

Care Instructions

Follow these easy instructions to care for your bed,
and your bed will care for you.



Hästens 
since 1852



Welcome to the world of Hästens ownership.

Enjoying the bed of your dreams, for the rest of your life, begins here.

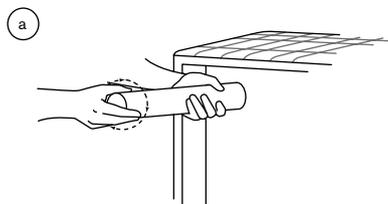
Your new Hästens bed is made with the finest quality all-natural materials. As such, they will require some care. By improving its quality of life, your Hästens will improve yours for many years to come. Just follow these easy instructions to care for your bed, and your bed will care for you.

Since 1852, Hästens beds have been handcrafted in Sweden using pine from the North of Sweden, cotton, flax, wool and genuine horsehair -- all natural materials which allow air to circulate. Your new Hästens bed will allow you to indulge in extraordinary comfort and sleep in a healthy climate.

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Attaching your Hästens legs



You've decided where you want to put your bed and it's time to install the legs.

1. Start by removing the packaging and standing the bed upright and on its side.
2. Locate the leg fittings in each corner of the bed. The top of each leg is threaded like a screw. Simply insert the screw into the fitting and turn clockwise. No tools are necessary.

The underlying fabric will cover the fitting and need to be cut open using scissors.

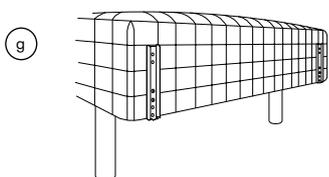
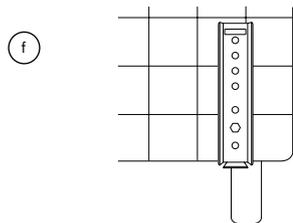
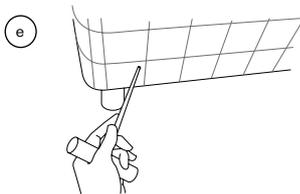
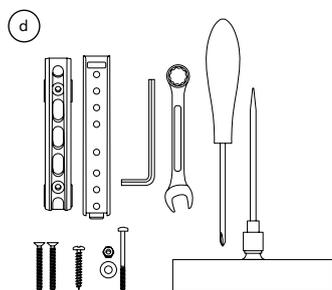
3. When all the legs are attached, turn the bed over, being careful not to put any weight on the legs until all four are placed firmly on the ground.

We recommend that you retighten the legs after a week or two of use. Your Hästens bed and legs are made of sturdy, durable wood but as a living, natural material, this wood will adjust to changes in temperature and humidity.

Note: If your Hästens bed is 120cm (47in) or wider, it needs to have center support legs. The center legs are fitted in the boards above the underlying fabric, going from the head to the foot end.



Your Hästens Headboard



Hästens headboards can be mounted to the wall or to the bed. Included with the headboard are fittings for attaching to the wall (screws and plugs for the wall are not included) and for attaching to any Hästens Frame or Continental style bed. Fittings for attachment to adjustable beds are sold separately.

Attaching your Headboard to the bed.

When attaching the headboard to the bed, make sure that all parts are pressed down properly and that it is stable.

Tools needed for assembly, refer to image (d):
 2 x combination wrench, 10 mm, hex key size 5, awl and screwdriver PH3. Headboard bracket: 2 x female-part (metal), 2 x male-part (pvc), 2 x nuts, 2 x washers, 2 x bolts and 6 x screws. Note: If your bed has a split lower section, you will have two sets of parts.

1. Locate the prepared holes under the fabric on the bed's wooden frame head end. Using the awl and make a hole on each side. (e)
2. Place the female-part vertically over the hole. The lower part on the bracket must be in level with the bed-frame edge.
3. Mount with bolts, nut and washer and tighten with combination wrench. (f)
4. Find the top edge of the wooden frame and choose the correct hole for the wood screws.
5. Both wood screws and bolts hold the bracket in place. Assemble left and right sides equally. (g)
6. Locate the prepared holes under the fabric on the headboard and, use the awl to make a hole on each side.

7. Place the male-part vertically over the hole. The lower part on the bracket must be level with the edge of the headboard. Mount the bracket using the screw and tighten with the Allen key. Assemble left and right side equally. (h)
8. It is very important that the headboard is firmly pushed down into the bracket. (i)

Attaching your Headboard to the Wall.

1. Locate the prepared holes under the fabric on the headboard. Use a sharp knife to make holes in the fabric on the left and right sides. (j) Note: Hästens Latta headboard has visible keyhole fittings that are not covered by fabric.

2. Measure the distance between the keyhole fittings and mark the wall for screws accordingly.

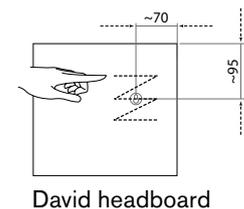
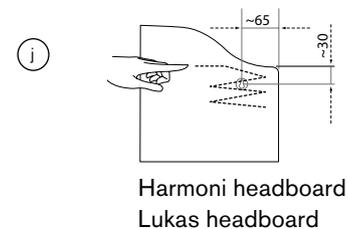
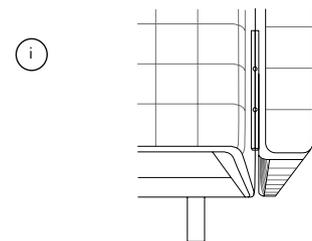
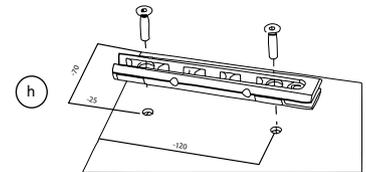
3. Use appropriate screws and plugs to fasten the screws via your marks to the wall.

Different wall materials require different equipment for mounting. We recommend you consult a professional contractor to find out what equipment your wall requires. Hästens is not responsible for the mounting.

4. Hang the headboard on the wall.

A Note for Un-mounting.

When the headboard needs to be un-mounted, all force must be distributed evenly to the entire headboard. The headboard must remain level as the brackets will stick if done one side at a time.





A Hästens bed is an investment. An investment in your quality of sleep, which is an investment in your quality of life. And like any good investment, your Hästens bed will yield returns over a great period of time. With just a little help from you, your mattress will show excellent results for at least 30 years. Just follow these easy instructions for care.

Your bed evolves

Your Hästens mattress is upholstered with 100% natural materials -- horsehair, cotton, flax, and wool. These materials will conform over time to adapt to your body shape and sleeping style, becoming more pliable and form-fitting over time. Careful care of your mattress will insure it retains its beauty and more importantly, deliver great comfort for decades to come.

Getting started

Cleaning your bedroom or changing your sheets is an excellent time to examine your bed. Be sure to look for accumulated dust, any stains, and that your mattress is settling correctly.

Cleaning

Your mattress will need vacuuming at regular intervals. Use the furniture attachment for best results. Don't forget the dust inhibiting, cotton lining on the underside of the mattress. You can clean this area by flipping the mattress. If you have an adjustable bed, simply raise the head and foot sections so you can access underneath. Never try to beat the dust out of your top mattress! Use your vacuum instead.

Warranty

Hästens beds feature a 25 year written warranty against spring and frame breakage, from delivery date. Please register your bed at www.Hastens.com to activate the warranty.

Washing

Your Hästens bed is made using the highest quality, 100% natural materials. As such, it is not recommended that it be washed, laundered or dry cleaned. But accidents do happen and a textile cleaner or furniture foam should be sufficient to clean any stains. There is a small risk the cleaner could discolor the fabric or damage the natural minerals solution that makes the bed fire retardant. To prevent this, we suggest testing a small portion on an unobtrusive section of the mattress. For ultimate mattress protection, we recommend using a Hästens bed skirt and mattress cover.



Color appearance

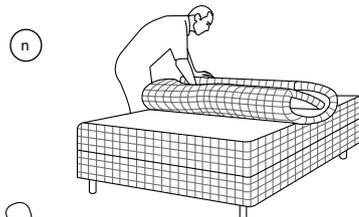
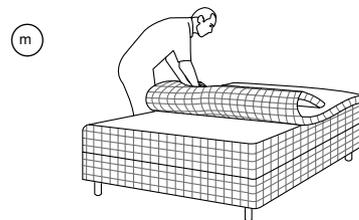
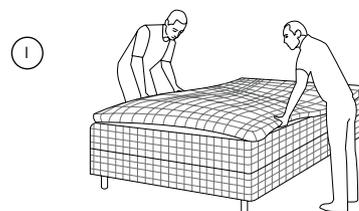
All natural fabrics have a tendency to fade when exposed to intense sunlight or powerful spotlights for long periods. Hästens fabrics retain color well and we follow the European standard for color change due to light, where Hästens fabrics achieve 4+ on the 5 point scale. However, we recommend that you keep your Hästens bed away from direct sunlight and powerful spotlights or protect the bed with a bed skirt if you wish to avoid slight color variations on the bed.

Fragrance

When you first get your new mattress home, you may notice a slight scent from the natural materials your bed is made from. This is normal and the scent will decrease over time. You can accelerate this process by keeping the climate in the room as stable as possible and airing out your mattress. This is as easy as not making your bed and putting your linens and top mattress to the side. Your top mattress should be more thoroughly aired out at regular intervals by simply removing any bed linens that would normally cover it.

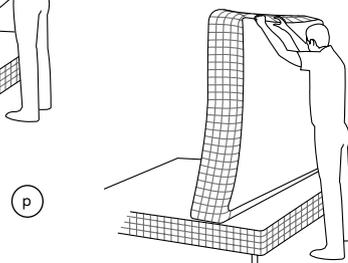
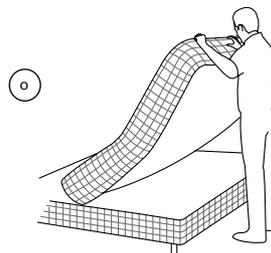
Unpacking your top mattress.

Your top mattress may initially appear smaller than expected, due to packaging and shipment. Just gently shake and stretch the mattress to return it to its proper shape. If necessary, lay the mattress flat and lightly press with your hands, starting from the middle and working to the outside edges to return it to its proper shape. (l)



Turning and rotating your mattress and top mattress.

For optimal use, turn and rotate your mattress every six to twelve weeks. This ensures that a larger part of the sleeping surface is adjusting to your body and sleeping positions. Flip the mattress 180 degrees each time, alternately from left to right and from head end to foot end. (m-p)

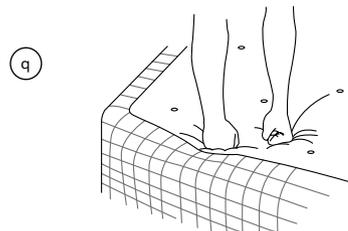


Rotating your bed and continental base.

To maximize your Hästens bed conforming to your body, it should be rotated every six to twelve weeks.

Massaging your mattress, bed, and continental base.

Help your bed retain its comfort longer with periodic massages, best done after a turn or rotation. Start by rolling your top mattress and setting it to the side. Form your hands into fists and press down into the bed, moving your hands in an even pattern. Start at the foot and work up towards the head until you've massaged the entire surface of the bed. (q)



Choosing a Hästens bed is the most natural thing in the world. Congratulations on your new bed.





Skötselråd på flera språk kan laddas ner från www.hastens.com/ownership

Les conseils d'entretien sont disponibles en plusieurs langues et téléchargeables sur www.hastens.com/ownership

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A használati utasítás több nyelven is letölthető a www.hastens.com/ownership.

Pflegeanleitungen in mehreren Sprachen können auf www.hastens.com/ownership heruntergeladen werden.

Οι οδηγίες φροντίδας υπάρχουν σε αρκετές γλώσσες και μπορείτε να τις κατεβάσετε από τη διεύθυνση www.hastens.com/ownership

Инструкции по уходу на нескольких языках доступны для скачивания на веб-сайте, www.hastens.com/ownership

Instrukcje dotyczące konserwacji w kilku językach dostępne są do pobrania na www.hastens.com/ownership

Průručku o péči o postel v dalších jazycích si můžete stáhnout na webových stránkách www.hastens.com/ownership

Care instructions in multiple languages can be downloaded from www.hastens.com/ownership

Please contact any Hästens store with questions about your bed, or if you wish to obtain further advice and information. Hästens Sängar, Box 130, SE-731 23 Köping, Sweden. Tel +46 (0)221-274 00. www.hastens.com