

## Thank you for choosing the Life Balance Mattress!

We are committed to providing you with the highest quality sleep experience. Please read the following safety information carefully.

- ⚠ Discard all plastic wrapping and packaging immediately after unboxing to prevent suffocation hazards, especially for children.
- ⚠ Avoid exposing the mattress to direct heat sources, which can damage the materials.

If you have any question, please Visit [lifebalancesleep.com](http://lifebalancesleep.com)  
email: [service@lifebalancesleep.com](mailto:service@lifebalancesleep.com)

## To set up your Life Balance mattress

1

### Unboxing



Carry the boxed mattress to your bedroom, then carefully remove it from the box.

2

### Positioning



Place the rolled-up mattress on a solid or slatted foundation, then remove the outer plastic.

3

### Expanding



Allow up to 72 hours for the mattress to decompress fully for hybrid mattresses, or 12 hours for memory foam.

4

### Enjoy



Enjoy a restful sleep on your Life Balance mattress every night.

### Useful Tips

Carefully move the mattress by having two people lift and carry it to the new location.

You may notice a slight 'new' odor when you first unroll the mattress, which will dissipate within a few days due to the manufacturing process.

Allow at least 48 hours for the mattress to return to its original shape.

## Warranty Information

We're pleased to offer a 10-year warranty for your Life Balance mattress, valid from the date of purchase. Here's what you need to know:

### What is Covered?

Defects in materials or workmanship, such as excessive sagging or abnormal wear, are fully covered. In the event of a defect, we'll repair, replace, or refund the mattress as needed.

### What is Not Covered?

The warranty does not cover:

1. Stains, tears, or other physical damage caused by accidents or misuse.
2. Natural softening or changes in firmness over time.
3. Modifications or repairs by unauthorized parties.

### Warranty Process:

To initiate a warranty claim, retain your original purchase receipt and any product tags. Please note that this warranty is exclusively for the original purchaser and cannot be transferred.

## You have chosen the perfect Life Balance mattress

- Life Balance uses the best and healthiest materials. We are the manufacturer, eliminating channel costs and guaranteeing the most competitively priced mattress you can find.
- Each Life Balance mattress is crafted from carefully selected, high-quality components.

## Using & Maintaining Your Mattress

Proper care helps prolong the life of your Life Balance mattress:

- Rotate Regularly: For optimal support and comfort, flip your mattress every two weeks for the first three months, then every three months thereafter.
- Avoid Heavy Pressure: To prevent edge damage, avoid excessive pressure on the mattress edges, such as jumping or bending. Normal use is not affected.

## Frequently Asked Questions (FAQs)

### Will I need time to adjust to my new mattress?

- Yes, it may take about 30 days for your body to fully adjust to the feel of your new Life Balance mattress.

### Is it free of chemicals?

- Absolutely. All Life Balance mattresses are CertiPUR-US certified, meaning they are free from harmful chemicals. A slight new mattress odor may be present initially but will dissipate in a few days.

### Can I flip my mattress?

- For memory foam mattresses, yes, you can flip to experience a different feel. Hybrid mattresses are not flippable, but we recommend rotating them 180° every six months.

### What if I spilled some liquid on my mattress or topper?

- For water spills, quickly soak up the liquid with dry towels or tissue paper, then let your mattress or topper dry completely, preferably in direct sunlight.

If the liquid causes strong smells or colors, sprinkle baking soda directly on the wet area.

If the stain has dried, spray some water on the stain first, then sprinkle baking soda over it and rub the mixture into the mattress or topper. Ensure your mattress or topper dries completely, then vacuum up the baking soda.

### How to remove mildew stains from your mattress or topper?

- Mix an equal amount of rubbing alcohol and warm water in a container. Dip a clean cloth into the mixture, wring it out and rub the stain in a circular motion. Rinse the area with a cloth wrung out in warm water, ensuring the fabric is not too wet to prevent mold growth.

Place the mattress or topper out in the sun to dry out and prevent more mold from growing.

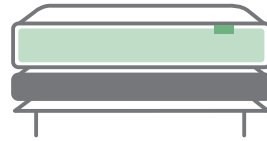
## Fits All Sleepers

Our mattresses are designed for all body types, sleeping positions, genders, and seasons.



## Compatibility

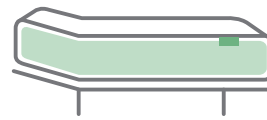
Life Balance mattresses can be placed on any firm, flat surface, including floors, box springs, and adjustable bed bases.



Foundation / box spring



Platform or slatted base



Adjustable bed

## Mattresses Size Guide

CAL KING		
TWIN XL	QUEEN	KING
TWIN	FULL	

## Specifications and Size Chart

Size	Suitable For
TWIN	39"x75" Suitable for kids and single adults
FULL	54"x75" Ideal for young adults or small bedrooms
QUEEN	60"x80" Great for individuals or couples rooms
KING	76"x80" Spacious and comfortable for families