

UNIT – 4: TYPES OF BEDS & MATTRESSES

A guest turns up to a hotel for a comfortable stay. He spends a considerable time in the bed. When guests stay in an organization they are naturally concerned with sleeping and the comfort of the bed is of great importance. The beds must not only be comfortable but must look inviting. This will depend on the design, the materials from which they are made.

Various parts of beds-Most beds consist of the following parts:

1. Frame
2. Base board
3. Headboard
4. Footboard



1. **Bed Frame or Bed steads:** A bed frame is a structure including head, foot and side rails which form the framework for making a bed. This could be wood or metal. This even may have a centre rail to support rest of the structure and parts.

- **Platform frames/box frames**

These are usually made from wood. They provide the bed springs and mattresses with a platform or box on which to rest. While platform frames are raised off the floor by feet, box frames lie tight to the floor.

- **Metal frame**

These consist of four lengths of angle iron with a metal leg attached to each corner. Large beds also have two cross bars added for extra support. The metal legs may have castors or furniture glides attached to them.



2. Base board: The part of bed which provides a base for keeping the mattress. A base can be made of open coiled springs, wire mesh or wood to provide resilience and support.

Spring Base adds resiliency and durability to the bed. They are made by joining wire springs or coils together and covering them with padding.

3. Headboard

Most hotels now prefer headboards to be wall mounted. Headboards are not part of beds. The main objective of the headboard is to protect the wall from developing greasy stains from a guest's head. Height of headboard must rise up to 30- 45cm above the top of the mattress. It made of painted or varnished wood or an upholstered type.

4. Footboard

A footboard usually made of wood or metal and lower in height than the headboard. Footboards are usually of the same material and colour as the headboard of the bed. Most hotel beds have footboards that are at the same level or at a level slightly higher than that of the mattress.

Beds can be classified on the following basis

- a. On the basis of size b. Decorative beds
- c. Space saving beds d. Convertible beds



ON THE BASIS OF SIZE

- I. Single Bed – it is meant for a single person. Size is 3 ft x 6 ft 3 inches
- II. Double Bed – meant for 2 persons. Size is 4 ft 6 inches x 6 ft 3 inches
- III. Queen Bed – larger than the double bed is queen bed. Size is 5 ft 6 inches x 6 ft 6 inches
- IV. King Bed – available in two sizes European and California king a.
European King – 6 ft x 6 ft 6 inches
b. California King – 6 ft x 6 ft 10 inches

Decorative beds

- I. Canopy Bed – A canopy bed is a decorative bed with suspended fabric on top. Ornate or decorative fabric is often draped from top with the help of hook on ceiling or posts (wooden pillars at four corners of the bed).
- II. Four Poster Bed – it is a bed with four posts at all four corners. This bed can have a ceiling of wood or fabric known as a tester. When it is covered with fabric in the form of curtains this is known as canopy bed.

Space Saving Beds

- I. Rollaway zed beds-Zed beds get their name from their three part folded frame resembling the letter “Z”.These can be rollaway beds on rollers or casters. They generally have a thin latex foam mattress that rests on a base of stretched springs attached to a rectangular folding frame.
- II. Baby Cot/Crib/ Bassinet – it is a bed meant for infant. The size is 2 ft 4 inches x 3 ft 3 inches
- III. Bunk Bed – it is a bed in which one bed frame is stacked on top of another bed frame.

Allows two people to sleep comfortably by using less space.

- IV. Cabin Bed – it is a bed which has a cabin at the bottom meant for writing table, wardrobe, cabinets etc and on top a bed is present.
- V. Murphy bed or SICO bed or foldaway bed-The Murphy bed known generically as a wall bed was invented by William Murphy. Murphy beds were invented for a simple, practical reason to conserve space. The bed folds away during the day and is only unfolded when needed.

Convertible Beds

- I. Day bed/sofa cum bed- The simplest thing is probably to define a sofa bed as a convertible multi-functional piece of furniture that can be used as a seat during the day and reconfigured as a bed at night. The better ones have a slatted wooden base with an interior sprung mattress.
- II. Sofa cum bunk bed - a bed which can act as a sofa during the day and can be converted to a bunk whenever needed.
- III. Adjustable bed-An adjustable bed is a bed that can be adjusted to a number of different positions in a room. According to the guest comfortable, can adjust the bed.
- IV. Trundle bed – this single bed which another bed stored underneath. Whenever needed, bed from beneath can be taken out with the help of castors to make a double bed.

Selection of beds

- In hotels, the most of recommended beds are those with box springs or metal coil springs.
- With box springs, it is best to use interior sprung mattresses to bring the bed to a standard height.

- With metal coil springs, any kind of mattress may be used.
- Flat bedsprings are, however, commonly used in rollaway, since these beds are used in frequently.
- The better flat bedsprings have helical hooks connecting the metal strips to each other.

CARE AND CLEANING OF BEDS

- Check for loose headboards and footboard regularly.
- To clean open spring's beds, dust and brush the open springs periodically and wipe with an oily rag.
- Use an underlay cloth made of felt on opening spring bed bases.
- The dust ruffles should be laundered as and when necessary.
- Remove the dust from the base of the bed using a soft brush or a vacuum cleaner with an upholstery attachment.
- Remove any stain, dirt or grease mark from the headboard, footboard, base, and legs of the bed as well.
- Periodically polish the wood or metal areas.
- Remove fluff and dust from the castor wheels, applying a little oil when they seem to squeak or feel stiff.

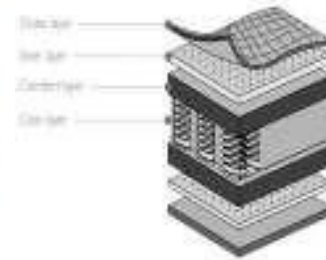
Important: **Bed-boards** are flat boards which can slide between the mattress and the bed base to make a firmer / harder bed if requested by guest. **Base-board** is an integral part of bed attached to its frame and non – movable. It is the base on which mattresses is kept on a normal bed.

MATTRESSES

A mattress is a fabric case filled with deformable or resilient material used for sleeping on. Choosing mattresses, it should be borne in mind that they ought to be at least 6 inches longer than the average sleeper's height. Popular companies preparing various hotel mattresses are Snoozer, Wakefit, Kurlon, Dreamzee, Marriott bed by Jamison, Four seasons bed etc

Types of mattress (based on core layer)-

1. Interior sprung mattress/innerspring mattress
2. Plastic mattress
3. Latex or foam -rubber mattress
4. Visco Elastic Memory Foam Mattresses
5. Solid -stuffed mattress
6. Water mattress
7. Air mattress



1. Innerspring Mattress-The core of the mattress supports the sleeper's body. Modern spring mattress cores, often called "innnersprings," are made up of steel coil springs, or "coils."

Connections between the coils help the mattress retain its shape. Most coils are connected by interconnecting wires; encased coils are not connected, but the fabric encasement helps preserve the mattress shape.

Innerspring mattresses are the most popular and familiar type of mattress today.

Innerspring spring mattress are three type

- Open spring mattress
- Pocket spring mattress
- Continuous spring mattress.

Open Spring Mattress

This is the most common type of spring system used in mattresses, particularly in the lower to middle price ranges. The unit is made up of traditional coil springs. The spring coils are all wired together so that they all move when pressure is applied.

Pocket Spring/Marshall coils

Marshall coils, also known as wrapped or encased coils or pocket springs are barrel-shaped, knotless coils individually encased in fabric pockets—normally a fabric from man-made, nonwoven fibre.

Pocket spring mattresses are used in higher quality mattresses. Each spring is ‘cocooned’ in its own pocket of material and packed closely together a bit like a honeycomb. The springs work independently of each other to reduce the ‘roll together’ effect and give maximum support to your body shape. The higher the number of springs the greater support.

Continuous spring mattress- In these, the springs are made from wire that is linked and intertwined in a mesh like pattern. Continuous spring mattresses are ideal for double beds because they compress to the shape of the body. Thus they are also referred to as posture- springing mattress.

- 2. Latex Foam Mattress or foam rubber mattress** - Latex foam in mattresses is generally a blend of the natural latex and synthetic latex (derived from petrochemicals and other substances and fillers). Latex is a natural, biodegradable foam derived from rubber trees. Latex foam contours to the body’s curves, and moves with the sleeper as they move, providing continuous orthopedic support. Body weight is spread over the entire sleeping surface, minimizing “pressure points” and creating a more comfortable sleep. Latex foam is extremely resilient and breathable

which helps to reduce the heat build-up typically associated with all-foam mattresses.

3. **Memory Foam Mattresses** - Memory foam reacts to body temperature and weight, conforming and moulding the mattress to the shape of the body. Body weight is spread over the entire sleeping surface, minimizing “pressure points.

Memory foam also reduces motion transfer between couples so that when one person moves in the night, their partner is not as likely to feel the movement from their side of the bed. Like latex foam, memory foam is highly resistant to bacteria, mould, mildew and mites. Memory foam is typically denser than other foam mattresses. This makes it very supportive, but also heavier.

4. **Solid –stuffed mattresses-** These mattresses are made by filling a ticking with padding .The padding may be in the form of animal hair, cotton, kapok, wool, coir etc . All stuffed mattresses are prone to attack by moths and other pests. They may also require frequent re- making as they tend to sag easily. For these reasons, hotels offering quality service do not opt for these mattresses.

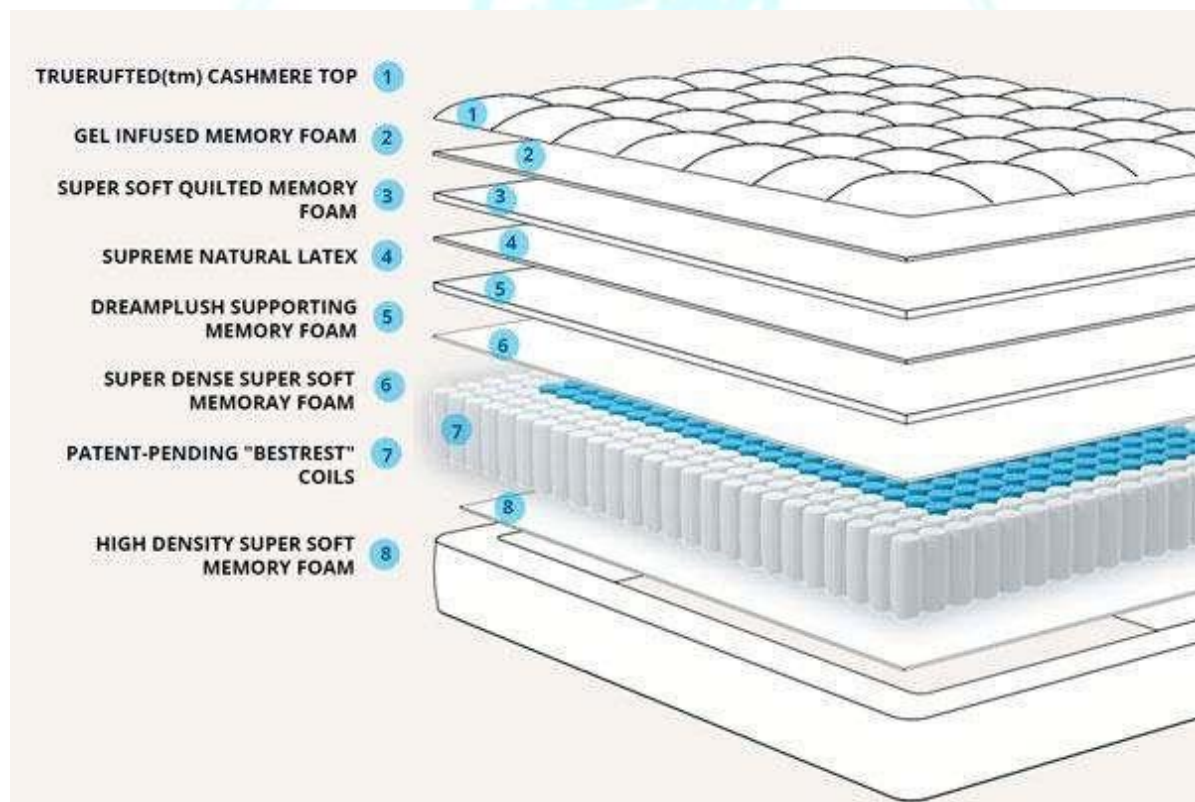
5. **Plastic mattresses-** These are made from polyethylene and vinyl foam. They are non- absorbent and resistant to attack by moths and other pests .For use in hotels,They should be treated with a fire retardant finish since they produce toxic fumes on catching fire.

6. **Water mattress-** A **waterbed, water mattress, or flotation mattress** is a bed or mattress filled with water. The standard water mattress consists of one large vinyl bag, which is often referred to as a bladder. The standard water mattress should have a safety liner, water-heating pad,

bedframe and foundation. Well designed ones have water filled cells in the centre of the mattresses .

7. **Air mattress** - An air mattress, also known as an airbed is an inflatable mattress, the wide majority of which are usually made of PVC vinyl plastic although recently developed textile- reinforced urethane plastic or rubber versions exist. The deflated mattress can be rolled up or folded and carried or stored relatively easily, making them a popular choice for camping trips and for temporary bedding at home for guests

CONTEMPORARY MATTRESSES:



Mattress types POPULAR IN HOTELS

Mattress Type	Feature	Benefit
Pocket Springs	Conforms and adjusts to your body contours. Every spring works totally independently from the next	Offering excellent spinal support. Eliminating roll together for totally undisturbed sleep
Coiled or Continuous Springs	Robust, well engineered springing system.	Evenly distributing body weight for a supportive nights rest. Ensuring the mattress retains its shape throughout its life
Natural Latex	Conforms and moulds to your body contours. Hypo-allergenic and anti-microbial.	For superior comfort, neck and back support. Beneficial for people who suffer from respiratory problems.
Memory Foam	Responds to individual shape and pressure. Relieves pressure build-up.	For optimum back and body support. Helps prevent aches and pains.
Orthopedic Mattress	Conforms and adjusts to body contours. Consists of fusion of layers of foam, springs etc	Offering excellent spinal support.

Mattress maintenance and care - A good-quality innerspring mattress should last between 7 and 10 years before it needs to be replaced. Memory foam and latex models should last between 10 and 20 years, depending on the manufacturer, the quality of the bedding, and the vigorousness of use.

- To even out the wear, flip the mattress over and reverse it end to end every three weeks for three months- and every couple of months thereafter.
- Alternately rotating and flipping the mattress on a periodic basis can help minimize body impression.
- Turning mattress regularly may increase their life span by 50 per cent.
- Use a good quality, washable protective mattress pad to keep it fresh and free from stain.
- Be sure to use a sturdy, high quality bed frame. if it's a king size or queen size mattress, make sure frame has a strong central support to prevent bowing or breakage.
- Let it breathe for 10-15 minutes every day before bed making-remove the bottom sheet and all bedding and keep aside. Air the mattress thoroughly once in a while.
- Carry mattress flat on its side. It's easier to handle and less likely to damage the mattress.
- Do not place near open flame or expose to fire. Mattress is not flame or fire proof and ignite and burn if exposed to open fire. When ignited, some bedding materials can burn rapidly and emit smoke and hazardous gases.
- Avoided standing or jumping on mattress, normally they are not built for that kind of weight concentration.
- Don't allow the mattress to get wet. Protect it from water or other liquids.
- Do not bend mattress under any circumstances more than 15 degrees. Such treatment may damage the inner coil unit.
- Don't dry clean, vacuuming is recommended.

Selection of mattresses-

The following attributes must be checked when selecting a mattress.

Firmness-

- Test the mattress to make sure its feel comfortable.
- Also make sure that the firmness is consistent across all part of the mattress.
- The housekeeper should insist on a sample mattress for a rest test before finalizing the purchase

Construction-

- Find out how the mattress is made.
- More expensive mattress typically have a damask ticking, thicker padding, higher coil counts, and a cushion sewn into the mattress.
- Coil count and configuration see to have little effect on durability. when comparing mattress, look for thicker, higher quality padding.

Size-

- There are various sizes available according to the standard sizes of beds.
- Choose a large size for a bigger room and a smaller sized for a small room.
- It is important to choose a size that will allow sufficient freedom of motion while the guest sleeps that will help the guest to relax while going to sleep.

Softness-

- Make sure that the mattress is soft at contact points ;if not the body will begin to ache,causing one to toss and turn and not sleep well.

Support-

- The mattress should be firm enough to keep body well aligned during sleep.
- If too soft, the spine and neck will not be supported and the occupant will get a sore neck and back.

Appearance-

- Examine the colour, fabric and stitch pattern to assess quality.
- Remember that the mattress will be covered with sheets 99.9 per cent of the day.

Ticking-

- This is the mattress' outermost layer. Most are made of a cotton polyester blend, polyester or vinyl.
- Vinyl is used on cheaper mattress.

Quilting and padding-

- Most mattresses have a few layers of padding attached to the ticking.
- Top padding is generally made of foam.
- Middle padding often starts with egg-carton foam and may also include thick wads of cotton called garneted cotton.
- Insulated padding lies directly on top of the springs to prevent them from being felt.
- Common materials include matted fabric, plastic fibres and coco padding.

Coil count-

- There should be more than 300 coils with a minimum of 13 gauge wire in the full size version of the model.
- There should be a minimum of 375 coils of 13 gauge wire in a queen size mattress and 450 coils of 13 gauge wire in a king size.
- A high coil count alone does not necessarily indicate a better product.

Coil configuration-

- The organisation of the coils in for example, hourglass (traditional coils) formation or individual pockets

Handles-

- Most mattresses include handles to use when positioning the mattress.
- They are meant for carrying the full weight