mattresses.
- Easy to keep clean since you can remove the cover and wash it by machine.
- Thickness: 20 cm

ESPEVÅR sprung mattress base, white and dark grey.

- The springs provide support for your body.
- Easy to take home, as the mattress base comes in a flat-pack.
- Easy to get in and out of bed because the mattress base makes the bed higher.
- Gives your bed set a colour coordinated look together with our sprung or foam mattresses.
- Easy to keep clean since you can remove the cover and wash it by machine.
- Thickness: 20 cm

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| Queen  | White     | 150×200 cm| 091.566.38 | $399 |
|        | Dark grey | 150×200 cm| 291.566.37 | $399 |
| King   | White     | 180×200 cm| 291.566.42 | $509 |
|        | Dark grey | 180×200 cm| 491.566.41 | $509 |
SLATTED BED BASES

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.

LURÖY slatted bed base.

- Extend the life of your mattress and get extra support with 17 wooden slats in the bed base.

LÖNSET slatted bed base, fixed.

- 28 birch slats adjust to your body weight and increase the suppleness of the mattress.
- Comfort zones adjust to your body.

<table>
<thead>
<tr>
<th></th>
<th>Single 90×200 cm</th>
<th>Queen 150×200 cm</th>
<th>King* 180×200 cm</th>
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<td>**$100</td>
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* King size requires 2 sets of slatted bed bases.

**King size requires 2 sets of slatted bed bases.

LEGGS

Can be used with all mattress bases and wooden base sprung mattresses.

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<thead>
<tr>
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<tbody>
<tr>
<td>BJORLI leg, 10 cm, 4 pcs.</td>
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<tr>
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<tr>
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<td>BRENNÅSEN leg, 10 cm, 4 pcs.</td>
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<tr>
<td>BRYNILEN leg, 10 cm, 4 pcs.</td>
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<tr>
<td>Birch</td>
<td>20 cm, 4 pcs.</td>
<td>701.728.23</td>
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HOW TO CHOOSE QUILTS, PILLOWS AND PILLOW PROTECTORS

Quilts, 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 on a pillow protector to protect your pillow, keep it fresh and prolong its life length is easy to be done. A quilt 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 quilt or pillow for you, it is good to consider the following:

1. Natural or man-made filling material?
   We offer a wide choice of quilts 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 quilts 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 quilt?
   The quilt 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 quilt? Do you share the quilt with someone? What’s your bedroom’s temperature? For children, it’s best to choose a quilt that’s cooler and rather light-weight, breathes well and is easy to wash, preferably quilts in man-made material. You can find quilts for babies at Children’s IKEA.

3. 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 babies at Children’s IKEA. Adding on a pillow protector is an easy way to keep your pillow clean and fresh so it lasts longer.

QUilt AND PILLOw COMFORT SYmbOls

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

- **Cooler**
  Depicts cooler and thinner quilts with less filling for you who often feel warm.

- **Warmer**
  Depicts warmer quilts with more filling for you who feel neither too warm or too cold.

- **Firmer**
  Depicts pillows with more filling if you like to sleep on a firmer pillow.

- **Softer**
  Depicts pillows with less filling if you like to sleep on a softer pillow.
HOW TO CARE FOR YOUR QUILTS AND PILLOWS

General advice for all materials
• Roll packed quilts and pillows which have been compressed for transport, may take a few days to regain their correct shape and fluffiness.
• Mites thrive in damp, warm and dark environments. Therefore, when you wake up in the morning, air your quilts and pillows well so remaining moisture can evaporate before putting them back on the bed.
• Moreover, you can wash all IKEA quilts 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 quilts and pillows free from mites and dirt, carefully follow the washing instructions.
• Air your quilts 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 21.

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.

Tumble dry, low temperature.

Do not iron.

Iron, medium temperature.

Do not wash.

Do not bleach.

Do not tumble dry.

Do not dryclean.

ADDITIONAL ADVICE

NATURAL MATERIAL
• Down and feathers have a natural smell which will disappear once you have taken them out of the package and have aired them for some time.
• For down and feather quilts and pillows you should only use one third of the normal amount of detergent and wash them separately.
• After washing, dry your natural quilts 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 quilts and pillows will regain their fluffiness and dry more quickly. The balls should of course not shed colour.

MAN-MADE MATERIAL
• Man-made quilts and pillows are very easy to care for and can be washed often. They also dry relatively quickly.

Memory foam
• The material may have a “factory smell” as a result of being sealed in airtight packaging. This will disappear once you open the package and leave the pillow to air before using it.
• Please consider that it may take some time to get used to this type of pillow, due to the unique properties of the material.
• 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.
• The removable cover can be washed at 60°C. The filling is not washable; please follow the care instructions on the label.
The filling materials used for man-made pillows are polyester, lyocell and memory foam. Man-made pillows are very easy to care for. They can be machine-washed often at 60°C (apart from memory foam pillows, where only the cover can be washed), which makes them a good choice for people with dust mite allergies. Moreover, they dry quickly after being washed. Some pillows have a microfiber filling which is lightweight and ultra-soft like down. Some are made of memory foam which gives you extra support by moulding to the contours of your body. Some of our pillows contain lyocell, a cellulose fibre derived from wood pulp. In addition to sharing the same positive properties in the wash as polyester pillows, lyocell breathes well and absorbs moisture and draws it away.

**HYLLE pillows.**

**Care instructions**
- The pillow has an inner core inside a soft padded cover that gives extra support and helps the body to relax.
- You get a dry and comfortable sleeping environment since the lyocell/cotton cover breathes well, which helps air to circulate and moisture to evaporate.
- The filling is held in place by the sewn channels in the cover, wash after wash.
- Easy-care synthetic pillow suitable if you are allergic to house dust mites as the cover can be machine-washed at 60°C, a temperature that kills mites.
- 236 thread count.

**Material**
Filling: 100% polyester
Fabric: 55% lyocell, 45% cotton

<table>
<thead>
<tr>
<th>Softer</th>
<th>Firmer</th>
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<tbody>
<tr>
<td>This pillow has less filling and is suitable if you like to sleep on a softer pillow.</td>
<td>This pillow has more filling and is suitable if you like to sleep on a firmer pillow.</td>
</tr>
<tr>
<td>Filling weight (50x80 cm) 450 g</td>
<td>Filling weight (50x80 cm) 530 g</td>
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<tr>
<td>50x80 cm 402.827.24 $29.90</td>
<td>50x80 cm 402.827.21 $39.90</td>
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</tbody>
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**ROSENSTJÄRNA pillows.**

**Care instructions**
- Easy-care synthetic pillow filled with polyester fibres which makes it soft, airy and comfortable to sleep on.
- A good choice if you are allergic to dust mites since the pillow is machine-washable at 60°C, a temperature that kills dust mites.
- 252 thread count.
- May be completed with a pillow protector which protects the pillow from stains and dirt.

**Material**
Filling: 100% polyester (made of recycled fibres)
Fabric: 100% cotton

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<tr>
<th>Softest</th>
<th>Firmer</th>
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<td>This pillow has less filling and is suitable if you like to sleep on a softer pillow.</td>
<td>This pillow has more filling and is suitable if you like to sleep on a firmer pillow.</td>
</tr>
<tr>
<td>Filling weight (50x80 cm) 460 g</td>
<td>Filling weight (50x80 cm) 610 g</td>
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<tr>
<td>50x80 cm 103.772.95 $12.90</td>
<td>50x80 cm 202.697.33 $19.90</td>
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</tbody>
</table>

**HAMPDÅN pillows.**

**Care instructions**
- Outer fabric of polyester/cotton which is easy to care for because it dries quickly.
- A good choice if you are allergic to dust mites since the quilt is machine-washable at 60°C, a temperature that kills dust mites.
- 186 thread count.
- May be completed with a pillow protector which protects the pillow from stains and dirt.

**Material**
Filling: 100% polyester
Fabric: 65% polyester, 35% cotton

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<tr>
<td>50x80 cm 502.697.36 $12.90</td>
<td>50x80 cm 202.697.33 $19.90</td>
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</table>
MAN-MADE PILLOWS

AXAG pillows.

Care instructions
• Easy-care pillow with a brushed microfibre fabric for a soft feel.
• A good choice if you are allergic to dust mites since the quilt is machine-washable at 60°C, a temperature that kills dust mites.
• 176 thread count.
• May be completed with a pillow protector which protects the pillow from stains and dirt.

Material
Filling: 100% polyester
Fabric: 100% polyester

MÅNVIVA memory foam pillow.

Care instructions
• Gives good support and helps you to relax and sleep well as the memory foam filling responds to your body temperature and moulds to the shape of your head and neck.
• Gives you a good sleeping climate, since air can circulate and moisture evaporates through small holes in the core of the memory foam.
• You get a long-lasting sleeping comfort thanks to the soft, knitted outer fabric that protects the memory foam.
• The cover is machine-washable at 60°C, a temperature that kills dust mites.

Material
Filling: Polyurethane memory foam
Fabric: 64% polyester, 36% cotton

RÖLLEKA memory foam pillow.

Care instructions
• This pillow adapts to the way you sleep as the pillow has two heights and a special shape which follows the contours of your head and neck.
• Gives good support and helps you to relax and sleep well as the memory foam filling responds to your body temperature and moulds to the shape of your head and neck.
• Lyocell in the cover keeps you dry and comfortable during the night because it absorbs and transports moisture away and helps your body maintain a comfortable, even temperature.
• The wadded cover makes the pillow soft and comfortable and protects the memory foam core, which helps prolong the life of the pillow.
• The cover is machine-washable at 60°C, a temperature that kills dust mites.

Material
Filling: Polyurethane memory foam
Fabric: 55% lyocell, 45% cotton
Quilting: Polyester/lyocell fibre wadding

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</table>
MAN-MADE PILLOWS

RAKNÖREL ergonomic pillow.

Care instructions
Cushion cover:

Inner cushion:

Wipe clean with a damp cloth.

- Easy-care synthetic pillow suitable if you are allergic to house dust mites as the cover can be machine-washed at 60°C, a temperature that kills mites.

Material
Pillowcase: 100% polyester
Filling: Polyurethane foam 24 kg/cu.m.

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<th>Price</th>
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<tbody>
<tr>
<td>50×33 cm</td>
<td>203.783.17</td>
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</table>
Duck down and feathers are used in the filling of natural pillows. These fillings are soft and comfortable for your head. They breathe and are good at absorbing moisture. Down is soft, fluffy and light. Feathers are resilient and supportive. This means that the more down a pillows contains, the softer and fluffier it is. These pillows can be washed at 60° C, but not as often as man-made pillows. You can choose from softer and firmer pillows.

### GULDPALM pillows.

**Care instructions**
- Formable pillow that gives you good support thanks to the soft filling of down and feathers that also absorbs and transports moisture away.
- You get a dry and evenly tempered sleeping environment since both the filling and the cotton cover breathe well, which helps air to circulate.
- The pillow is machine-washable at 60°C, a temperature that kills dust mites.
- 252 thread count.
- May be completed with a pillow protector which protects the pillow from stains and dirt.

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

<table>
<thead>
<tr>
<th></th>
<th>Soft</th>
<th>Firmer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Softer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>This pillow has less filling and is suitable if you like to sleep on a softer pillow.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Filling weight (50×80 cm) 495 g</td>
<td>502.695.65</td>
<td>$79</td>
</tr>
<tr>
<td>50×80 cm</td>
<td>502.695.62</td>
<td>$89</td>
</tr>
</tbody>
</table>

### JORDRÖK pillows.

**Care instructions**
- Formable pillow that gives you good support thanks to the large proportion of feathers in the filling which also absorbs and transports moisture away.
- You get a dry and evenly tempered sleeping environment since both the filling and the cotton cover breathe well, which helps air to circulate.
- The pillow is machine-washable at 60°C, a temperature that kills dust mites.
- 252 thread count.
- May be completed with a pillow protector which protects the pillow from stains and dirt.

**Material**
- Filling: 90% duck feathers, 10% duck down
- Fabric: 100% cotton

<table>
<thead>
<tr>
<th></th>
<th>Soft</th>
<th>Firmer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Softer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>This pillow has less filling and is suitable if you like to sleep on a softer pillow.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Filling weight (50×80 cm) 610 g</td>
<td>502.696.04</td>
<td>$29.90</td>
</tr>
<tr>
<td>50×80 cm</td>
<td>502.696.00</td>
<td>$39.90</td>
</tr>
</tbody>
</table>
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.

**ROSEN DUN pillow protector.**

- You can prolong the life of your pillow with a pillow protector against stains and dirt.
- A temperature-regulating lining reacts to your body temperature and keeps you comfortable during sleep.
- You get a dry and evenly tempered sleeping environment since the lyocell/cotton cover breathes well, which helps air to circulate and moisture to evaporate.
- A good choice if you are allergic to dust mites since the protector is machine-washable at 60°C, a temperature that kills dust mites.

**Material**
- Filling: 50% lyocell, 50% polyester
- Outer fabric: 55% lyocell, 45% cotton
- Lining: Temperature-regulating non-woven polyester

**KUNGSMYNTA pillow protector.**

- You can prolong the life of your pillow with a pillow protector against stains and dirt.
- You get a dry and evenly tempered sleeping environment since the lyocell/cotton cover breathes well, which helps air to circulate and moisture to evaporate.
- A good choice if you are allergic to dust mites since the protector is machine-washable at 60°C, a temperature that kills dust mites.

**Material**
- Filling: 50% lyocell, 50% polyester
- Outer fabric: 55% lyocell, 45% cotton

**ÄNGSVIDE pillow protector.**

- You can prolong the life of your pillow with a pillow protector against stains and dirt.
- You get a dry and evenly tempered sleeping environment since the lyocell/cotton cover breathes well, which helps air to circulate and moisture to evaporate.
- A good choice if you are allergic to dust mites since the protector is machine-washable at 60°C, a temperature that kills dust mites.

**Material**
- Filling: 100% polyester
- Fabric: 52% polyester, 48% cotton
- Lining: 100% polypropylene

<table>
<thead>
<tr>
<th>Size</th>
<th>Price</th>
<th>Model</th>
</tr>
</thead>
<tbody>
<tr>
<td>50x80 cm</td>
<td>$29.90</td>
<td>ROSEN DUN</td>
</tr>
<tr>
<td>50x80 cm</td>
<td>$19.90</td>
<td>KUNGSMYNTA</td>
</tr>
<tr>
<td>50x80 cm</td>
<td>$7.90</td>
<td>ÄNGSVIDE</td>
</tr>
</tbody>
</table>
MAN-MADE QUILTS

The filling material used for man-made quilts are polyester and lyocell fibres. Man-made quilts are very easy to care for. They can be machine-washed often at 60°C, which makes them a good choice for people with dust mite allergies. Moreover, they dry quickly after being washed. Some quilts have a microfiber filling which is light-weight and ultra-soft like down. Some contain lyocell, a cellulose fibre derived from wood pulp. Lyocell breathes extremely well and is excellent at absorbing and drawing moisture away - in addition to sharing the same positive properties in the wash as polyester fibres. You can choose from cooler and warmer quilts. An extra warm quilt is available during colder months.

GLANSVIDE quilts.

Care instructions

- Lightweight, ultra-soft quilt with a microfibre filling that feels like down.
- The outer fabric in sateenwoven cotton has a pronounced lustre and is soft against your skin.
- Easy-care, since it can be washed often and dries quickly.
- A good choice if you are allergic to dust mites since the quilt is machine-washable at 60°C, a temperature that kills dust mites.
- 336 thread count.

Material

Filling: 100% polyester microfibre (70% made of recycled fibres)
Fabric: 100% cotton sateen

GRUSBLAD quilts.

Care instructions

- Outer fabric of polyester/cotton which is easy to care for because it dries quickly.
- A good choice if you are allergic to dust mites since the quilt is machine-washable at 60°C, a temperature that kills dust mites.
- 186 thread count.

Material

Filling: 100% polyester
Fabric: 65% polyester, 35% cotton

RÖDTOPPA quilts.

Care instructions

- An easy-care quilt that keeps you dry and comfy all night thanks to the combination of moisture-absorbing lyocell and soft, fluffy polyester in the filling.
- You get a dry and evenly tempered sleeping environment since the lyocell/cotton cover breathes well, which helps air to circulate and moisture to evaporate.
- A good choice if you are allergic to dust mites since the quilt is machine-washable at 60°C, a temperature that kills dust mites.
- 236 thread count.

Material

Filling: 50% lyocell, 50% polyester
Fabric: 55% lyocell, 45% cotton

Cooler/thinner

If you often feel warm, this cooler and thinner quilt with less filling is a good choice.
Filling weight (150×200 cm) 350 g
Single 150×200 cm 902.714.50 $99
Queen 200×200 cm 102.714.54 $139
King 240×220 cm 202.714.58 $179

Warmer/thicker

If you don’t feel too warm or too cold when you sleep, this quilt with more filling is a good choice.
Filling weight (150×200 cm) 670 g
Single 150×200 cm 302.714.72 $119
Queen 200×200 cm 402.714.76 $159

Cooler/thinner

If you often feel warm, this cooler and thinner quilt with less filling is a good choice.
Filling weight (150×200 cm) 510 g
Single 150×200 cm 002.714.97 $59
Queen 200×200 cm 902.715.01 $79
King 240×220 cm 002.715.05 $99

Warmer/thicker

If you don’t feel too warm or too cold when you sleep, this quilt with more filling is a good choice.
Filling weight (150×200 cm) 960 g
Single 150×200 cm 002.715.34 $79
Queen 200×200 cm 102.715.38 $99

Cooler/thinner

If you often feel warm, this cooler and thinner quilt with less filling is a good choice.
Filling weight (150×200 cm) 450 g
Single 150×200 cm 402.717.06 $19.90
Queen 200×200 cm 402.717.11 $29.90
King 240×220 cm 502.717.15 $39.90

Warmer/thicker

If you don’t feel too warm or too cold when you sleep, this quilt with more filling is a good choice.
Filling weight (150×200 cm) 840 g
Single 150×200 cm 002.717.51 $39.90
Queen 200×200 cm 102.717.55 $49.90

Cooler/thinner

If you often feel warm, this cooler and thinner quilt with less filling is a good choice.
Filling weight (150×200 cm) 510 g
Single 150×200 cm 002.714.97 $59
Queen 200×200 cm 902.715.01 $79
King 240×220 cm 002.715.05 $99

Warmer/thicker

If you don’t feel too warm or too cold when you sleep, this quilt with more filling is a good choice.
Filling weight (150×200 cm) 960 g
Single 150×200 cm 002.715.34 $79
Queen 200×200 cm 102.715.38 $99
TILKÖRT quilt.

Care instructions

• Easy-care quilt that feels soft and comfortable against your skin as the fabric is brushed microfibre.
• A good choice if you are allergic to dust mites since the quilt is machine-washable at 60°C, a temperature that kills dust mites.
• 176 thread count.

Material
Filling: 100% polyester
Fabric: 100% polyester

Cooler/thinner
If you often feel warm, this cooler and thinner quilt with less filling is a good choice.

<table>
<thead>
<tr>
<th>Size</th>
<th>Width × Height</th>
<th>Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>150×200 cm</td>
<td>902.718.55</td>
<td>$15.90</td>
</tr>
<tr>
<td>Queen</td>
<td>200×200 cm</td>
<td>902.718.60</td>
<td>$19.90</td>
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<tr>
<td>King</td>
<td>240×220 cm</td>
<td>102.718.64</td>
<td>$25.90</td>
</tr>
</tbody>
</table>
Duck down and feathers are used in the filling of natural quilts. These fillings are natural insulators. They breathe and are good at absorbing moisture. Down is soft, fluffy and light. Feathers are resilient and heavier. This means that the more down a quilt contains, the softer and more lightweight it is. Natural quilts can be washed at 60° C, but not as often as man-made quilts. You can choose from cooler and warmer quilts. An extra warm quilt is available during colder months.

**SÖTVEDEL quilts.**

**Care instructions**
- Keeps you dry and comfortable all night because the soft, warmth-insulating filling of down and feathers absorbs and transports moisture away.
- You get a dry and evenly tempered sleeping environment since both the filling and the cotton cover breathe well, which helps air to circulate.
- The warmth is distributed evenly, with no cold spots, because the quilt is sewn in boxes to keep the filling in place.
- The quilt is machine-washable at 60°C, a temperature that kills dust mites.
- 252 thread count.

**Material**
- Filling: 60% duck down/40% duck feathers
- Fabric: 100% cotton

**Cooler/thinner**
If you often feel warm, this cooler and thinner quilt with less filling is a good choice.

<table>
<thead>
<tr>
<th>Size</th>
<th>Width x Length (cm)</th>
<th>Filling Weight</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>150 x 200</td>
<td>315 g</td>
<td>$79</td>
</tr>
<tr>
<td>Queen</td>
<td>200 x 200</td>
<td>502.808.47</td>
<td>$99</td>
</tr>
<tr>
<td>King</td>
<td>240 x 220</td>
<td>102.808.49</td>
<td>$139</td>
</tr>
</tbody>
</table>

**Warmer/thicker**
If you don’t feel too warm or too cold when you sleep, this quilt with more filling is a good choice.

<table>
<thead>
<tr>
<th>Size</th>
<th>Width x Length (cm)</th>
<th>Filling Weight</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>150 x 200</td>
<td>702.808.46</td>
<td>$119</td>
</tr>
<tr>
<td>Queen</td>
<td>200 x 200</td>
<td>302.808.48</td>
<td>$139</td>
</tr>
<tr>
<td>King</td>
<td>240 x 220</td>
<td>902.808.50</td>
<td>$199</td>
</tr>
</tbody>
</table>

**HÖNSBÄR quilts.**

**Care instructions**
- Filling with a large proportion of feathers transports moisture away and keeps you dry all night.
- You get a dry and evenly tempered sleeping environment since both the filling and the cotton cover breathe well, which helps air to circulate.
- The warmth is distributed evenly, with no cold spots, because the quilt is sewn in boxes to keep the filling in place.
- The quilt is machine-washable at 60°C, a temperature that kills dust mites.
- 252 thread count.

**Material**
- Filling: 90% duck feathers/ 10% duck down
- Fabric: 100% cotton

**Cooler/thinner**
If you often feel warm, this cooler and thinner quilt with less filling is a good choice.

<table>
<thead>
<tr>
<th>Size</th>
<th>Width x Length (cm)</th>
<th>Filling Weight</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>150 x 200</td>
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</tr>
<tr>
<td>Queen</td>
<td>200 x 200</td>
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<td>$69</td>
</tr>
<tr>
<td>King</td>
<td>240 x 220</td>
<td>102.808.56</td>
<td>$89</td>
</tr>
</tbody>
</table>

**Warmer/thicker**
If you don’t feel too warm or too cold when you sleep, this quilt with more filling is a good choice.

<table>
<thead>
<tr>
<th>Size</th>
<th>Width x Length (cm)</th>
<th>Filling Weight</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>150 x 200</td>
<td>302.808.53</td>
<td>$69</td>
</tr>
<tr>
<td>Queen</td>
<td>200 x 200</td>
<td>802.808.55</td>
<td>$79</td>
</tr>
<tr>
<td>King</td>
<td>240 x 220</td>
<td>402.808.57</td>
<td>$109</td>
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</tbody>
</table>

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Some prices may be subject to change.