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Thank you for purchasing an Instant Comfort® mattress, *The Number 1 Bed That Changes With You*. We're excited for you to experience a sleep system that's easy to control and tailored to your exact comfort needs. As your needs change, this bed changes with you. In this guide, we will provide tips on finding your optimal setting—which, of course, can change whenever you need it to. The goal is customized comfort and quality sleep.

**WE'RE GLAD YOU CHOSE
INSTANT COMFORT!**



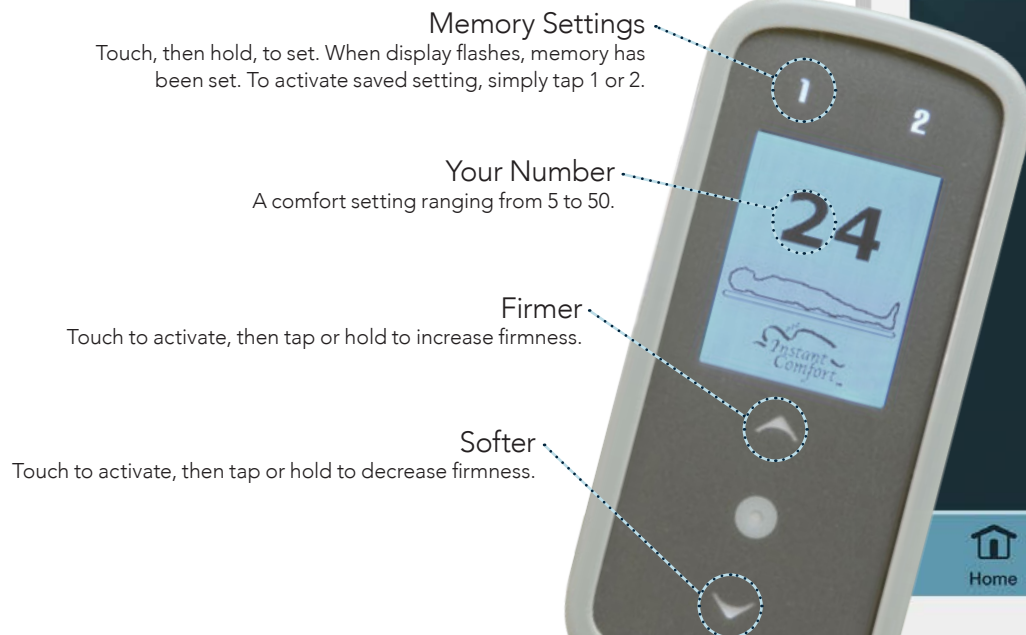
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THE REMOTE

We've designed the Instant Comfort remote to be very intuitive. You'll have one remote for each air chamber. Dual-sleep mattresses will have two remotes (one for each sleeper).

Quick Tip: Touch any button to wake the display.



FINDING YOUR NUMBER

Instant Comfort mattresses have 45 levels of comfort.
Follow this guide to find your perfect sleep setting:

Before you lie down, set the bed to its firmest level (50). 1

Lie down on your back while holding the remote. 2

Decrease the firmness until you reach 20 and release. The bed will begin adjusting. 3

As the bed softens, pay close attention to how the change feels. We call this the "comfort contrast." 4

Once the mattress is at 20, determine whether you prefer it more or less firm. Adjust up or down in increments of 5. 5

As you make those adjustments, focus on the hollow of your lower back (the deepest curve in your spine). When good support is achieved there, you're close to your optimal level of support. 6

Fine-tune your setting in increments of 1 or 2. 7

Program your number into the remote's memory. 8



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