

The Mattress Off the Floor Setup Checklist

Measure, lift, air it and pick only what you need

1. Free Weekly Airing Routine

- Stand the mattress against the wall for about an hour once a week.
- Open the window while it airs.
- Wipe the floor where the mattress sat and let it dry.
- Check the underside for damp spots or a musty smell.
- Wash or air the sheets and mattress protector.

2. Breathable Layer and Corner Setup

- Put a cotton rug or folded blanket under the mattress as a stopgap.
- Keep the layer flat and shake it out when you change the sheets.
- Push the mattress into a corner so two sides touch the wall.
- Stack two big pillows and a blanket along the wall as a soft headboard.
- Keep the floor around the bed clear and clean.

3. Measure Before You Buy

What	How to measure	Your number
Mattress	Length, width and thickness of your mattress	
Room	Floor space left once the bed is in	
Walkway	Leave room to walk around the bed	
Headboard wall	Space for a headboard or footboard	
Stairs or door	Narrowest point a long box must pass through	

4. Match the Problem to the Bed Base

Problem	Try this	Check first
Want the fastest frame that folds flat	Folding metal frame	Mattress size and height under the bed
Want a calm, low wood look	Solid wood platform bed	Weight and slat count

Room looks unfinished	Metal bed with headboard	Floor space for headboard and footboard
Like sleeping low but want airflow	Roll-out slat floor base	Width against your mattress
Not sure yet	Do the free routine first	Try it for two weeks

5. Assembly Day Checklist

- Open the box and count parts against the manual.
- Keep the hardware bags until it is built.
- Build on a rug or blanket so nothing scratches.
- Tighten all bolts again after the first week.
- Check that the slats sit flat and the frame does not wobble.

6. Bed Base Budget

Item	Budget	Priority (1 to 4)	Bought?
Folding metal frame			
Solid wood platform bed			
Metal bed with headboard			
Roll-out floor base			
Total			