

HOW TO CREATE A PRINT-READY FILE:

SEWN-BOUND DIARIES

The following instructions are designed to help you create a print-ready file. If after reading them you are still unsure about anything, please download the template, visit the FAQ section of our website, request a professional File Check or contact customer support by phone or email.

1 FILE FORMAT

Our systems can only process files in **PDF format in 1:1 scale (not password-protected), without crop marks or registration marks**. Prepare **two separate PDFs**, one for the cover and one for the inside pages.

For the inside pages, the PDF should contain single pages and be in reading order. PDFs containing spreads will not be accepted.

For the cover, the PDF must consist of a single page containing the entire cover spread (see point 6 for more details). Use the template available on the site for the layout of your artwork.

The diagram illustrates the correct and incorrect file formats for inside pages and cover. It is divided into three sections: 'Inside pages', 'Cover', and 'single page' vs 'multiple pages'.

- Inside pages:** Shows two rows of page thumbnails. The top row, labeled 'single pages in reading order' with a green checkmark, shows six individual pages numbered 1 to 6. The bottom row, labeled 'spreads' with a red X, shows three pairs of pages numbered 1-2, 3-4, and 5-6.
- Cover:** Shows two options. The left option, labeled 'single page' with a green checkmark, shows a single page with a yellow spine and a yellow label '201#'. The right option, labeled 'multiple pages' with a red X, shows two pages with a yellow spine and a yellow label '201#'.

2 COLOURS

The inside pages of the Sewn Bound Diaries are printed in one colour - black. The cover, meanwhile, is printed with four colour printing.

All files should be sent in **CMYK** (cyan, magenta, yellow and black) format with **the Fogra 39 colour profile**. **The black for the inside pages must be a pure black (K only)**. We recommend a K value of between 60 and 100. Any images which are sent in RGB or in PANTONE colours will be automatically converted using a standard separation profile if they appear on the cover. Any images on the inside pages will be converted to grayscale.

3 RESOLUTION

The optimal resolution for the print files is **300 dpi**.

4 FONTS AND PATHS

Fonts should be embedded in the PDF or converted into curves/paths. The minimum font size (below which we cannot guarantee perfect print quality) is **6 pt**. The minimum printable line weight is **0.25 pt**.

5 TEMPLATE

Always download **the template** for your product from the website and use it as the basis for creating your diary. This will make it easier to create a print-ready file.

The template can be fully customised: you can change the fonts, add images and move the various elements. Only **the number of pages, the file dimensions and the bleed must not be changed.**

If you want to alter the position or colour of an element found on every page in the document, you can make the change on the **master page**: the change will be applied to all the pages that the master page covers.

If you have selected the 'customisable cover and inside pages' option, insert the artwork in reading order, and then save the file in PDF format without crop marks, ticking the 'Use document bleed settings' checkbox.

The image shows two screenshots from Adobe InDesign. The top screenshot shows the Pages window with a master page 'A-Master' and several pages (1, 2-3) that are covered by it. A context menu is open over the master page, with 'Apply Master to Pages...' selected. The bottom screenshot shows the 'Export Adobe PDF' dialog box, specifically the 'Marks and Bleeds' section. The 'All Printer's Marks' checkbox is unchecked, and the 'Use Document Bleed Settings' checkbox is checked. Two green checkmarks are placed next to the corresponding text labels.

Pages window

Master Page

Single pages covered by the master page

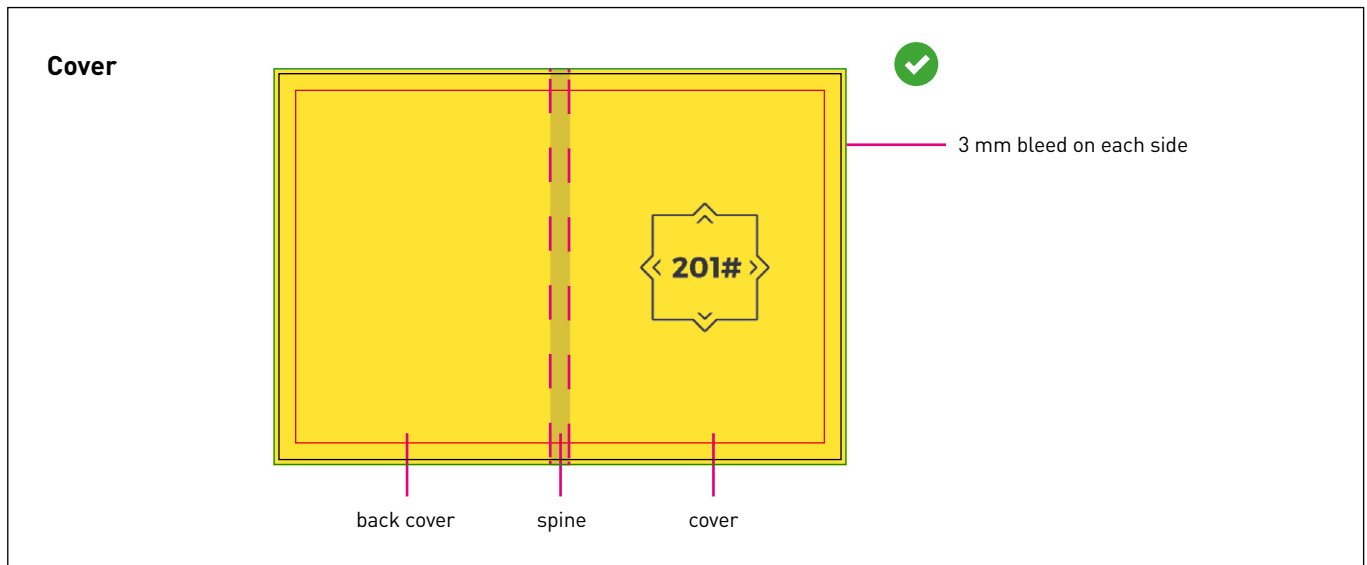
Right-click on the master page and select "Apply Master to Pages"

Do not include printer's marks

Use document bleed settings

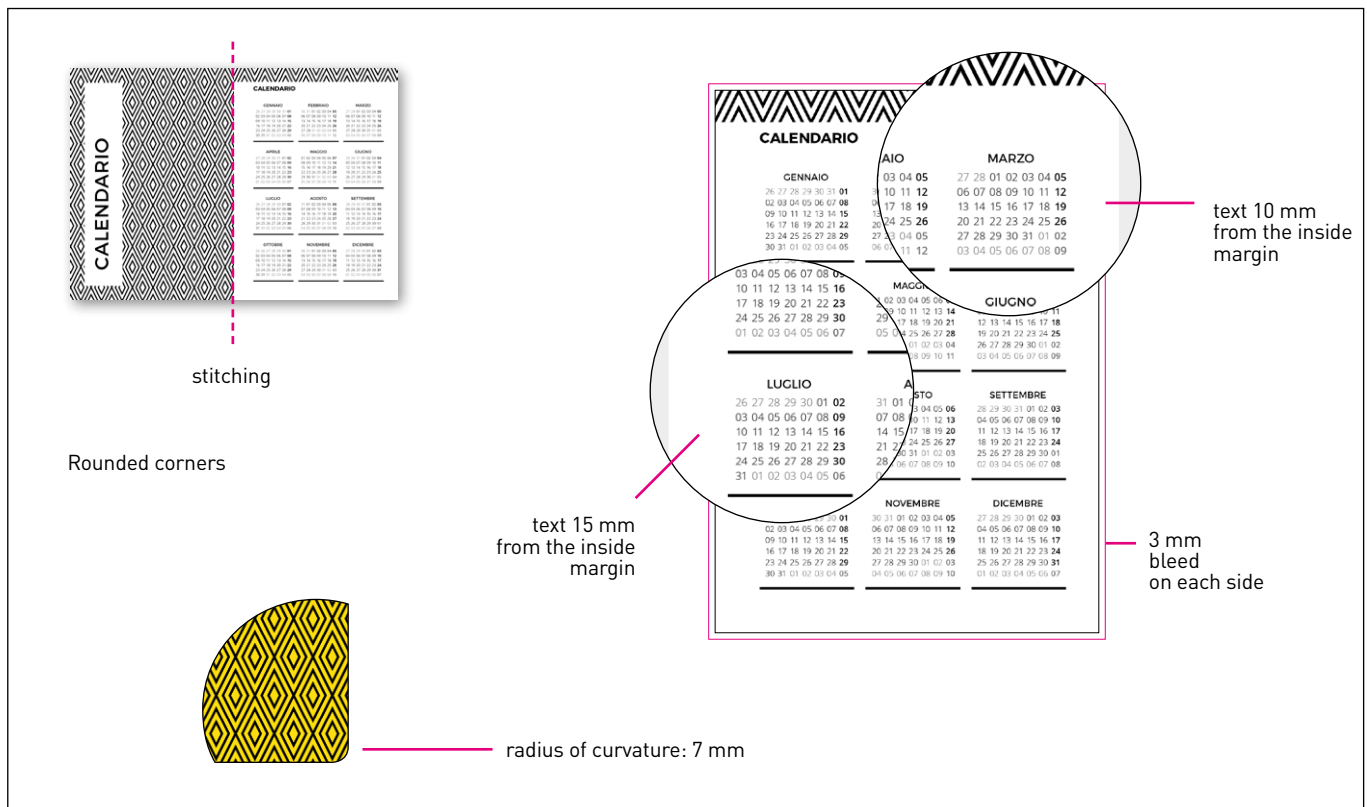
6 CREATING THE COVER

Download the template, add your artwork on the **Artwork** layer and save it in PDF format. Remember that the inside front and back covers of this product cannot be printed.



7 MARGINS AND BLEEDS

Each page must have a **3 mm bleed on each side**. In addition, we recommend that all text is positioned at least 10 mm from the outside margins and 15 mm from the inside margins, to avoid it being difficult to read or too close to the binding. If you have chosen the **rounded corners** option, remember that the radius of curvature is 7 mm: bear this in mind when positioning artwork or text near the corners.

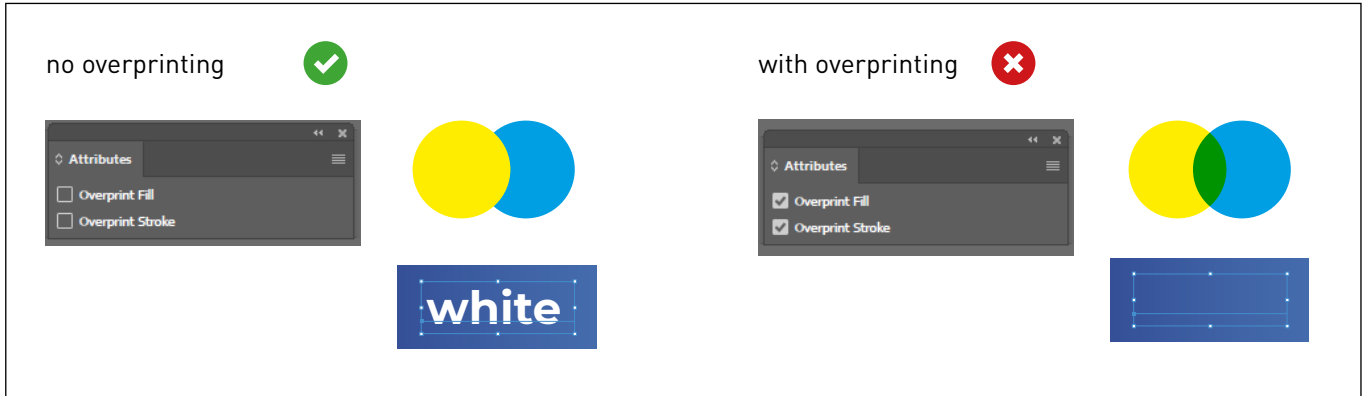


8 ADDITIONAL INFORMATION


We **do not advise placing frames and passepartouts too close to the edges**, to avoid any inaccuracy due to the cutting tolerances.

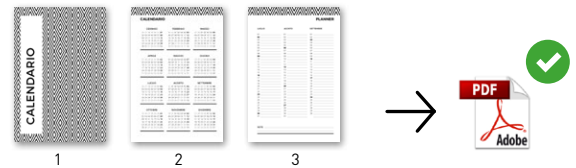
By default, when two overlapping opaque colours are printed, the top colour knocks out the area underneath. Overprinting helps avoid knockout and means that the inks overlap.


To avoid unexpected colour results, **ensure that there are no overprinted objects or text in your file.**

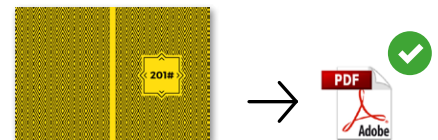



GOOD TO KNOW - Sewn Bound Diaries

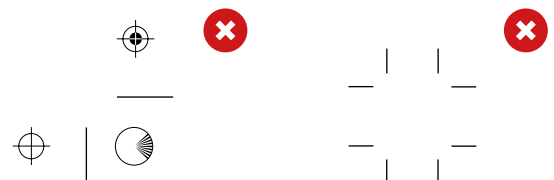
 Inside pages: send a PDF file containing single pages in reading order.




 Cover: send a single-page PDF for the whole cover spread.



 The PDF must be exported without crop marks or registration marks.



 The radius of curvature of the rounded corners is 7 mm.

 PDF

 300 dpi

 CMYK

 FOGRA 39