

MATTRESS CLEANING

Cheat Sheet

1

VACUUM THOROUGHLY

Give your mattress a thorough vacuuming. Remove all of the bedding and start at one end and move to the other making sure you get every nook and cranny.

Do this regularly to keep your mattress clean and fresh

2

CLEAN WITH BAKING SODA

To remove small stains and odors sprinkle baking soda over your mattress. This will deodorize your mattress.

Allow to sit for at least an hour and vacuum up.

3

URINE & SWEAT

Combine a mixture of:

- 1 cup hydrogen peroxide
- 3 tbsp baking soda
- 2-3 drops of dish soap

Add to a spray bottle. Spray stain and blot with a clean towel. Repeat the process until the stain is gone. Then clean with baking soda.

BLOOD STAINS

Fill a spray bottle with hydrogen peroxide.

Spray stain with hydrogen peroxide.

Blot stain with a clean towel.

Repeat the process until the stain is gone.

All mattress to air dry.

4

VOMIT STAINS

Fill a spray bottle 50/50 mixture vinegar & water

Spray stain with the mixture

Blot area with a clean towel

Repeat the process until the stain is gone

Follow up with baking soda

5

KEEPING YOUR MATTRESS CLEAN AND FRESH

- Clean your mattress twice a year
- Clean stains as soon as they happen
- Air out your mattress once a week
- Clean your bedding once a week
- Use a mattress cover
- Flip or turn your mattress twice a year

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