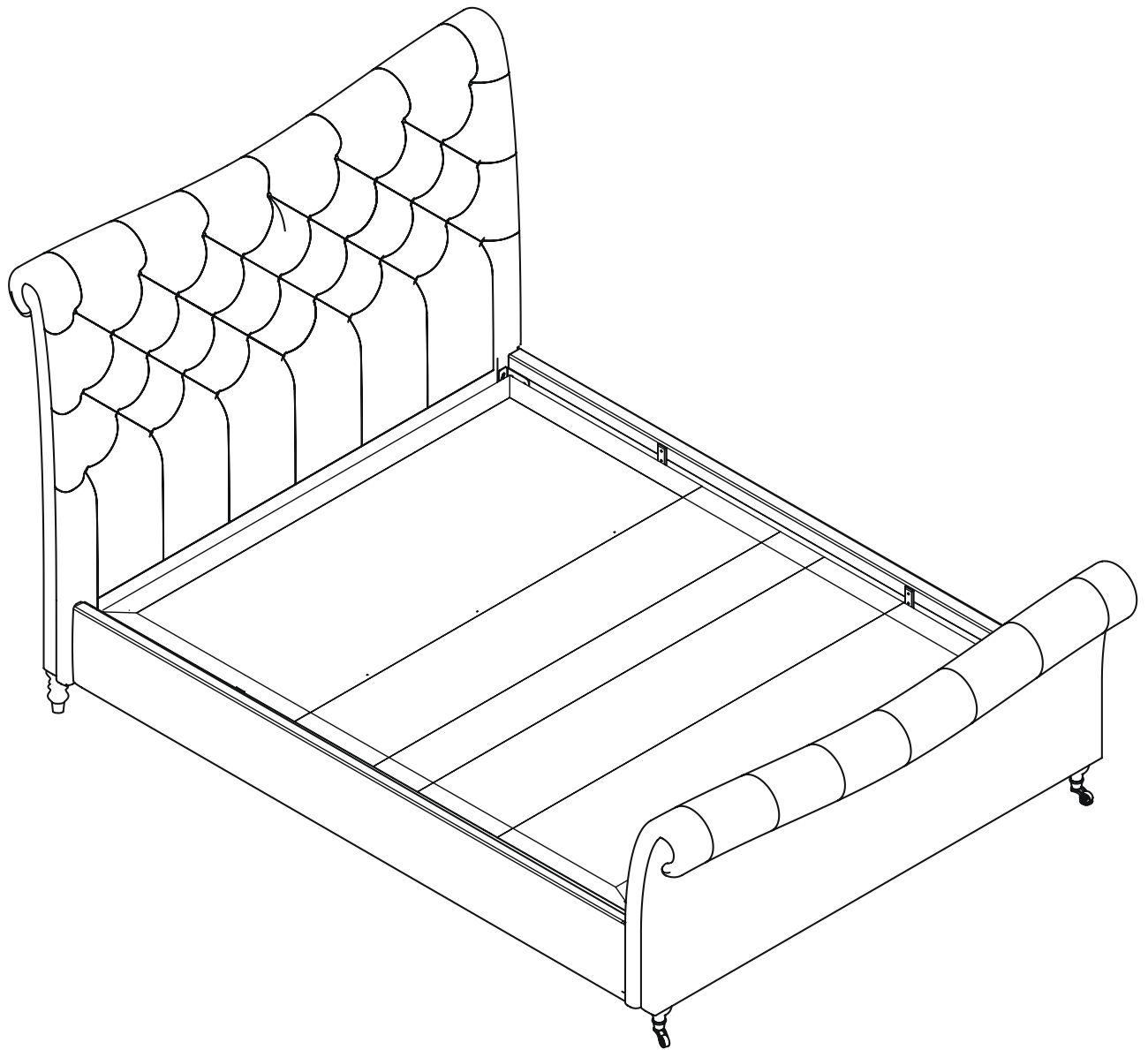


Alana Lifestyle Bed

SLEEPMOTION



1 hour approx
assembly time



Two person
assembly

Dreams

MK1 22112

Thank you

Hello, thanks for choosing to purchase your bed from Dreams - you're now on your way to your best ever night's sleep. Before you begin building your bed, please take a moment to read through the instructions and make sure that you've got all the relevant parts listed on the following pages.



Assembly tips

Before you begin, it's best to identify all parts and fittings to build your bed. We advise laying these out on the floor to check you have everything, and familiarising yourself before building.



Top tip

We recommend that you build your new bed in the room you'd like it to be located - this will help prevent any risk of damage to your newly built bed whilst moving it.



Safety and care

It's really important to ensure children and animals are kept away from the assembly area, as there are small components used in this bed which could present a choking hazard. All plastic and wrapping materials should also be kept away from children and animals to prevent any risk of suffocation. To keep your little ones busy, there is a colouring page inside the back cover.



Help and support

At Dreams, it's our mission to give the whole nation a great night's sleep - this means that the quality of our products is of utmost importance to us. If there are any issues with your product or any missing parts, please contact our Help Centre on 0800 652 6750, where a member of our team will be happy to help. (For customers based in Northern Ireland, please call 028 9050 8300)



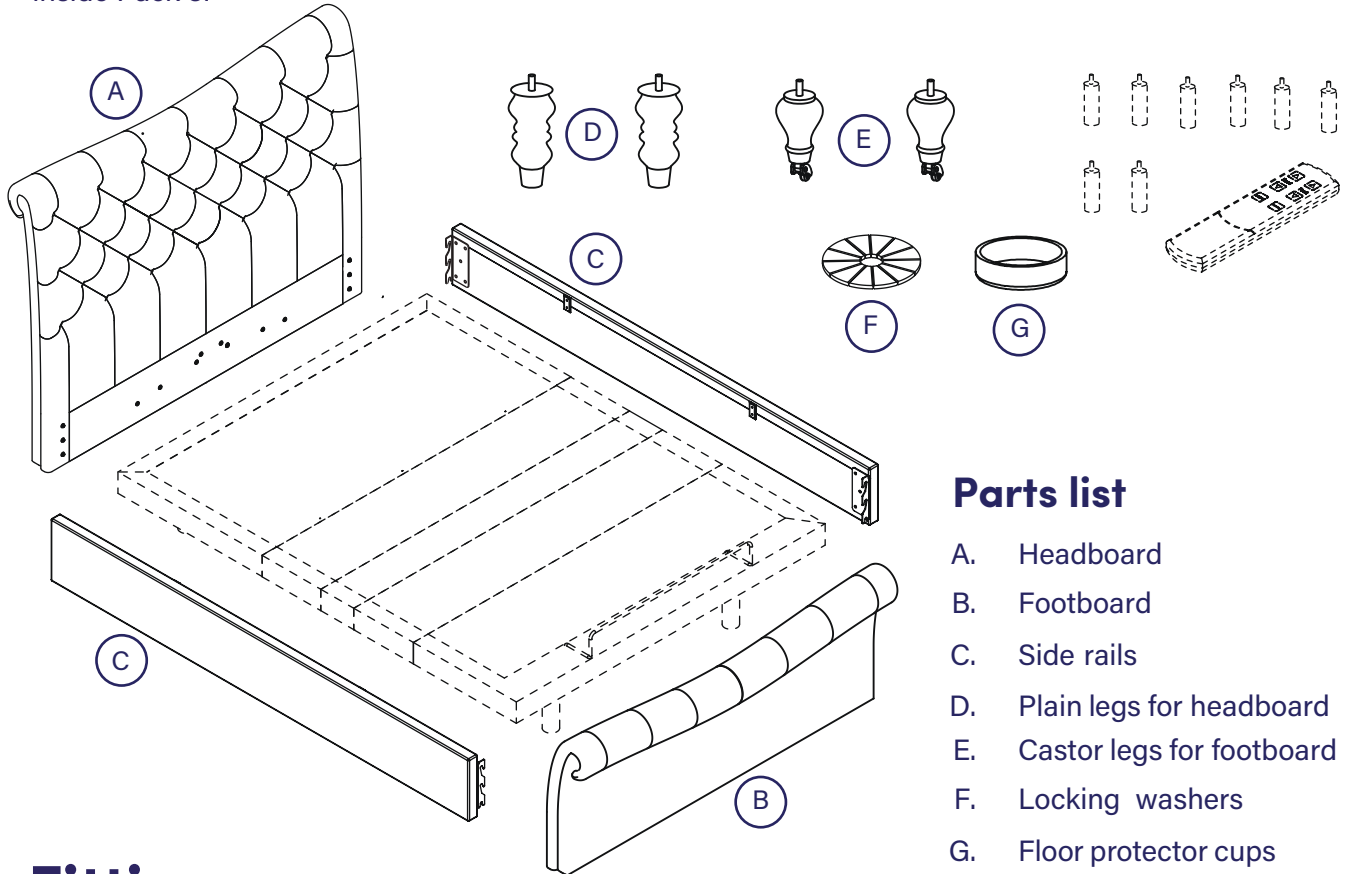
Recycling

Please ensure that packaging is disposed of in a safe and environmentally friendly way, and recycle where possible. Our assembly instructions are printed on recycled paper. Please keep your assembly instructions safe to refer back to in the future.

Parts

The bed you have purchased comes with a Sleepmotion 200I electric bed base.

Once the base is built, place it in the location where it shall be used then please follow the steps in this Assembly Instruction to build your bed-frame around the base disregarding the assembly guide packed inside Pack 3.



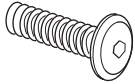



Parts list

A.	Headboard	1
B.	Footboard	1
C.	Side rails	2
D.	Plain legs for headboard	2
E.	Castor legs for footboard	2
F.	Locking washers	4
G.	Floor protector cups	2

Fittings

Please check you have all the parts listed below with your product:

Hardware needed for fixing side rails to headboard & footboard Packed in side rail pack 3L - hardware pack (A).

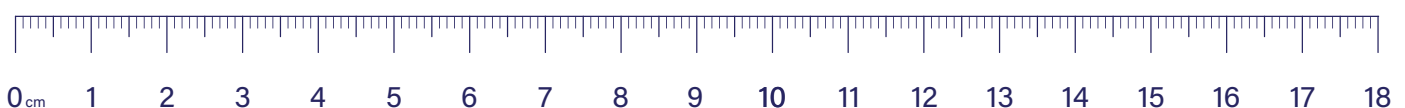
<p>a x12</p>  <p>Bolts (M8x30mm) for fitting side rails (C) to headboard & footboard (A&B)</p>	<p>b x12</p>  <p>Spring washer for M8 bolts</p>	<p>c x12</p>  <p>Flat washer for M8 bolts</p>	<p>d x1</p>  <p>Allen Key for M8 bolts</p>
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Tools required

Please check you have these tools below



Tape measure



Important:



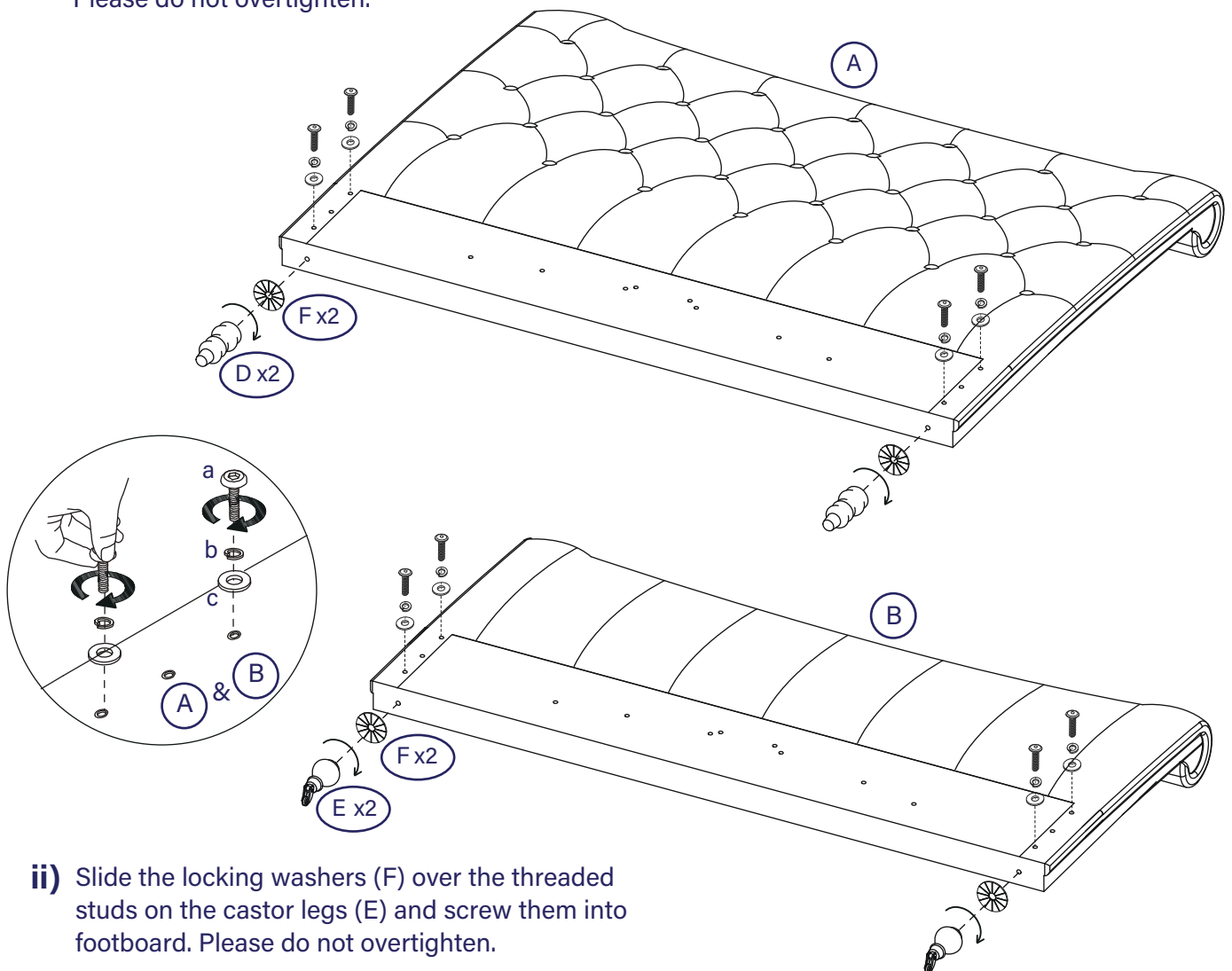
Before starting assembly please refer to the owners manual supplied with your Sleepmotion 200i bed base and follow the instructions taking note of any safety precautions or operational safety requirements of the installation.

In the room where bed will be used, first prepare the bed base by fitting the eight long legs - 6" (15cm), see Step 1 (iv).

Connect the power and check the operation then step by step follow the bed assembly instructions below, to build the bedstead around the Sleepmotion 200i bed base.

1 Prepare the bed for assembly.

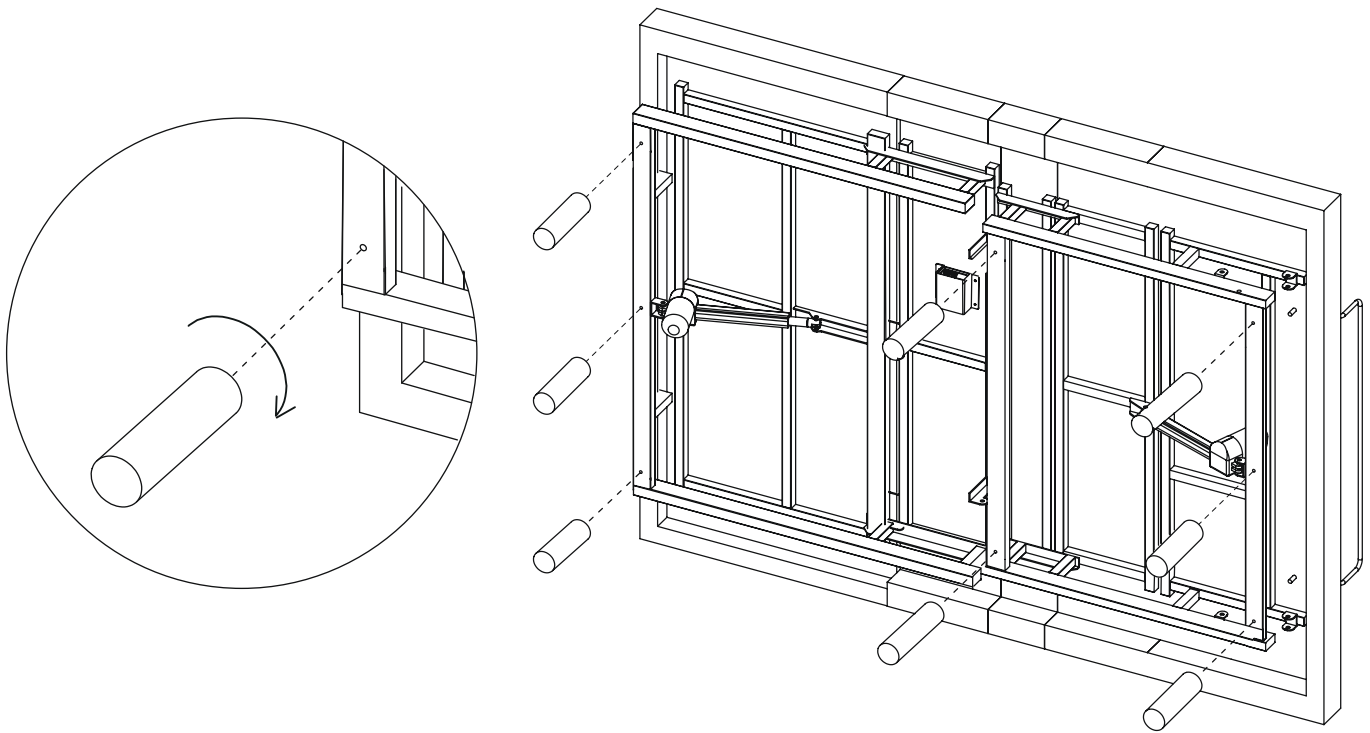
- i) Slide the locking washers (F) over the threaded studs on the plain legs (D) and screw them into headboard. Please do not overtighten.



- ii) Slide the locking washers (F) over the threaded studs on the castor legs (E) and screw them into footboard. Please do not overtighten.

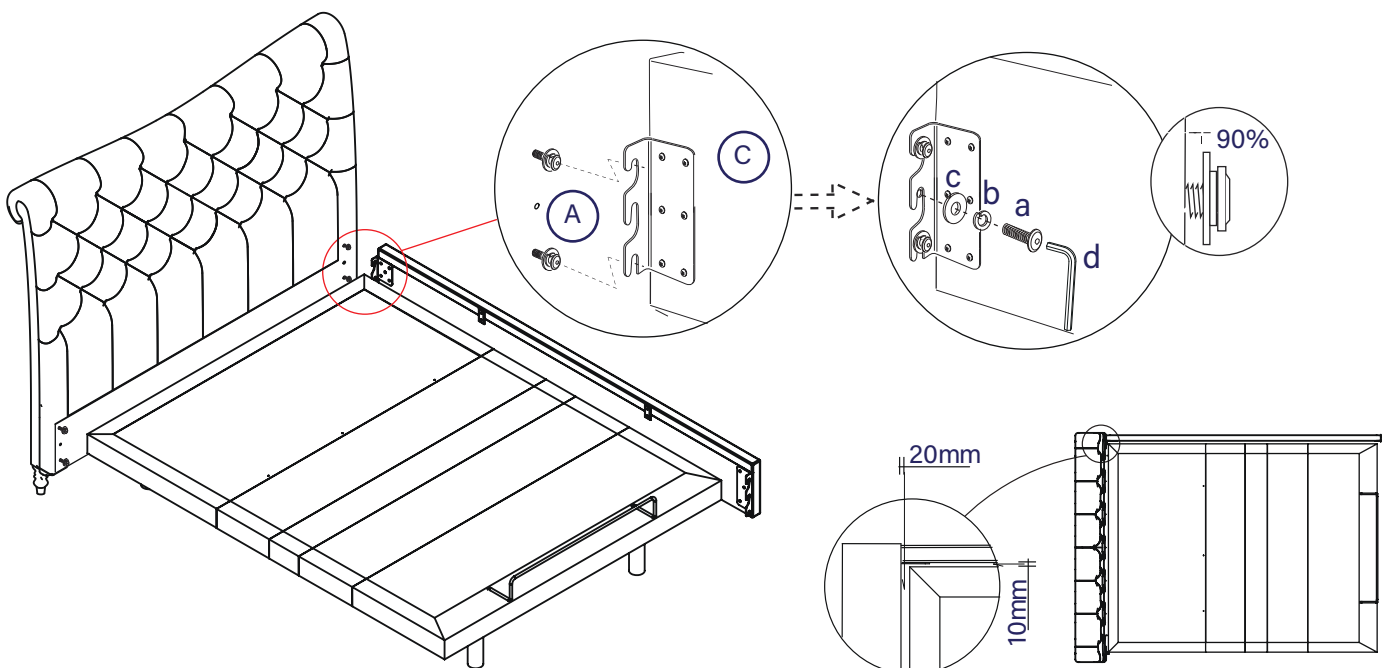
- iii) Prepare the headboard & footboard or assembly by loosely inserting the screw sets (a, b & c).

iv) Into the underside of the bed base, screw in the eight 6" (15cm) legs as shown.



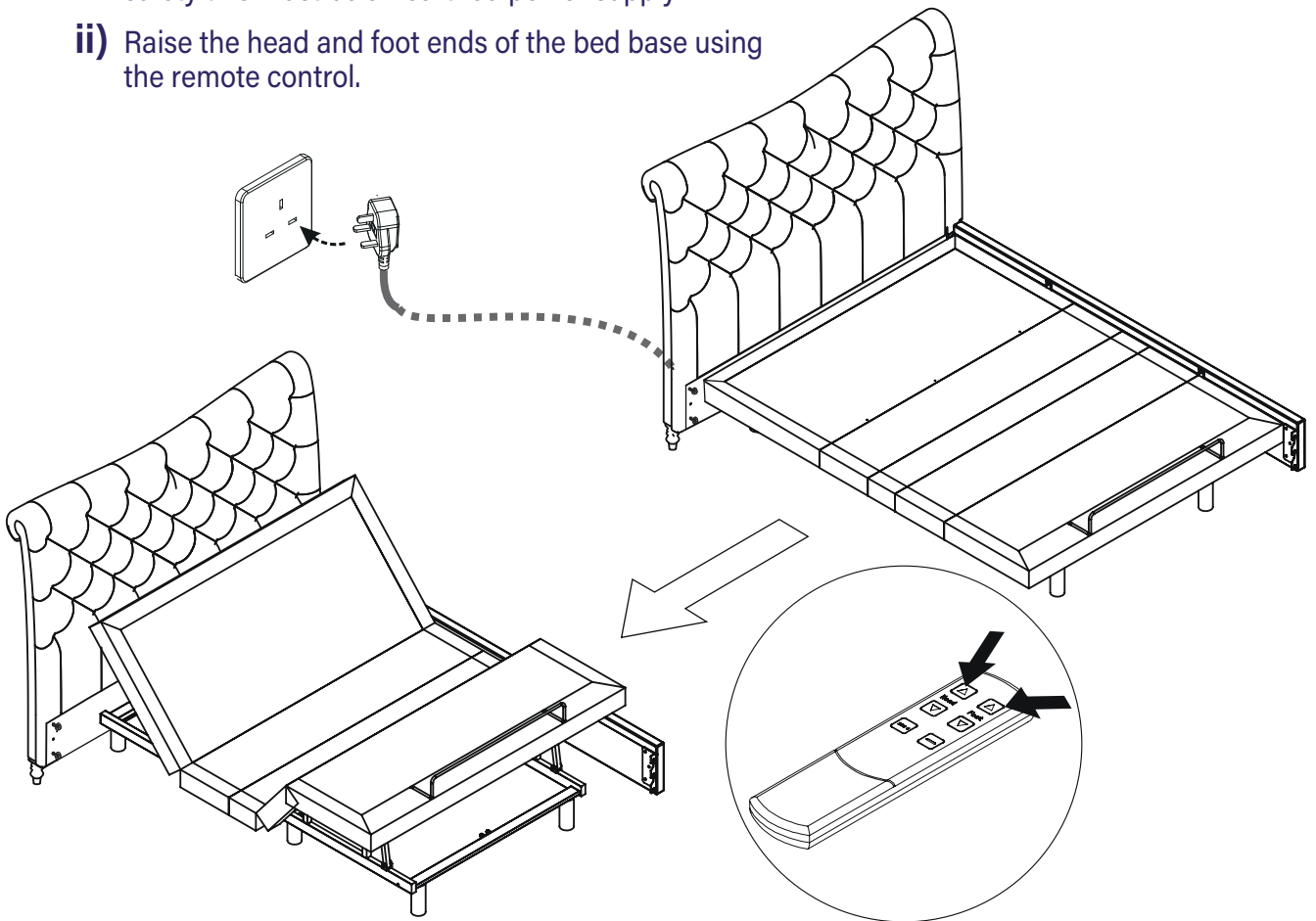
2 Position the electric bed base.

With the headboard in the final location in which it shall be used, attach the right hand side rail to it. Make sure the electric bed base is the correct way round with mattress stopper at the footend. Carefully lift and place the electric bed base into the corner between headboard and side rail as shown - it is heavy so please get help. Leave an even gap around the perimeter, see sketch below right.

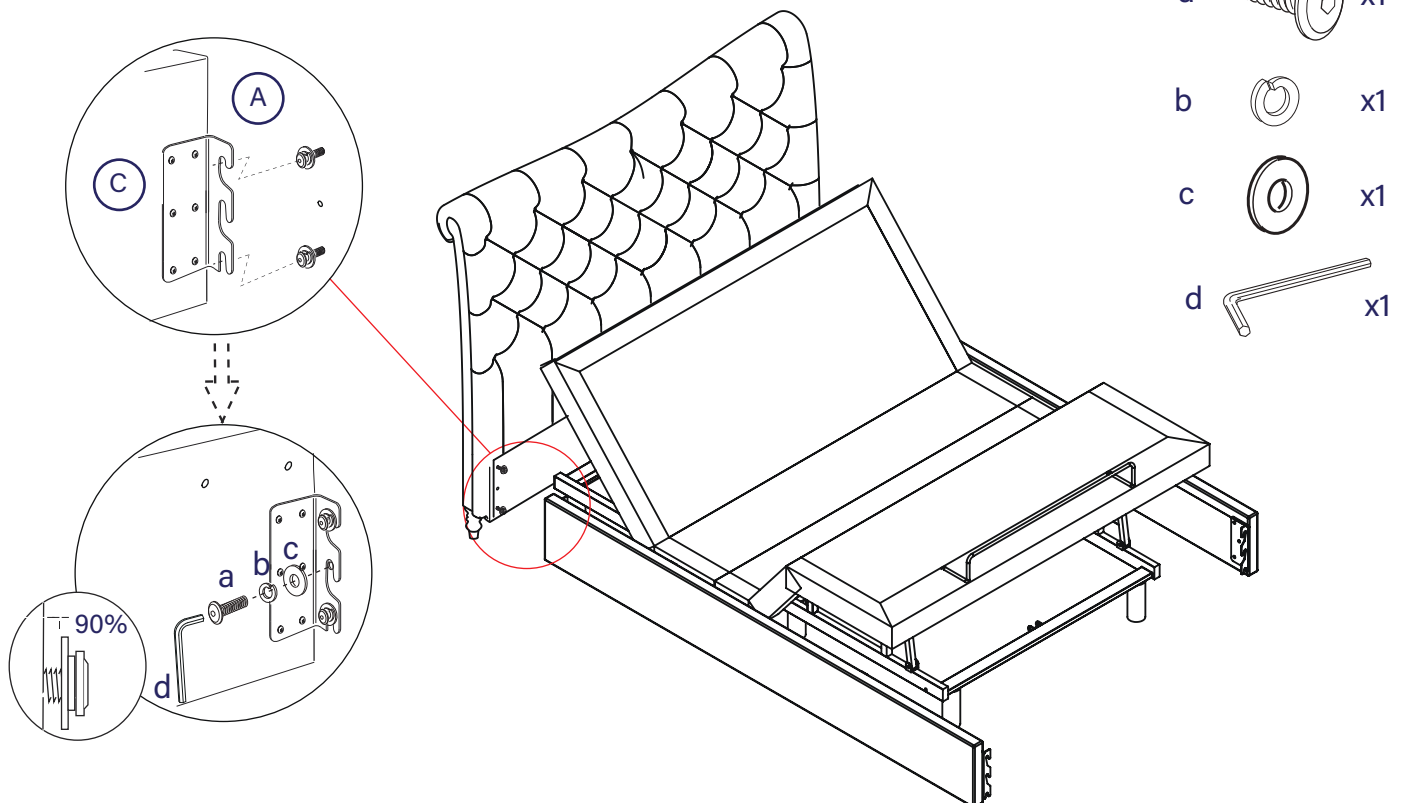


3 Connect the power to the electric bed base.

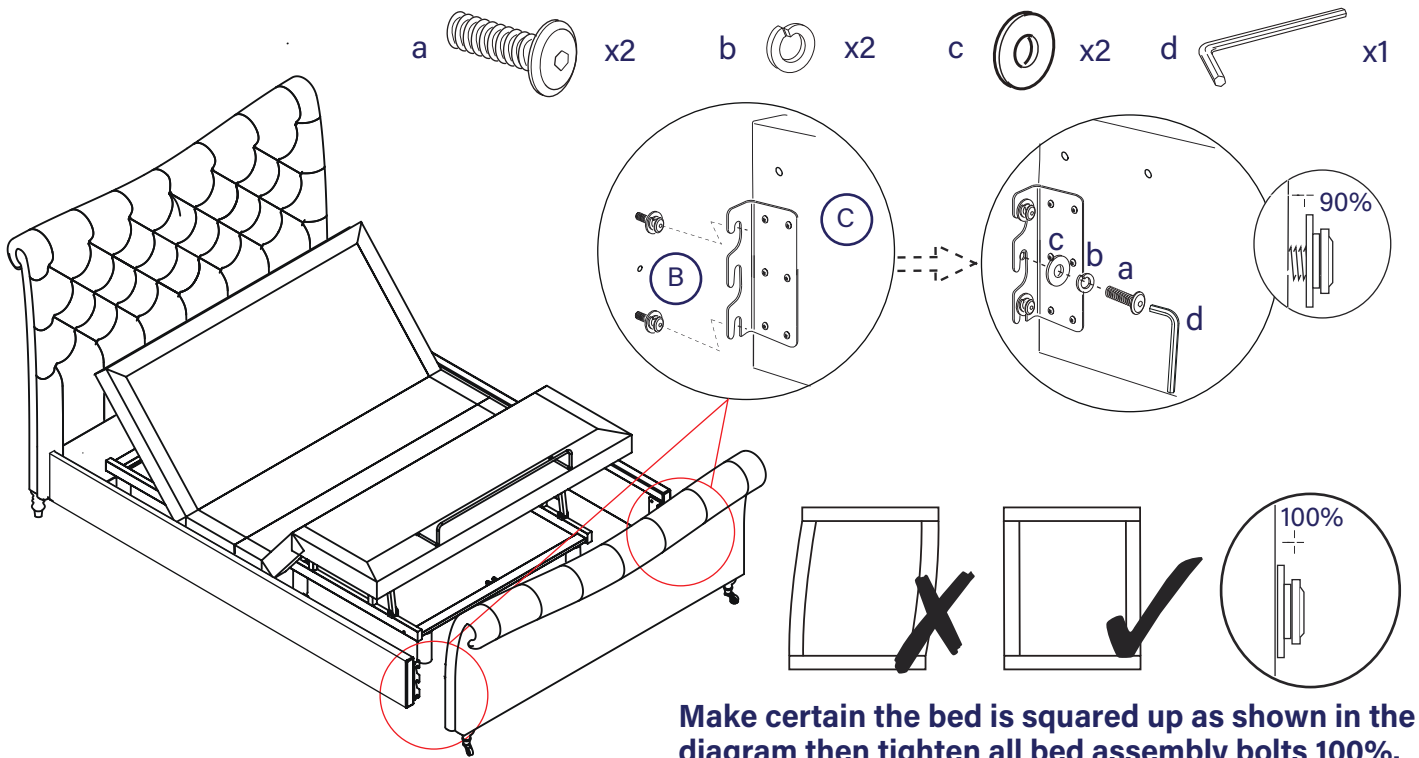
- i) Route the power lead under the headboard and plug into the wall socket - for safety this must be an earthed power supply.
- ii) Raise the head and foot ends of the bed base using the remote control.



4 Connect the left hand side rail to the headboard.

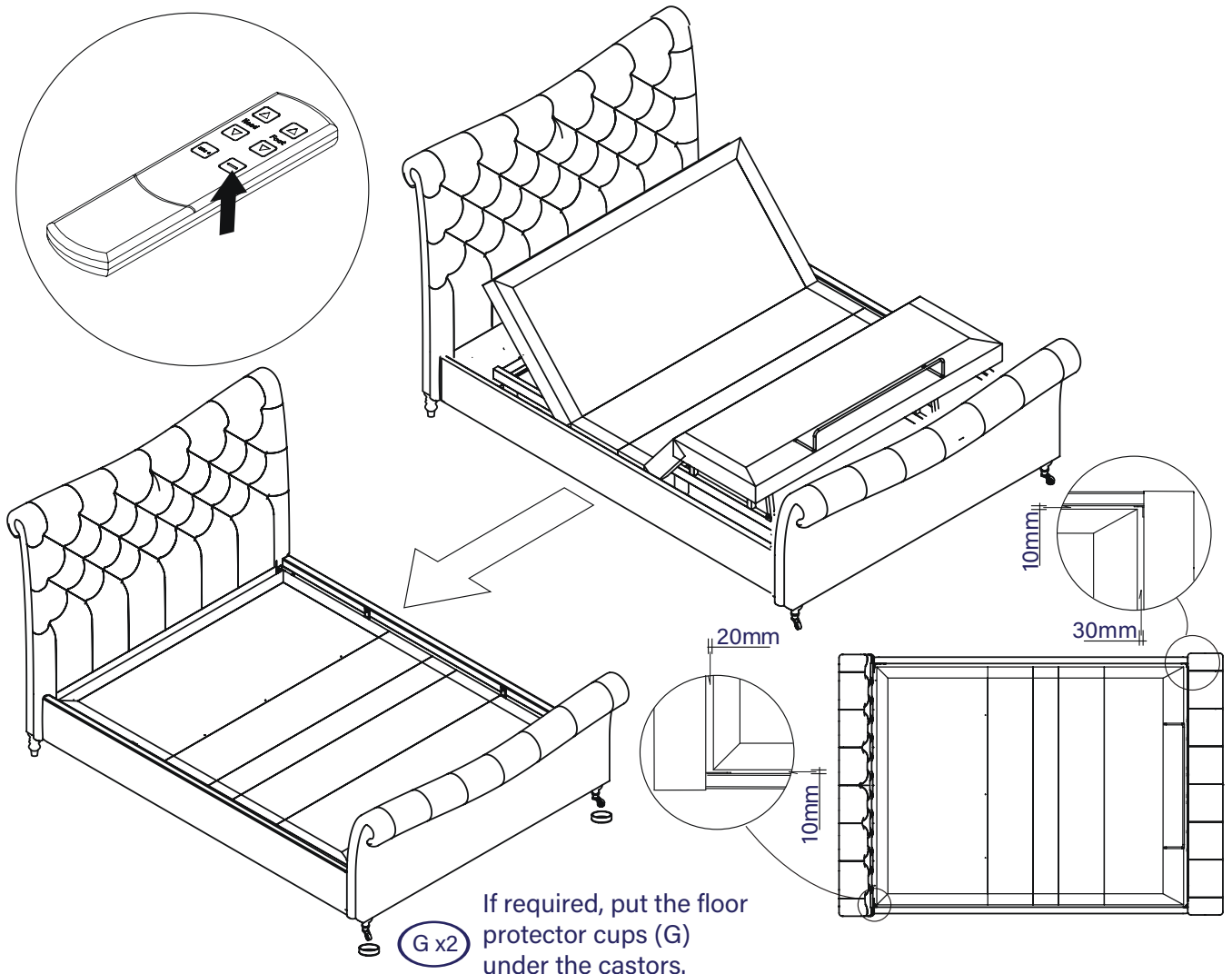


5 Make sure everything is working properly then fit the footboard



Make certain the bed is squared up as shown in the diagram then tighten all bed assembly bolts 100%.

6 Flatten the bed and check the gaps are as per the sketch below



Technical Specifications

Overall Dimensions (LWH mm)

Double: 2310 x 1485 x 1355

King: 2410 x 1635 x 1355

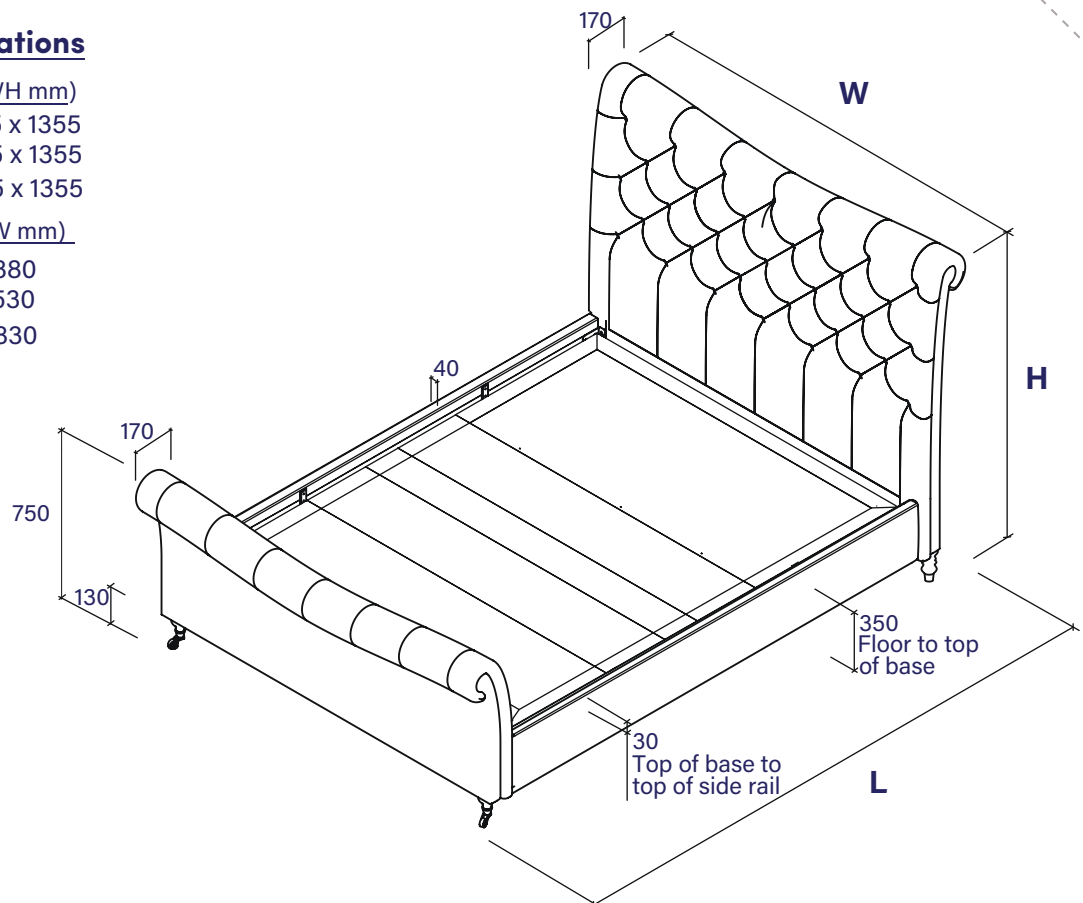
Super King: 2410 x 1935 x 1355

Internal Dimensions (LW mm)

Double: 1950 x 1380

King: 2050 x 1530

Super King: 2050 x 1830



Care and maintenance

Here are some tips to keep your new bed in tip-top condition



Cleaning

To clean your new bed, we'd advise using a warm damp cloth or if fabric, remove dust using a low suction vacuum cleaner.

Please do not use abrasive chemicals or bleach as this may damage the product.



Checking and moving

Periodically we recommend you check that the screws or fixtures haven't become loose over time. To move your new bed, we recommend lifting it where possible, as dragging or pushing it could cause damage to the legs or flooring.



Wood

Please note each of our wooden pieces are unique, meaning that markings and shade can vary slightly between beds. Over a period of time, the wood might lighten or fade slightly due to light exposure.



Fabric

Please note depending on the lighting, positioning and surroundings of your room, the shade of the colour can sometimes appear slightly different. Over a period of time, the colour might lighten or fade slightly due to light exposure.



Metal

Metal tends to be more resilient to everyday wear and tear. We recommend to gently dust your metal furniture and keep it dry to maintain its look.

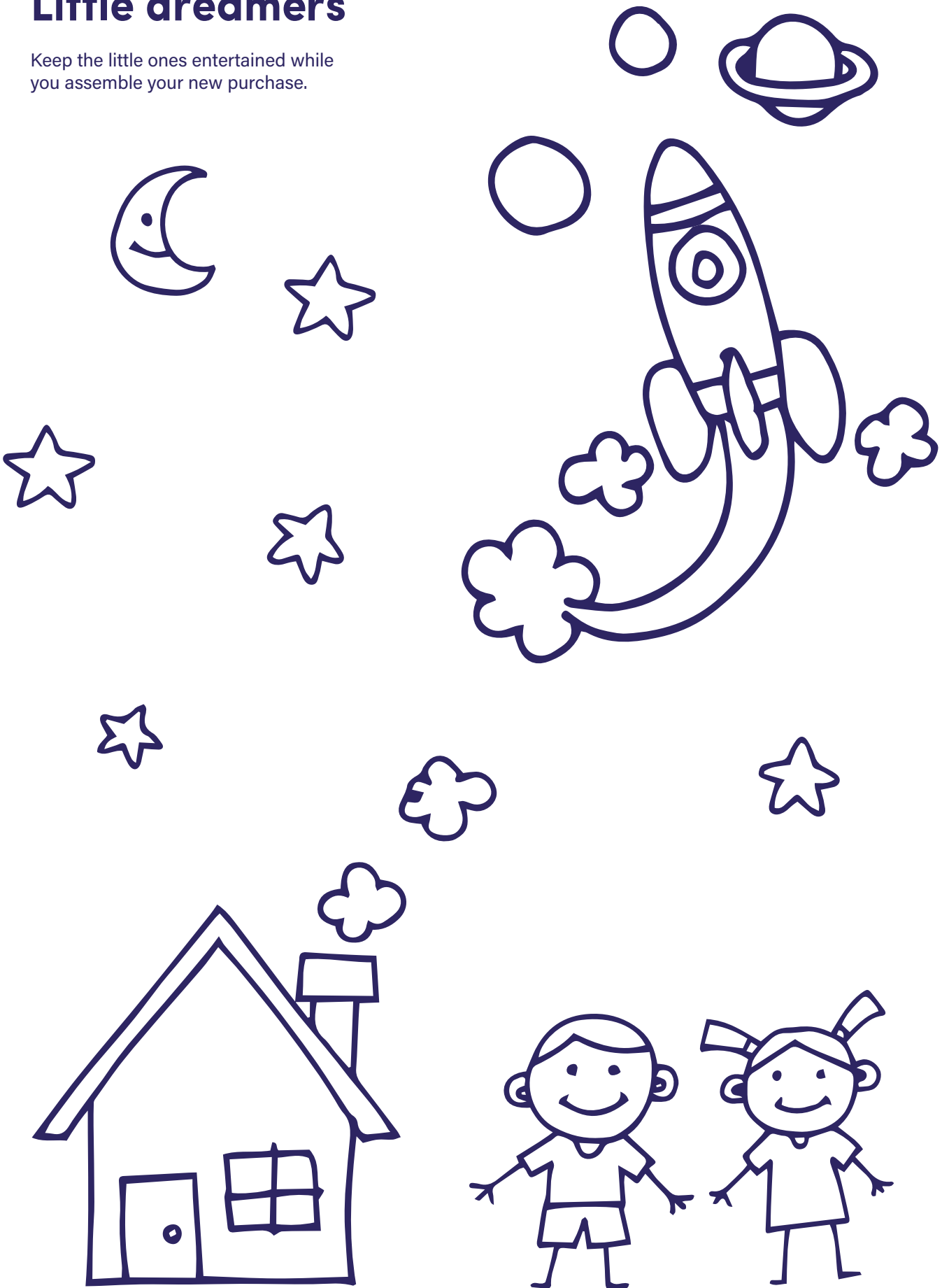
Thank you for shopping with us - we hope you have a great night's sleep.

Sleep well



Little dreamers

Keep the little ones entertained while you assemble your new purchase.



Dreams

