### OkiOki



## OkiOki Upholstered Bed Instructional Guide & Sleep Book



We're providing you with the necessary directions to easily and seamlessly set up your new OkiOki Upholstered Bed as well as some leisurely reading to help you settle in for your first night's sleep on your new OkiOki set-up.

Sweet dreams!

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### OkiOki Upholstered Bed Instructional Guide Assembly Instructions

2 persons recommended for assembly.

All instructional elements and diagrams provided in this manual are to serve as a guide and are not meant to replace a licensed professional. The consumer is liable for all risk and responsibility associated with the assembly and construction of this product. The person or persons responsible for setting up this product should follow all safety instructions carefully as to not put themselves or any other parties at risk.



Read instructions, cover to cover.

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Have two adults on hand for assembly.



Assemble on a clean non-marring surface (packing foam).



Save all packaging until finished.

### What's in the Box?

### King

Label	Picture	Description	QTY
Α		Headboard	1
В		Footboard	1
С		Side Panel	2
D		Center Support	2
E		Support Leg	6
F		Slats	2
G		Leg	4
Н		Bracket	4
I		Headboard Panel	1

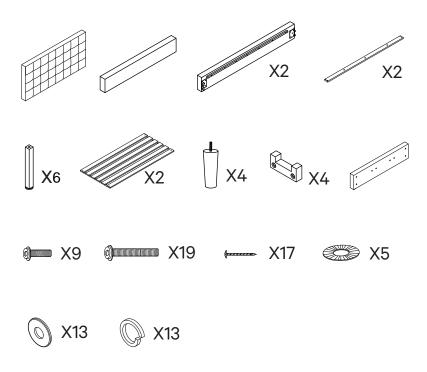
If any contents in the box are missing, please contact OkiOki support right away at 1-833-OKIOKI1.

### **Hardware**

Label	Picture	Description	QTY
1		Bolt (M8X25)	9
2	<b>0</b>	Bolt(M8X45)	19
3	<del>Junuumum&gt;</del>	Screw (4X35)	17
4		Washer	5
(5)	0	Flat Washer	13
6		Spring Washer	13
7		Allen Key	1

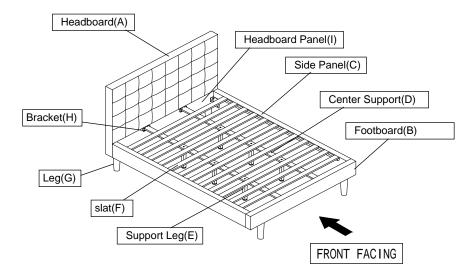
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### **Assembly Preparation**



### Now to the fun part!

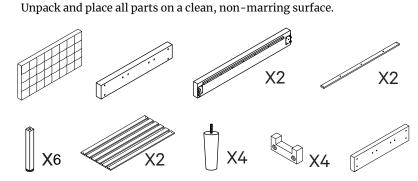
#### King



This Bed has multiple parts and may require up to some 30 minutes to assemble. To give you an overview of the Bed parts, the above picture is to help you put the various bed parts into perspective. Please read through the instructions below to familiarize yourself with the parts and steps before assembly.

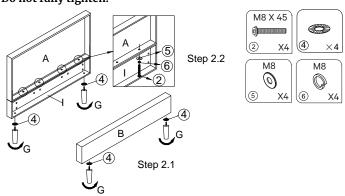
#### Please follow the below steps carefully to ensure a proper assembly.

Step 1



Step 2

- Step 2.1: Install the Leg(G) at the bottom of the Headboard Panel(I) using Washer(④) by inserting the threaded stem into the threaded mounting postion on the Headboard Panel(I) and Footboard(B).
- Step 2.2: Attached Headboard Panel(I) to Headboard(A) using Bolt(2), Flat Washer(5) and Spring Washer(6) with Allen Key(7).
- Do not fully tighten.



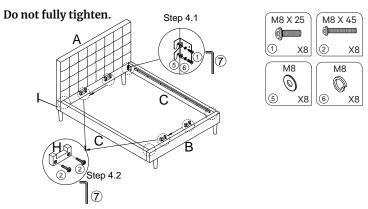
#### Step 3

- · With assistance from your adult partner.
- · Stand the Headboard up.
- Smooth out the cover with the palm of your hands: Smooth from Top to Bottom; always starting from the Middle working to the Outer sides allowing the velcro tape to adhere to the flap on the Headboard(A).
- This step works best with three adults. One person to steady the Headboard, the remaining two people press the folded panels and adhere the material.

### Step 4

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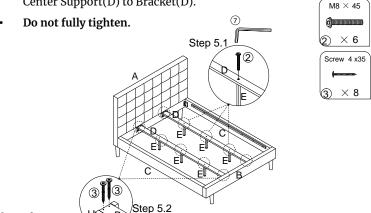
- Step 4.1: Attach Side Panel(C) to Headboard Panel(I) and Footboard(B) using Bolt(1), Flat Washer(5) and Spring Washer(6) with Allen Key(7).
- \* Step 4.2: Attach Bracket(H) to Headboard Panel(I) and Footboard(B) using Bolt(②) with Allen Key(7) .



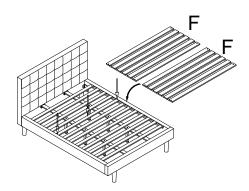
#### Step 5

- Step 5.1: Attach Support Leg(E) to Center Support(D) using  $Bolt(\mathbb{Z})$  with Allen Key( $\mathbb{T}$ ).
- Step 5.2: Attach Center Support(D) to Bracket(H) using Screw(③) with Allen Key(⑦).

Drill, which is not provide, will be more useful when you attach
 Center Support(D) to Bracket(D).

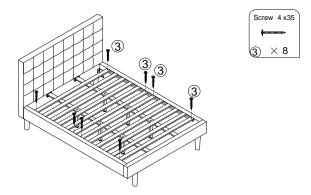


- Step 6
- · Now tighten all Bolts fully at all joints in a sequential manner.
- · Lay the Slat(F) on the bed platform.



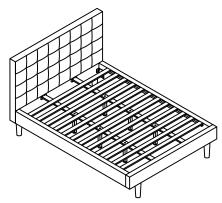
### Step 7

- Attach Slat(F) to Side Panel(C) using Screw(③) with Allen Key(⑦).
- Drill, which is not provide, will be more useful when you attach Slat(F) to Side Panel(C).



#### Step 8

- · Your Bed is ready for use.
- · This Bed can only be used on a flat, level surface.
- Note: After assembly and before using the bed, inspect to make sure all parts are properly connected and securely fastened.



# Care & Maintenance for your new OkiOki Upholstered Bed



### Congrats on a job well done.

Congratulations on completing your new OkiOki Upholstered Bed set-up!

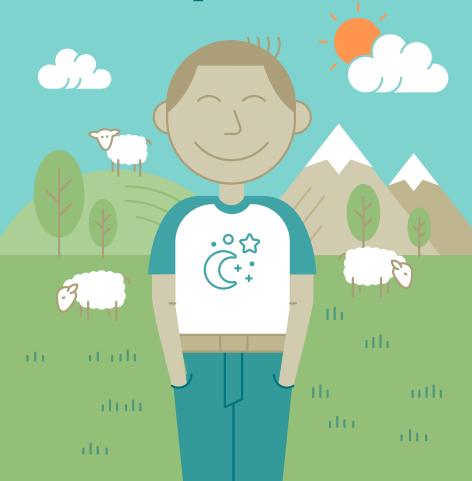
While we know this was no small feat, we also bet it was pretty fun and rewarding. If you're not feeling completely rewarded and maybe still a little defeated, let us try to help you out by providing some light reading material to inspire, educate, or just make you laugh.

Enjoy & rest easy.

# The OkiOki Sleep Guide

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nce upon a time, there was a young boy with endless energy, who had trouble falling asleep at night.

He spent the first few years of his life in the Midwest, but his parents soon uprooted the family to New Zealand to care for aging grandparents. Without many friends, he found himself often running alone in the wilderness, amongst the tranquil yet vibrant landscape. In this new and unfamiliar land, he soon discovered that New Zealand actually had more sheep than people. He would often walk miles without seeing anyone, but couldn't walk 100 feet without seeing sheep. He would run around the sheep, roll under them, jump over them and spend hours frolicking amongst the friendly creatures. It became his favorite pastime. The sheep seemed to enjoy his companionship just as much, as their human counterpart could pivot quickly and run fast, proving a worthy playmate in the rolling hills. One sheep, in particular, would always playfully chase the boy halfway home, eventually turning around to rejoin the herd. He called him Swifty.

When the young boy returned home after a day of play, he would tell his parents and grandparents about his adventures with great enthusiasm. The boy jumped off the walls with exuberance, acting out his favorite moments of the escapades. The zeal with which he relived these moments made it seem like he loved telling about the adventures as much as he loved living them.

As the rest of the household fell asleep, he would lay in bed, staring at the ceiling, his mind racing about what fun he'd have tomorrow. After weeks of restless nights, he realized that if he counted all of his sheep friends, who he identified by the hue and thickness of their respective fleeces, he could fall asleep more easily. This practice became his comforting method of dozing off each evening, counting the sheep, always starting with Swifty.

He would play all day and count sheep to sleep at night. One day, as the boy got ready to head home, Swifty was nowhere to be seen. The boy sprinted from the herd, and no sheep followed. This happened several days in a row, and Swifty's absence started to concern the boy.

He started to have trouble falling asleep. Weeks went by, then months. Maybe he wandered to another herd. Perhaps he fell off a cliff. Maybe Swifty found a better life elsewhere. Swifty was gone.

The boy would lay in bed at night, staring restlessly at the ceiling. Noticing that he was distraught, the boy's mother sat on the edge of the bed one night and asked why he could no longer fall asleep. He missed Swifty. Counting sheep no longer comforted him and didn't calm him. His mother empathetically rubbed her hand through his hair, petting him repeatedly with maternal care. "OkiOki, okioki." She repeated this as he dozed off to sleep. OkiOki, the Maori word for rest, tranquility, and relaxation soothed the young boy. This ritual continued for years. And the OkiOki tradition continued beyond the young boy, with his children, and his children's children.

For generations now, well rested people have depended on the lore of OkiOki.

# **Sleep Tips**

We hate to brag (not really), but an OkiOki mattress feels like you're sleeping on a cloud. Here are some helpful, to-the-point, tips that will take you all the way to REM heaven.



### 1. Take a personal day.

A relaxing day by yourself can be a nice reboot.

Post up on your OkiOki for added relaxation. You're welcome

### 2. Soak up the sun.

Exposure to sunlight sends a signal to our bodies, such that, by nighttime, you'll know it's time to recharge.

### 3. Cut out that afternoon coffee.

You heard us.

### 4. Try out a weighted blanket.

It can relax your nervous system and actively balance the chemicals in your body that control both your mood and sleep.

### 5. Put on your coziest socks.

Studies have found a strong correlation between warm feet and 'rapid sleep onset.'

### 6. Make your partner get their own blanket.

Unless, perhaps, you're the blanket hog. Many couples have reported better sleep from simply using separate blankets in the same bed.

### 7. Just draw.

Sometimes journaling, drawing, or doodling can be beneficial.

#### 8. Make the cut.

Whether you go cold-turkey or wean off slowly, try cutting down on screen time at least 45 minutes before you get into bed.

### 9. Pulse it out.

Squeezing then releasing your muscles in a sequence, starting with your toes and working your way up is an effective way to send your body into sleep-mode.

### 10. Call your doc.

Don't stress- it could be something as simple as an iron deficiency or a dietary change.

# Notes from my bed

A few fun, quirky apology notes that you can cut out, sign, date, and give to whomever you please.



# Sorry I was late! I couldn't leave my bed.

#SleepOkiOki

SIGNATURE	DATE		
	okioki.com	⊚ <b>y</b> f	@SleepOkiOki

# Woke up late. You can blame my mattress.

#SleepOkiOki

SIGNATURE			DATE	
	okioki.com	⊚ <b>y</b> f	@Sleep0ki0ki	

# Apologies for the tardiness, my bed was just too comfy.

#SleepOkiOki

SIGNATURE		DATE		
	alijalij sam	@ \# £	@SlaanOlijOlij	



Well, looks like this is the end. We hope you enjoyed your experience setting up your new OkiOki Upholstered Bed. Nothing's better than a good night's sleep and some fresh room swag.



## OkiOki







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