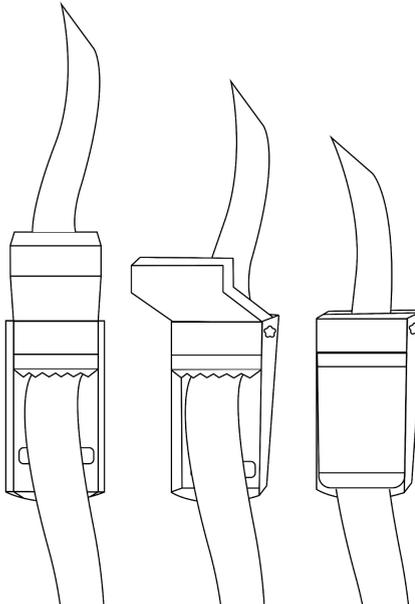
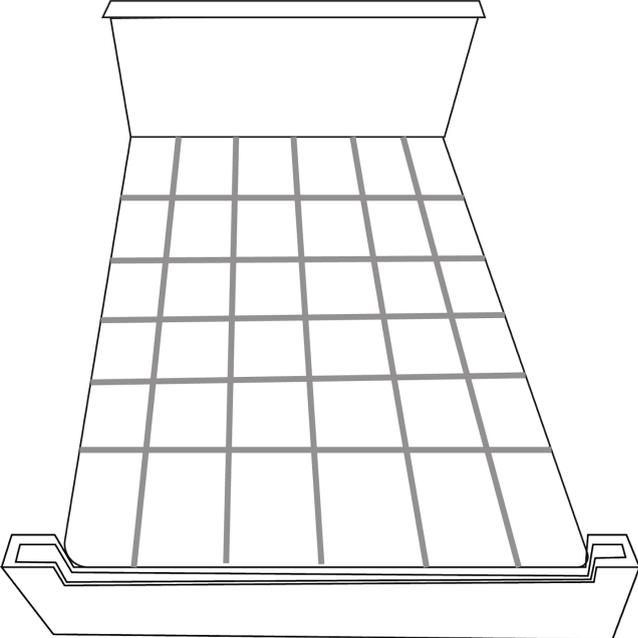
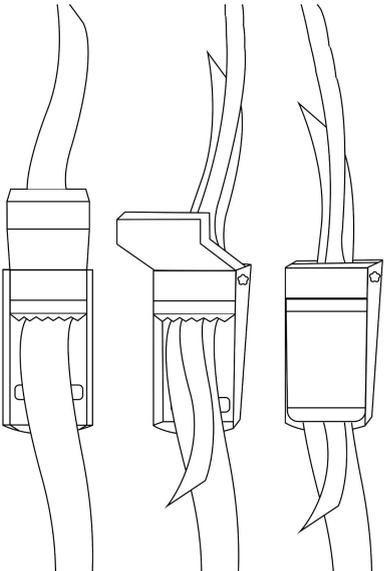


Premium FITTED Earthing Underlay - Set up Guide

You can also see our video <https://bettereearthing.com.au/earthing-faqs/set-up-fitted/>

SUMMARY STEP	DETAILS
Remove your mattress from the bed frame	<ul style="list-style-type: none"> • With a 2nd person to help, remove your mattress from the bed frame.
Attach buckles to webbing straps, AND lay them on the bed frame	<ul style="list-style-type: none"> • You'll find 10 white webbing straps in rolls included with each underlay. Each strap is 3 meters long • The END GOAL is to lay the straps (with buckles clipped to each end) on your bed frame. SEE DIAGRAM overleaf. • Now UNROLL 8 or 10 rolls as needed, clip a buckle on each end, and lay them on the bed frame <ul style="list-style-type: none"> ○ TIP. Clip the buckles about 10cm from each end of the strap for easy access later on <div data-bbox="638 896 1053 1500" data-label="Image">  </div> <ul style="list-style-type: none"> ○ Lay 5 straps ACROSS the bed frame, ○ Plus 3 straps LENGTHWAYS (for single mattress sizes), or 5 straps lengthways for double and larger mattress sizes. ○ STRAP PLACEMENT. Each strap is placed about 30cm apart.

Please turn over.....

<p>cont.</p>	
<p>Place mattress back on the bed</p>	<ul style="list-style-type: none"> ● As the mattress goes back on the bed, it will move the straps a little - this is OK.
<p>Place the FITTED underlay sheet on the mattress</p>	<ul style="list-style-type: none"> ● Connection studs side (for grounding cords) facing up. ● RE-POSITION the webbing straps under the mattress if needed, to line up with the sheet's elastic strips above.
<p>Tightening (strapping) the underlay to the mattress</p>	<ul style="list-style-type: none"> ● The PURPOSE OF THE STRAPS is to keep the underlay sheet tight and flat, by stretching it gently outwards towards the edges of the mattress. ● The sheet is held in place via elastic being buckled to the webbing straps under the mattress. ● When STRETCHING THE ELASTIC, imagine you are lifting 1 to 3 kgs. This is around the amount of pressure to pull, then lock / buckle in place. ● STARTING AT THE BED HEAD end, stretch the elastic towards its matching strap from under the mattress, join the 2 pieces through the buckle, and lock close the buckle. ● NEXT do the opposite FEET END straps. ● NEXT stretch the 5 SIDE ELASTIC STRIPS and buckle to the webbing underneath. 
	<p>● Well done, the big initial set up is done. !!!</p>

<p>Place your regular cotton sheet on top</p>	<ul style="list-style-type: none"> ● Now snap connect the grounding cord to your underlay (to one stud, either side). ● Place your regular cotton or other natural fibre sheet on top, lay down, and enjoy a rest :)
<p>Checking your underlay is staying flat and tight.</p>	<ul style="list-style-type: none"> ● WHEN YOU CHANGE YOUR REGULAR SHEET, you'll likely see your grounding underlay has become loose / creased in some areas. RE-TIGHTEN THE ELASTIC to stretch these loose areas and folds out. ● Sometimes you may need to re-position the webbing straps a little, so the elastic is stretching the sheet in a better direction.
<p>WASHING your grounding underlay</p>	<ul style="list-style-type: none"> ● YOU ONLY NEED TO UNBUCKLE THE CLIPS from the elastic. Leaving the buckle and webbing under the mattress where it is. ● You ONLY NEED TO WASH your underlay each 3 to 6 months. Your underlay is 'Certified' antibacterial, through using clever German made mineral fibre woven throughout the fabric. It is permanently antibacterial, so even if you didn't wash it for years, it would still be hygienic from a bacteria, viral and germ view. <ul style="list-style-type: none"> ○ Note, avoid detergents with chlorine based bleaches (often called 'Whiteners') in them, as strong chlorine degrades the anti-bacterial effectiveness over time. Soaking in Oxy soakers is good. Oxy soakers use natural enzymes to remove body oil and stain build up ● Re-secure (strap) your underlay as covered above.
<p>IF Rotating your mattress. Leave the underlay strapped on.</p>	<ul style="list-style-type: none"> ● With your grounding underlay buckled to your mattress as above, you can rotate your mattress as normal. After rotating, just check the elastic tension is OK and keeps the underlay flat.