

# Mattresses

The more comfortable you are, the better you sleep, and this is just as true for babies as it is for grown-ups. Choosing a mattress for your new arrival is, therefore, an important decision. A well-rested baby can also help you stay more relaxed, so making sure your little one is safe and comfortable is best for all of you. Sleep-safe guidelines recommend a brand new mattress for every baby. There are many different types of cot mattresses available. You can choose between foam, spring interior, natural fibre, special anti-allergy, or a combination of any of these. Rest assured that all our mattresses fully conform with BS 1877 and BS 7177 safety standards, so you can confidently make your choice to suit your budget. Make sure your mattress fits snugly, with no more than 3cm around the edge. If you need help deciding, speak to our nursery advisors, who can guide you through the various options.



### John Lewis Premium Foam cot/cotbed mattress

These are made from foam with full depth ventilation in the middle and head areas. The cover has a taped edge and zip for easy removal. Air permeable, they have a wipe-clean removable cover that can be machine washed at 60°C.

- L120 x W60cm 324 61601 **£45**
- L127 x W63cm 324 61603 **£55**
- L140 x W70cm 324 61605 **£60**



### John Lewis Spring cot/cotbed mattress

These superior-quality traditional coil spring interior mattresses have spring units encapsulated in a luxury foam surround for extra comfort and support. The outer cover is quilted Rochtec™ on one side and plain Rochtec™ on the other. The cover has a fully taped edge and zip for easy removal and can be machine washed at 60°C.

- L120 x W60cm 324 61701 **£60**
- L127 x W63cm 324 61703 **£65**
- L140 x W70cm 324 61705 **£80**
- L132 x W77cm 324 61707 **£100**



### John Lewis Coir Spring cot/cotbed mattress

Made with natural coir fibre encapsulated in natural latex rubber, these traditional coil spring mattresses have luxury wool pads for extra comfort and support. The cover is quilted Dryfeel™ on one side and Rochtec™ on the other. The cover has a fully taped edge and zip for easy removal and can be machine washed at 60°C.

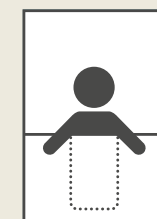
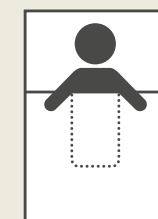
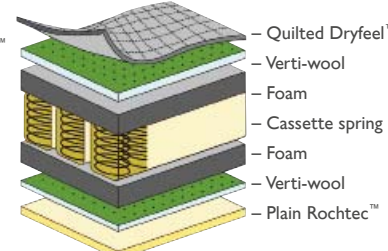
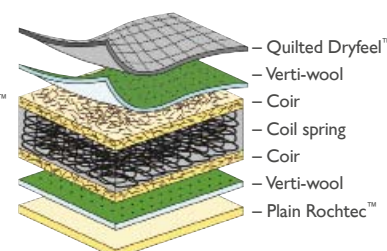
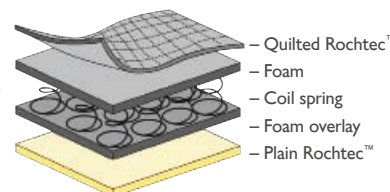
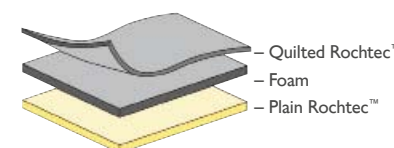
- L120 x W60cm 324 61801 **£100**
- L140 x W70cm 324 61805 **£120**
- L132 x W77cm 324 61807 **£140**



### John Lewis Pocket Spring cotbed mattress

With pocket cassette spring construction. Surrounded by luxury foam for extra posture control and 'verti-wool' overlays to both sides of the mattress for added comfort. The cover is quilted Dryfeel™ on one side and Rochtec™ on the other for improved ventilation. The cover has a fully taped edge and zip for easy removal and can be washed at 60°C.

- L140 x W70cm 324 61905 **£140**
- L132 x W77cm 324 61907 **£160**



## Sleep safe

- Lay your baby on their back to sleep, unless your health professional advises otherwise.
- Place their feet at the foot of the cot with bedding up to underarm level and tucked in.
- Experts now also recommend some supervised 'tummy time' during the day when your baby plays on a mat lying on his front. This helps with muscle development and co-ordination and prevents 'flat head syndrome', which can happen if your baby spends all their time on their back.
- Never use pillows or duvets if your baby is under 12 months old. We recommend you consult your health professional if you need more advice.

Room Temperature Guide			
	°C	°F	
Too hot	24	75	Sheet only
	21	70	Sheet + 1 layer of blanket
<b>Ideal</b>	<b>18</b>	<b>65</b>	<b>Sheet + 2 layers of blankets</b>
	15	60	Sheet + 3 layers of blankets
Too cold	13	55	Sheet + 4 layers of blankets
	10	50	

Please note: A folded blanket counts as two layers.

## Bedtime basics

- A removable, washable mattress cover is a real bonus as you can wash it at 60°C in your machine, killing allergy-causing dust mites.
- A mattress protector on top of this will shield your baby's mattress from inevitable accidents.
- Make sure your baby's room is neither too hot nor too cold – 16-20°C (62-68°F) is ideal.
- Position your baby's cot away from radiators, windows (because of strong sun or draughts) or anything little fingers could grasp.
- Make sure dropsides are secure and rocking facilities on cribs are locked when you put your baby down for nap-time or night-time.



### John Lewis Organic cot/cotbed mattress

The filling for this mattress is a sturdy core of coir and natural latex, wrapped with a deep layer of Welsh wool, and finished with an organic cotton cover. The combination of wool and cotton means that no fireproofing chemicals have been used in the process. Just pure, clean, organic materials.

- L120 x W60cm 324 62001 **£150**
- L140 x W70cm 324 62005 **£170**
- L132 x W77cm 324 62007 **£180**



### John Lewis Children's mattress

A comfortable yet supportive mattress made from polyurethane foam, with coil springs. The coil spring unit at the heart of this mattress increases air flow, is hygienic and helps regulate body temperature. Removable cotton cover with taped edge is machine washable at 60°C.

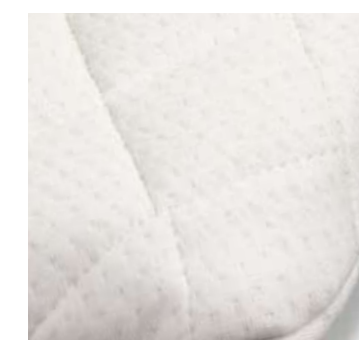
- Trundle L183 x W77cm 324 64111 **£100**
- Single L190 x W90cm 324 64110 **£130**



### John Lewis Moses basket mattress

A soft foam mattress suitable for various sizes of Moses basket. Made from specially developed polyurethane foam. Full depth ventilation from the middle to the upper area of the mattress, allowing flow of air, around baby's head. Cotton rich removable cover is machine washable at 60°C.

- L66 x W28cm 324 63007 **£20**
- L70 x W29cm 324 63008 **£20**
- L75 x W28cm 324 63009 **£20**



### John Lewis Crib and Pram carrycot mattress

A soft foam mattress suitable for a pram or carrycot. Made from specially developed polyurethane foam. Full depth ventilation from the middle to the upper area of the mattress, allowing flow of air around baby's head. Cotton rich removable cover is machine washable at 60°C.

- L76 x W33cm 324 63010 **£25**
- L74 x W35cm 324 63011 **£25**
- L89 x W38cm 324 63012 **£30**