

The invention relates to a method for recycling furniture materials, in particular mattress, box-spring, and seat materials, including the following steps: a breakup step, in which base materials are obtained by breaking up the bedding element; a sorting step (18), in which the base materials are separated into a plurality of material families according to the nature of the base materials; a step (20) of grinding the various material families; a mixing step (22) in which a mixture is prepared, the mixture including a predetermined amount of at least one family of ground materials; a step (24) of forming a sheet of non-woven, unconsolidated material from the mixture; a step (27) of consolidating the non-woven, unconsolidated sheet of material; and a step of calendering the non-woven, consolidated sheet of material.