Why Dr. Mattress?

Did you know that the average person spends approximately one third of their lives in bed, yet when it comes to where we sleep, we often do not consider how our mattress can affect our lives. There’s no other piece of commodity in our house or in our life which is used as often or affects our overall health more than our mattress.

Dr. Mattress strives to be the best sleep experts in East Africa. Our mattress collection ranges from resilient (PU) foam mattresses, open coil (bonnell) spring mattresses, pocket spring mattresses, visco memory foam mattresses to 100% natural latex mattresses that offer the ability for anyone to create a sleep sanctuary.
HELPS REDUCE TOSSING & TURNING

Every Dr. Mattress mattress features advanced foam, springs and fiber to provide instant comfort, helping blood circulation, to reduce tossing and turning that can disrupt peaceful sleep.

ENCOURAGES PROPER BACK SUPPORT & ALIGNMENT

Our advanced POSTUREPEDIC support systems work to promote proper support and alignment across your entire body, so you can wake up without aches and pains.

PROMOTES A BALANCED SLEEP TEMPERATURE

Each Dr. Mattress mattress design works to promote airflow to help regulate sleep surface temperature, allowing you to sleep more comfortably with less temperature swings.

MINIMIZE IMPACT FROM PARTNER MOVEMENT

Our state-of-the-art POSTUREPEDIC and ORTHOPEDIC support systems are designed to help reduce motion transfer from one sleep partner to another, so you can stay asleep even when your partner moves.

RESISTS SAGGING & EDGE ROLL-OFF

Every Dr. Mattress mattress is built with our EDGE GUARD and BEAM SUPPORT Construction and is thoroughly tested beyond industry standards to resist sagging and edge roll-off. This enhanced durability can help extend the comfort life of your mattress. It also allow you to use 100% of your mattress surface.
Do I need a new mattress?

Mattresses do not last forever. Most of us wait too long to replace our mattresses. If you have had the same mattress for a long time, chances are you need a new one. However, there are some other signs including:

You wake up tired and achy. This may be a sign that your mattress is no longer providing you with enough support to give you a good night's rest. If you don't wake up feeling refreshed, it may be time to get a new mattress.

Your mattress looks old, worn, or frayed. The box spring creaks and squeaks. These are all signs that the mattress and foundation may be worn out.

Your bed is just not comfortable. Does the mattress sag or leave an impression where you sleep? If you find yourself rolling toward the center or you can't seem to find a comfortable position to sleep in, it's time to consider a new mattress.

If you are having trouble sleeping or find that you wake in the morning more tired than when you went to bed, you may need to take a good look at where and how you sleep. A good mattress and box spring will allow you to rest comfortably and protect your spine. Sleep is an essential nutrient for our bodies and where we sleep can make all the difference.
How to choose a mattress.

Purchasing the best mattress possible is a great investment for your health and quality of life. It’s recommended that a mattress is changed every seven years. People often keep them well beyond this and then have to replace them for all the wrong reasons: worn cover, tired fillings, exposed springs and lack of support. Come to Dr. Mattress for a cup of Coffee and sample our mattresses. Try each one of them for at least 10 to 15 minutes, our experts will be at your service to assist you to make the right choice.

1. Allow yourself plenty of time when testing out the mattresses.

2. All our mattresses are orthopedic and posturepedic but what feels comfortable for one person is not necessarily comfortable for another person.

3. If you share a bed it is very important you both try it and that you choose a mattress that is supportive and comfortable for both of you.

4. You need to make sure you have enough room to stretch out and freely turn over; size does matter, so always try to purchase the biggest bed that will fit in your room.

5. Choosing a standard size mattress is also crucial as it is easy to enjoy the full benefit of the warranty and trading-in the mattress becomes easier.
Good quality sleep slows down your aging process, you get less wrinkles and one increases his/her chances for a long healthy life.

Good quality of sleep makes good quality of life. The better your nights are, the better your days could be.

Your Sleep Affects:
1. Your immune system
2. Your healing ability
3. Your learning ability
4. Your temper
5. Your memory
6. Your fitness
The Perfect Sleeping Posture.

OUR MATTRESSES ARE NOT ONLY ORTHOPEDIC, THEY ARE ALSO POSTUREPEDIC.

Good sleeping posture is important for health and wellbeing, since we spend a third of our lives in bed. The spinal cord is "S" Shaped. A posturepedic mattress offers support in a way that the "S" shape is not strained. The same correct spinal alignment achieved when standing up must also be achieved when lying down. Poor sleeping posture can lead to ongoing back and neck problems and a reduction in sleep quality. Correct posture can however be achieved through straight spinal alignment. Good posture is essential to a good night’s sleep. Choosing the right mattress can make a significant difference to your posture while you sleep.

**CORRECT POSTURE** - Spine is neutral and in line. Heavier parts of the body, the knees, hips and shoulders, are correctly supported to ensure a fantastic night’s sleep.

**WRONG POSTURE - TOO SOFT** - Spine is out of alignment, bowing downwards creating pressure around the hips and lower back and stressing the joints. This position negatively affects the nerves and blood circulation.

**WRONG POSTURE - TOO FIRM** - Spine bows upwards creating pressure around the shoulders, knees and lower back and stressing the joints. This position negatively affects the nerves and blood circulation.
10 Better Sleep Tips

1. Make sleep a priority by keeping a consistent bedtime and wake schedule, including weekends.

2. Create a bedtime routine that is relaxing. Experts recommend reading a book, listening to soothing music or soaking in a hot bath.

3. Create a room that is dark, quiet, comfortable and cool for the best possible sleep.

4. Evaluate your mattress and pillow to ensure proper comfort and support. If your mattress is five to seven years old, it may be time for a new one. In general, pillows should be replaced every year.

5. Keep work materials, computers and televisions out of the bedroom.

6. Exercise regularly, but complete workouts at least two hours before bedtime.

7. If you sleep with a partner, your mattress should allow each of you enough space to move easily.

8. Avoid eating, alcohol, nicotine and caffeine close to bedtime. These can lead to poor sleep, keep you awake or disrupt sleep later in the night.

9. Take 20- to 30-minute naps. Short naps can be restorative without disrupting your sleep. Experts say even a 10-minute nap can improve alertness for 2.5 hours when you’re sleep deprived and for up to 4 hours when you are well rested.

10. Buy an alarm clock and keep your phone in the other room. Smartphones in particular can represent a source of stress during the day, and proximity to the bed can disrupt sleep – even if it doesn’t make noise or is set to vibrate.
MEMORY FOAM TECHNOLOGY

MAN-MADE INGENIOUS
Memory foam is polyurethane with additional chemicals to increase its viscosity and density. It is often referred to as “viscoelastic” polyurethane foam. It was first invented by NASA in the 1970s for space programs and used to upholster astronauts flight chairs to reduce pressure points, making astronauts more comfortable from the G-forces experienced during lift off. Since then it has been developed and has become a popular material of choice for medical and domestic mattresses and pillows due to its pressure relieving comfort.

1. STEADY RECOVERY
   It steadily recovers to its original shape once the pressure is removed.

2. PRESSURE RELIEVING PROPERTIES
   The support provided by memory foam reduces stress on the body’s pressure points and relieves aches and pains, preventing excessive tossing and turning and provides a more restful sleep.

3. IMPROVES BLOOD CIRCULATION
   Memory foam allows the body to be supported correctly and this encourages natural blood circulation.

4. TEMPERATURE AND WEIGHT RESPONSIVE
   Memory foam is temperature sensitive. Your memory foam mattress will feel firm at first, until it softens and moulds around the shape of your body in response to your body weight and heat.

5. BODY HUGGING COMFORT
   Memory foam moulds to body contours to provide even distribution of body weight, pressure and responds and adapts to any bodily movements, reducing excessive tossing and turning for a more peaceful night’s sleep.
High Resilient Foam Technology

THE HIGHEST AVAILABLE GRADE OF PU (POLYURETHANE) FOAM IN THE MARKET.

Our Resilient foam is extremely responsive and offers the same level of support throughout. With a structure of randomly arranged open cells, it allows for extreme elasticity along with offering sturdy support.

PURE FOAM // NON-COLLAPSE FOAM // NO CHALK (CHALKING COLLAPSES THE FOAM)
MileleSafi (Ever Clean)

This mattress is ideal for homes and institutions such as schools and hospitals. It is the best quality foam mattress with 5 year guarantee to give you peace of mind.

WELCOME TO A 100%* HYGIENE SLEEP ZONE

FEATURES

• NO CHALK USED (CHALKING MAKES THE FOAM COLLAPSE)
• MADE WITH DR. MATTRESS NON-COLLAPSE RESILLIENT (PU) FOAM
• AVAILABLE IN TWO THICKNESSES; 15CM AND 20CM (6" AND 8")

WASHABLE AND REMOVABLE EVER CLEAN ZIPPERED COVER

The zippered mattress cover which ensures 100% hygiene. Our latest technology knitted fabric is treated with anti-allergenic properties. Dust mites cannot survive in fibre layers, allowing a healthy environment and peaceful sleep.

ROLL-PACKED (GRAB & GO) MATTRESS

Compressed with tens of tons of force, rolled and vacuumed packed to around quarter of their full size. Its EASY TO HANDLE, EASY TO TRANSPORT AND QUICK TO UNPACK. Simply purchase and take away from your retailer on the same day in most instances.

*Ensure the washable fabric is washed

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Pasha Visco

FULLY ORTHOPEDIC AND POSTUREPEDIC MEMORY FOAM MATTRESS

Pasha Visco mattress gives you Extra-plush comfort and is the ultimate combination of deep contouring comfort of NASA-Technology memory foam. Specially made for astronauts to help relieve pressure for sitting in the same position for long hours. This mattress gently contours to your body and sleeping position and enables you to achieve deep sleep by reducing tossing and turning at night.

Mattress Thickness 9” = 23cm (±1cm)

FEATURES

• NO CHALK (CHALKING COLLAPSES THE FOAM)
• MEMORY FOAM
• 15CM HIGH RESILLENT (PU) FOAM
• QUILTED WITH KNITTED FABRIC AND 2CM RESILIENT (PU) FOAM

HIGH RESILLIENT (PU) FOAM

15cm Dr.Mattress PU Foam specifically formulated to create necessary FIRM base support to VISCO-MEMORY Foam to create a complete POSTUREPEDIC quality.

VISCO MEMORY FOAM

The 4cm thick space technology VISCO-MEMORY Foam helps to reduce the pressure points to enable blood circulation.

BREATHABLE ANTI-ALLERGENIC FABRIC

Our latest technology knitted fabric is treated with anti-allergenic properties. Dust mites cannot survive in fibre layers, allowing a healthy environment and peaceful sleep.

EASY CARE - NO TURN

This mattress has the extra bonus that it is easy care. Upholstered with foam and knitted fabric with consistent densities that reduce settlement means they do not need to be flip over. Although, regular rotation is recommended to prolong the life of the mattress.

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Terms & Conditions

30 Day Return Policy

Dr. Mattress provides sleep centres, where our clients can test and make the right mattress choice. The right mattress depends on body shape, weight and personal comfort preferences. However, we understand that it might take days for someone to adjust to a new mattress. We want to be sure you made the right decision and allow you enough time to get used to your new Dr. Mattress mattress, which you will be using for long.

We hence provide a 30 DAY RETURN POLICY

HOW IT WORKS
1. Buy a Dr. Mattress mattress from us.
2. We’ll deliver your mattress.
3. Do not remove or tamper (unpack) with the original packaging.
4. Sleep on your new mattress for 30 nights to get used to the amazing comfort and support it offers.
5. If you are happy with the comfort level and your body adjusts to the firmness, remove the polythene and enjoy the Dr. Mattress experience.
6. If you’re not happy, contact us within 30 days from delivery date. Our customer service staff will work with you to answer your questions and resolve your concerns.
7. As long as the mattress is in its original packaging and a standard size (please refer to the standard sizes list), we will allow for a reselection.
8. If we can’t find a way to make you happy we’ll take the mattress back and reimburse your purchase price.
9. Transport cost may apply depending on the location of reselected/refunded mattress.
10. 30 day return is limited to 2 times reselection only.
11. 30 DAY RETURN POLICY DOES NOT APPLY TO ODD SIZE MATTRESSES.

ODD SIZE
As Dr. Mattress we can produce made to measure mattresses and beds. Any size that is not included in the standard size chart above is considered an odd size. In order to avoid any additional charges and inconvenience, we require our clients to confirm the mattress dimensions in centimeters in writing, i.e. signing the final sales order or via SMS or e-mail.

INSTALLATION
We do provide installation service of our bed sets at the same time of the delivery. If the client fails to be ready for installation, there will be a surcharge for the next installation visit and Dr. Mattress will not be responsible of any damage on the goods or missing parts in this period.

CANCELLATION
Odd size orders cannot be cancelled or refunded.

STANDARD SIZE TABLE

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<tr>
<td>6ft x 6ft 3”</td>
<td>183 x 190cm</td>
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</table>
Delivery

We do offer “FREE DELIVERY SERVICE” within Nairobi and its environs during working days. Minimum order amount for free delivery is KES-20,000. Lead times are 2 to 5 business days. Management has the right to change it.

Delivery can be done at odd hours due to unforeseen circumstances like traffic or accidents and if the client doesn’t accept this, they must inform in writing in advance.

WE DO NOT AT ANY POINT GIVE AN ASSURANCE OF THE EXACT TIME OF DELIVERY. IF AN ASSURANCE IS DEMANDED, THEN THE DELIVERY WILL QUALIFY UNDER THE EXPRESS SERVICE CLAUSE AS INDICATED BELOW.

Due to the size and nature of our products, we request our clients to ensure a clear path from parking to where the goods will be placed. Dr.Mattress and our delivery team will NOT be responsible of clearing any objects/obstruction on the path and of any damage/loss of items during the delivery.

Failure to receive the goods on the scheduled delivery date will attract transport charges. In order to avoid extra delivery charges we request our clients to avail someone to receive the goods and make sure to be reachable by phone on the day of delivery.

If the client needs to change the agreed delivery date, we must be notified latest 1-day prior to the delivery date.

Our delivery team will not be unpacking the mattresses. Any such request should be done in writing and signed by the client (or their authorised receiving agent), after which the delivery team will call the Company for such request to be granted.

Mattress Waranty

THIS LIMITED WARRANTY COVERS THE FOLLOWING ITEMS DURING NORMAL WEAR:

1. Deterioration causing the mattress to have a visible indentation greater than ¾ (0.75) of an inch that is not associated with an indentation or sag which results from use of an improper or unsupportive foundation or adjustable bed base with proper bed frame sufficient to support the collective weight of the mattress and base with proper bed frame sufficient to support the collective weight of the mattress and foundation. (beds with slats instead of plywood)

2. Any physical flaw in the mattress that causes the material to split or crack, despite normal usage and proper handling.

THIS LIMITED WARRANTY DOES NOT COVER:

1. A normal increase in softness of the Dr.Mattress pressure relieving material which does not affect the pressure-relieving qualities of the mattress.

2. Comfort preference, finding the mattress soft or hard after the 30 day of trial. By facilitating sleep centers with trial mattresses we assume our client choose the right mattress.

3. Damage associated with an improper bed frame, foundation, or adjustable base.

4. Product sold by unauthorised resellers who are not authorised retailers or second hand owners. Hence the buyer should produce original documentation.

5. Physical abuse or damage to the structure and/or cover material, including but not limited to, burns, cuts, tears or liquid damage. However, if there is a manufacturing defect not caused by the abuse or damage then the mattress would be covered under the standard warranty.

6. Items on clearance sale. The warranty period of items on clearance sale or showroom pieces shall begin from the date of manufacture.
Contact Information

RUIRU - (HQ / FACTORY OUTLET)
Thika Highway & Eastern By-pass, Junction, Ruiru.
Tel: +254 (0)790 202 991/2
Email: ruiru@drmattress.co.ke

PARKLANDS
2nd Parklands, Limuru Rd, Nairobi
Tel: +254 (0)725 886 766
Email: parklands@drmattress.co.ke

SAMEER BUSINESS PARK
Mombasa Road, Nairobi.
Cell: +254 (0)702 163 705
Email: sameerpark@drmattress.co.ke

YAYA CENTRE
Off Argwings Kodhek Rd, Nairobi.
Tel: +254 (0)791 183 606
Email: yaya@drmattress.co.ke

ABC PLACE
Waiyaki Way, Nairobi.
Tel: +254 (0)795 749 375
Email: abc@drmattress.co.ke

NGONG ROAD
Opposite Ngong Racecourse, Nairobi.
Email: ngong@drmattress.co.ke

MALINDI
Lamu Road, Malindi
Tel: +254 (0)702 500 166
Email: malindi@drmattress.co.ke

MOMBASA
Epic Business Park, Links Road
T: +254 (0)795 749 376
Email: mombasa@drmattress.co.ke

ELDORET
Next to Poa Place, Uganda Rd.
Tel: +254 (0)795 749 381
Email: eldoret@drmattress.co.ke

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facebook.com/drmattresske