



FLUID SUPPORT

The Benefits Of Fluid Support

Why a waterbed? Today, the waterbed enjoys wide acceptance among people in all age brackets, income levels, and life styles. Waterbeds can be found in hospitals, rest homes, hotels, and motels. As more and more people experienced waterbeds, the special benefits became well known. Comfort, health, cleanliness, warmth, and more even support for a restful sleep.

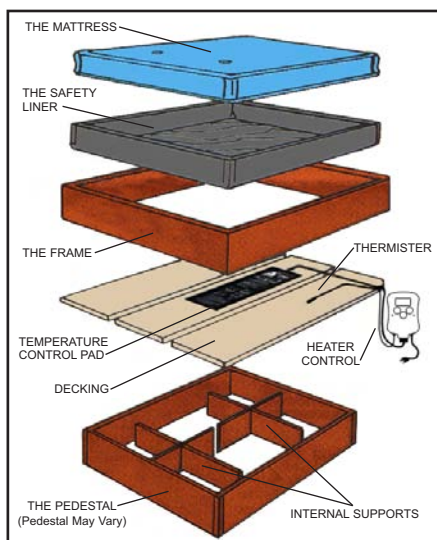
Waterbeds and medicine, who can benefit? The principles of flotation have been documented to be especially helpful with many conditions, from arthritis to orthopedic problems to home care of various ailments. The controlled heated waterbed can help by offering a unique system of flotation. With this system, the body is uniformly supported by the water, and the body weight is distributed more evenly over the surface. This eliminates pressure on various parts of the body, the shoulders, small of back, hip, tail bone and heels. Circulation is improved. The motion and warmth of the bed helps a person to relax, provides comfort and helps in producing better sleep habits. The waterbed represents an important advance in the care of patients, from helping to reduce pain to enhancing sleep - the benefits of sleeping on water far outweigh that of a traditional mattress.

WATERBED ASSEMBLY INSTRUCTIONS

WARNING:

Never leave any infant, or handicapped child who cannot turn over, unattended on this or any other adult mattress. Infant or handicapped children can suffocate in the face down position or get caught between the mattress and frame, headboard or wall and suffocate.

NOTE: A mattress pad and linens are very important to your waterbed. Not only will it make it more comfortable, but it stops the waterbed from robbing you of natural body heat as well as soaking up normal body oils that can deteriorate your mattress over time.



Dimensions	King	Queen	S.S.
Interior dimensions	72W x 84L	60W x 84L	48W x 84L
Exterior dimensions (panel H.B.)	75W x 87L	63W x 87L	51W x 87L
Exterior dimensions (bkcse. H.B.)	75W x 93L	63W x 93L	51W x 93L

STEP 1: BUILD THE FRAME

Panel Headboard or No Headboard

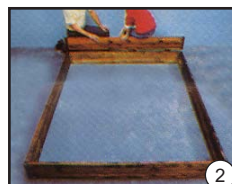
A. Lay out your frame and hardware. Note that the footboard and backboard have grooved bottoms. The grooves should face in toward each other. Make sure all frame boards have finished surfaces facing down on the floor.

B. If your frame includes a headboard, attach it to the back frame board using the slats and screws provided.

REMEMBER: The groove in the frame board must face inward once the headboard is secured.

C. Assemble the frame with the corner brackets and screws provided. Note the finished top to the frame is facing up.

D. Position your assembled frame exactly where you want it in your room. Now refer to Step 2 - Building the Pedestal.



BOOKCASE HEADBOARD

A. Lay out your frame and hardware. Note: The footboard and backboard have grooved bottoms that should face inward toward each other. Also the finished side of the frame boards should face the floor.

B. Assemble the frame with the corner brackets and screws provided. Note that the side frame boards extend past the backboard. The extended portion of the frame will support your bookcase headboard. A sure way to insure correct internal spacing from head to foot is to use one of the deck boards (see Step 2), as a measure. Lay the 1 piece of deck into the groove at the foot, now bring the head frame board in between the side rails until the deck fits in the groove. Mount at that point. Now remove the deck board and go to Step 2 - Building the Pedestal.

C. Position your assembled frame exactly where you want it in your room. This photo shows how the bookcase headboard will be positioned on the extended frame **AT A LATER TIME**. **DO NOT MOUNT NOW!** Refer to Step #2.



STEP 2: BUILDING THE PEDESTAL

Standard Pedestal (Riser Pedestal)

A. Lay out the pieces of your standard pedestal inside of the frame as pictured. The finished sides when assembled are to face outward.

B. Use the L-Brackets included to assemble the pedestal.

C. Assemble the two sets of the center support system, by inserting the slotted pieces into one another. Position the two internal supports in the center of the pedestal, head to foot and side to side. You may receive a center support system of one longer piece and two shorter pieces that are slotted. Position down the middle of the pedestal.

D. The pedestal should be accurately centered within the frame in its final position.

E. Next, without letting it slide out of place, tilt the frame on to one side. Avoid moving the pedestal. After Step 3 you will lower the frame onto the deck boards which will be mounted on the pedestal.



STEP 2: BUILDING THE PEDESTAL

Six Drawer Pedestal

A. Lay one three drawer section of the pedestal inside the frame, recessed slightly on the side and at the head and foot as pictured. If you purchased a two drawer section pedestal, use the same procedure as the three drawer that is pictured.



B. Lay the second three drawer section of the pedestal inside the frame as pictured.



C. Slide the wood pieces into the spaces between drawer sections as pictured.



D. Be certain the assembled six drawer pedestal is accurately centered within the frame in its final position.



E. Next, without letting it slide out of place, tilt the frame on to one side. Avoid moving the pedestal. After Step 3 you will lower the frame onto the deck boards which will be mounted on the pedestal.



STEP 2: BUILDING THE PEDESTAL

Twelve Drawer Pedestal

A. See directions for the Six Drawer Pedestal. Follow them exactly first. Next add the third three drawer section on top of half of the completed six drawer pedestal. This procedure also works for two drawer section pedestals.



B. Add the fourth three drawer section as pictured.



C. Position the corners as accurately as possible, with special care given at the foot of the bed since it is most visible.



D. Slide the wood pieces into the spaces between drawer sections just as previously done for the bottom set of drawers.



E. Again be certain that your twelve (or ten, eight drawer) pedestal is accurately positioned where you want it. **YOU WILL NOT BE ABLE TO MOVE IT ONCE THE BED IS ASSEMBLED.**



F. Next, without letting it slide out of place, tilt the frame on to one side. Avoid moving the pedestal. After Step 3 you will lower the frame onto the deck boards which will be mounted on the pedestal.



STEP 2: BUILDING THE PEDESTAL

Captain's Pedestal

A. (Some Captain's Pedestals vary in configuration. If yours needs some sub-assembly, do it prior to this step. Ask your sleep consultant for more details.) Lay one of the larger drawer sections inside the frame, recessed as pictured



B. Lay the second large drawer assembly sections inside, on the other side of the frame, as pictured.



C. Next, tilt the frame on to one side. Avoid moving the drawer sections. After Step 3 you will lower the frame onto the deck boards which will be mounted on the pedestal.



D. Now, slide in or attach the door section and wood pieces in the appropriate slots. These should be snug to assure proper support.



E. Be certain the assembled Captain's Pedestal is accurately centered within the frame and in it's final position, before moving to Step 3.



STEP 3: LAY THE DECK BOARDS ON THE PEDESTAL

A. King size - position the three 24 inch deck board pieces so that the pedestal is equally recessed on all sides. The cut corners on the deck boards should be positioned at the four corners.



B. Queen size - position the two 24 inch deck boards, with the one 12 inch deck board in the middle, so that the pedestal is equally recessed on all sides. The cut corners should be positioned at the four corners.



C. Super Single size - position the two 24 inch deck boards so that the pedestal is equally recessed on all sides. The cut corners on the deck boards should be positioned at the four corners.



STEP 4: MOUNT THE FRAME TO THE DECK

A. Lower the frame onto the deck. Make sure the grooves on the bottom of the footboard and backboard overlap the deckboards. Re-check that the pedestal is centered and in position.



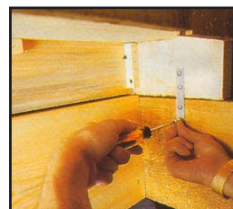
B. This photo shows how the grooves overlap the deck.



C. Attach the "L" bracket into the middle of each frame board and deck to secure the deck to the frame. To protect liner and mattress from metal burrs, cover all inside metal brackets with masking or duct tape.



D. If your waterbed features a bookcase headboard, mount it to the frame now. Secure the headboard to the frame with the flat brackets screwed in from underneath the headboard behind the frame. Slide the frame carefully away from the wall a few inches, if needed, to allow more room to mount. Once mounted slide the frame back into final position.



E. If you purchased upholstered rail caps, attach them to your frame now. The padded rail caps slip over the frame edges. At your option, you may wish to secure the caps onto the frame with screws, if needed.



STEP 5: INSTALL HEATER UNIT

To View the Thermal Guardian heater installation video please visit:

www.innomax.com/innomaxVideoPages/innomaxWaterbedHeaterAssemblyVideo.html

or visit www.youtube.com under the channel name **InnoMaxSleep**

Unplug heater before filling or draining your waterbed. Follow specific heater manufacturer's guidelines for detailed installation instructions.

A. Place the heating pad in the center area of the deck avoiding the cracks in the deck boards. For Queen or Super Single place heating pad to one side or the other. **Do Not Place Over Cracks.**

B. Mount the thermostat control to either side of the frame, depending on where you will plug it in. Control unit may mount to side or underneath. See manufacturer's instructions. Use the screws provided. Securely plug the cord from the heating pad into the thermostat control.

C. Run the thermostat control's sensor tube through the corner hole inside the frame onto the deck. The sensor tube should be positioned midway between the frame and the heating pad, preferably twelve inches away from the heating pad.

D. To test the temperature control system, plug it in, turn the thermostat up and place your hand on the heating pad. As soon as you feel it start to warm up **Unplug The Control From Your Wall Socket!**



CAUTION: Bodily contact with heater pad surface may be harmful and may be caused by an under-filled mattress or "bottoming out" on the heater. Use of this heater is strictly prohibited by an infant, invalid, anyone unable to feel heater, or anyone unable to get out of bed without assistance. After bed set-up is completed, lie down on mattress to ensure no part of the body is in contact with the bottom of the deck board. Any contact with the bottom of the bed is "bottoming out" and ⑦ could possibly cause harmful burns.

STEP 6: INSTALL SAFETY LINER AND MATTRESS

A. Simply spread out the Stand-Up liner inside your frame. It will stand-up inside the frame by itself.



B. Smooth out the wrinkles, especially over the heating pad!



C. Lay out your watermattress inside your safety liner with the valve at the foot. Carefully avoid shifting any of the baffle inserts, if you bought a motion reduced mattress. Remove the wrinkles on the bottom and make sure the mattress is evenly centered.



D. Align the corners of the mattress with the corners of the frame. If your safety liner, heating pad, or thermostat sensor shifted during this process, reposition it now.

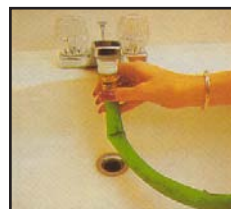


STEP 7: FILLING THE WATER MATTRESS

A. From your bathroom faucet, remove the aerator by unscrewing it. (If your bathroom faucet does not have an aerator, you will have to use your kitchen faucet or an outside faucet.)



B. Attach the faucet connector you purchased with your waterbed care kit, into your faucet. Next attach a garden hose to the faucet connector. Make a tight fit to avoid spray leakage (a towel placed over the faucet while filling will keep any leakage from spraying.) To help eliminate unclean water in your bed, flush running water through the garden hose for about 10 minutes before filling your bed.



C. Pour in your waterbed conditioner. Attach the waterbed hose connector onto your garden hose. Insert it into your "popped-up" valve and attach the hose connector and valve securely together to avoid leakage. Wrap a towel around this connector to soak up any unavoidable leakage.



D. Fill your waterbed, checking on it periodically, with warm water to approximately one half inch below the top of the stand up safety liner. Do not over fill the mattress. Shut off the water and remove the hose.



E. Remove the air bubbles inside the mattress. Do this by "pushing" them with a broomstick towards the valve which is "popped-up". Remove all the bubbles or they will create a "sloshing" sound. You will have to remove air bubbles again in about three days and also occasionally thereafter.



F. Insert the plug and securely screw on the cap. Plug in your temperature control system according to specific manufacturer's instructions and turn the thermostat to 80 - 85. Within 3 days, you can more accurately adjust up or down to your personal comfort level.



G. This close up photo shows how to insert your cap and plug without allowing air to get in the mattress and without allowing water to spill out. Your cap and plug may be a one piece design. Not separate as shown.



SPECIAL SECTION: DRAINING YOUR WATERBED

ALWAYS UNPLUG YOUR WATERBED HEATER BEFORE DRAINING OR FILLING YOUR WATERBED!

A. First, **unplug your heater.** Next, insert your garden hose with waterbed hose connector into the "popped-up" valve, as pictured.

(Note: Photos show the standard syphon pump. However, for best results and ease of draining, we suggest you rent an electric pump available at InnoMax. For instructions on draining using an electric pump refer to Electric Pump Draining Instructions on page 14.)



B. Weigh down the area around the valve with a few heavy objects, such as telephone books. This step will help prevent air bubbles inside the mattress from getting in your garden hose and stopping the siphoning action you will create.



C. Mount your drain pump to your closest faucet and attach your garden hose. Make sure your fittings are tight. With the "bell valve" in the "up" position, turn on the water to put more water in the mattress. This step pushes the air in your hose into your bed so you can create the continuous water siphon you need. (If you don't have a drain pump, see Draining without a drain



⑨ pump further instructions.)

D. Once water is flowing into the bed for a few seconds, turn the "bell valve" to the "down" position, leaving the water flowing full blast. The water from your faucet flowing through your drain pump will suck the water out of your bed. This will take one or two hours depending on water pressure. Do not allow air to get in the hose.

E. If you have a motion reduced mattress you must show special care while draining and moving your bed to prevent the interior fiber layers from shifting.

F. FOLD YOUR MATTRESS CAREFULLY. DO NOT LET THE FIBER LAYERS SHIFT OUT OF PLACE. If any shifting does occur, you should reposition them before refilling your mattress.



ELECTRIC PUMP DRAINING INSTRUCTIONS

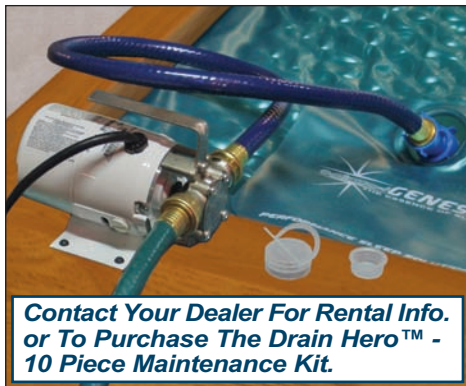
Unplug The Waterbed Heater Before Draining The Mattress

Electric Pump Usage/Draining Instructions: Unplug Heater Before Draining!
If interested in using an electric pump, please ask your dealer for more information.

1. Remove all of the air from your mattress.
2. Attach the "perfect union" connector on the end of the clear hose on the pump to the valve in your mattress. Make sure all washers are used and the connections are tight to maintain proper suction.
3. Connect your exit hose to the discharge port on the pump. Ensure the exit hose is in the desired location. The force of the water can actually cause the hose to flop about and come out of a normal bathtub. Do not leave the hose unattended while indoors. Place the pump on a towel or cardboard piece to prevent possible damage to the floor or other surface.
4. Plug the pump into a grounded electrical outlet. Note: There is no on/off switch and the pump will begin to operate immediately.
5. Allow the pump to run until the water slows to a trickle. The pump will remove nearly all of the water & the mattress will become "vacuum-sealed" to ensure all internal support features remain in their proper location. Do not lift the head of the

mattress until the mattress is vacuum packed, as this could damage the mattress.

6. Immediately unplug the pump. Do not run the pump without water for an extended period of time, as this can severely damage the pump.
7. Disconnect the perfect union connector from the mattress and immediately insert the cap and seal to ensure the mattress remains vacuum packed.



**Contact Your Dealer For Rental Info.
or To Purchase The Drain Hero™ -
10 Piece Maintenance Kit.**

If the mattress is still too heavy to move, you can utilize a shop (wet/dry) vacuum to get the remainder of the water out (10)