

Congratulations on your selection of Flex-A-Bed.

The adjustable bed that provides multilevel support in literally thousands of positions for sleep, watching television, reading or simply relaxing. We know you will get many years of comfort and enjoyment from your new Flex-A-Bed.

Please take time to read this
Operation Manual.



FLEX-A-BED®
Your bed for life.

Motor Operation

When the power cord is plugged into a 110/120 volt common household outlet, your Flex-A-Bed is ready to operate. Two fully enclosed, long-lasting and trouble-free motors (one for the head, one for the foot) can be operated individually or simultaneously. You will notice that there are a minimum number of buttons on your remote and each is clearly marked as to its function. Please be sure that the power cord is routed in such a way that it doesn't interfere with the lifting mechanism underneath the bed. Also, you may place your hand control on either side of the bed. Just take a minute to familiarize yourself with the hand control. You can experiment with different positions and find the one just right for you.

Should your Flex-A-Bed fail to operate when a button is pressed on the remote control, make certain that the power cord is plugged into its electrical outlet. In some instances, a bed which is pushed too close to the wall can jar or damage the plug as the bed brushes against the wall while raising the head. Also, be sure that your electrical outlet is "live". If you have any concern about the electrical output of the outlet, be sure to consult a qualified electrician. Many times a wall switch controls the power to an outlet in a bedroom for a bedside lamp. If this is the case, be sure this wall switch (usually located beside the bedroom entry door) is in the "on" position.

Please be aware that the motors are designed for intermittent use and are thermally protected. They should never be run continuously for more than ten consecutive cycles of up and down operation before being allowed to cool. Should they become overheated from continuous use, the thermal protection will shut the motor down and force the cooling period before automatically resetting.

Dual Massage Operation *(optional)*

All beds with massage are equipped with a timer which automatically switches off the massage feature after approximately 30 minutes. Your bed will either have no massage at all, or a dual massage with motors mounted both in the upper back and leg areas.

Dual Massage – you can choose wave, pulse or constant massage and can control both the speed and intensity of each. This provides for many different effects. You will enjoy finding that perfect massage to relieve your tension.

Mattress Information

Your Flex-A-Bed mattress is constructed of the best materials we can obtain and is especially designed for adjustable bed use. It meets the requirements of 16 CFR Part 1633 federal flammability standard for mattress sets when used without a foundation or with any Flex-A-Bed foundation.

Your mattress is of a no-flip design. We recommend that you turn it head to foot every three months but do not flip it over to the non-quilted side.

If you have a dual king or a dual queen, it is also advisable to swap mattresses with your mate as you have different sleeping habits.

When new, you will notice that the mattress doesn't conform very well to the base unit if you raise the bed without an occupant. This is a normal occurrence. For a time, it requires the weight of the occupant to force it to conform. This occurs because the mattress is tightly tailored, has never been flexed and needs a break-in period. It will become more flexible over time. Also, when new, the mattress may seem "slippery" in relation to the base and may move from side to side. This will also improve as the sizing in the fabric is diminished and the mattress is broken in.

Tips for Better Sleep

Some Flex-A-Bed customers report that they loved their bed from the moment they first rested in it. Some report they needed an adjustment period (usually approximately 2 weeks) before they were adjusted to a new sleeping surface. We have some suggestions to help you begin to enjoy the benefits of adjustable sleep.

We recommend that you start by elevating your head and feet to the maximum height. This will feel strange at first as you will feel that you've been raised too far. You should remain in that position for a few minutes until it becomes more comfortable for you. You might spend the time reading or watching television. When you are ready to fall asleep, we recommend that you lower your head and feet approximately half way. Because you have been in an upright position, you will feel as though you are nearly flat but are in fact very much inclined and in a cradled position. This is reported to be a very comfortable position for sleep. If you are a side sleeper, it may take some time to become accustomed to this position but it will be worth the effort. If you must sleep on your side, it is not recommended that you elevate either your head or foot but keep them flat. It is also uncomfortable to raise only the head and keep the foot flat as this puts pressure on the hips and lower back. If you raise your head, we recommend you raise your feet to alleviate this pressure and place you in the cradled position.

General Information

Your Flex-A-Bed is different from anything you've ever slept in before. It's electrical and mechanical, and from time to time, you may notice noises that come and go with the seasons as the humidity and other conditions change.

A headboard is not required, but if you'd like to use one, the Premier and Value-Flex models come equipped with headboard mounting brackets. Please see the "Attaching Your Headboard" instructions on the following page.

Please do not store anything under your Flex-A-Bed.

A Flex-A-Bed adjustable bed is designed for home use only and should not be considered as an alternative to a hospital bed.

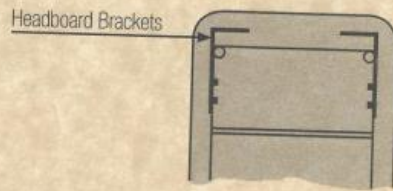
Your Flex-A-Bed is an electrical appliance. Should you experience any problem with it, you should disconnect it from the electrical supply and call our factory at 1-800-648-1256 for service.

Attaching Your Headboard

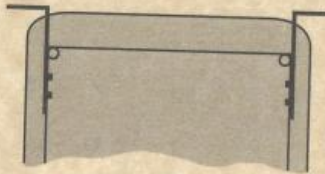
(Note: Hi-Low model does not come equipped with headboard brackets and cannot be attached to a headboard.)

Flex-A-Beds do not require a headboard but are equipped with headboard mounting brackets should you wish to attach one for decorative purposes.

The headboard brackets have been mounted at the factory facing inward for convenient shipping.

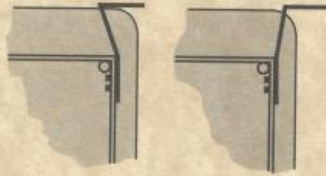


It will be necessary to remove the bolts (2 per bracket) and turn the brackets outward.



There are four holes in the metal frame which will allow you to adjust the brackets out to meet the headboard.

The brackets are made from mild steel so that they can be bent to accommodate an unusual headboard.



When attaching two twins to a king-sized headboard, it is only necessary to prepare the outside brackets for use.



Optional swingaway hinges may be attached to the brackets so that the beds may be pulled apart for vacuuming or to make the beds. Contact your salesperson should you require the swingaway hinges. (Not available for Hi-Low model.)

