Before getting started:

Remove instructions pouch from side of box, have the enclosed slicing tool and a pair of scissors handy, and clear the area of fragile objects.

1. Grab a friend to help lift the box (it’s heavy!) and bring it to the bedroom. Handholds are provided for your convenience.

2. Using scissors, cut the plastic straps. Then lift the top off of the box. (Twin and Twin XL boxes open from the side.)

3. Tip the box to roll or slide the mattress onto the floor by the bed frame.

4. With a friend, lift the mattress onto the bed frame. Position near the footboard with the dotted line on top and arrows pointing towards the footboard.

5. Using the enclosed slicing tool, slowly cut along the dotted line only. Do not cut anywhere else on the plastic. The mattress will begin to expand as you cut.

6. Have one person lift the mattress using the handles while the other pulls the plastic out from underneath.

Please note: The logo can be positioned at the headboard or footboard, as the mattress should be rotated every 6 months.

7. With your friend, tug on opposite corners of the mattress to help it expand. It will take about 48 hours to fully expand, but is ready to be slept on right away.