SAFETY WARNINGS:
• Do not use bed outdoors.
• Do not use bed near explosives.
• Using bed with oxygen administering equipment other than the nasal masked type creates a possible fire hazard.
• When using nasal or masked type administering equipment, route and secure oxygen or air tubing properly to ensure that tubing does not become entangled or damaged during normal operation of the bed.
• Use caution when having liquids in or around the bed to ensure no spilling occurs. In case of spillage, stand in a dry, clean area of the floor and unplug the bed immediately. Clean up spill and allow of the area around bed to dry thoroughly before using the electric controls again. Do not eat or drink hot liquids while operating the bed.
• This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instructions concerning use of the appliance by a person responsible for their safety.
• Do not allow children or individuals with disabilities to operate the bed without adult supervision.
• Do not allow any person or pet under the bed at any time.
• During bed operation, make sure body is positioned within the confines of the bed. Do not place extremities over the sides of the bed when operating bed functions.

Product Rating:
The motors are not designed to operate continuously for more than [2] minutes in an [18] minute time period or approximately 10% duty cycle. Attempting to circumvent or exceed this rating will shorten the life expectancy of the foundation and may void the warranty.

Operating Information:
• After power foundation assembly is completed, operate remote control to ensure proper functions.
• Keep moving parts free of obstruction during bed operation (including sheets, clothing, tubing, wiring, and products using electric power cords).
• Distribute body weight evenly over bed surface. Do not place entire weight on head or foot sections of the bed, during repositioning and entering or exiting bed.

Hospital Use Disclaimer:
This power foundation is designed for residential use only. It is not approved for hospital use and does not comply with hospital standards.

Weight Limits:
This product is not rated to support weights in excess of 750 pounds inclusive of the mattress and bedding. The bed will structurally support this weight, provided it is evenly distributed across the foundation. The power foundation is not designed to support or lift this amount in the head or foot sections alone. Exceeding this weight restriction could damage the bed and/or cause injury and will void the warranty.

WARRANTY WARNINGS:
Do not open or tamper with control box, motors, or remote (with the exception of battery compartments). The warranty will be void if the internal workings of these components are tampered with.

WARNING
DO NOT USE THIS BED IF WEIGHT LIMITATION IS EXCEEDED

Want added peace of mind? An Extended Warranty is available for purchase within 60 days of your original purchase date at: ghostbed.com/products/adjustable-base-extended-warranty

RADIO FREQUENCY: 2.4 GHz

FCC COMPLIANCE:
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

To comply with the FCC RF exposure requirements, no change to the antenna or the device is permitted. Any change to the antenna or the device could result in the device exceeding the RF exposure requirement and void user’s right to operate the device.
All electronics and components that need to be installed are located in boxes under the foundation or attached to the frame. Before discarding the packing materials, ensure that all the parts are accounted for.

<table>
<thead>
<tr>
<th>Part</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>AAA Batteries (2)</td>
</tr>
<tr>
<td>B</td>
<td>3-Piece 12&quot; Adjustable Legs (6)</td>
</tr>
<tr>
<td>C</td>
<td>Power Supply (1)</td>
</tr>
<tr>
<td>D</td>
<td>Remote Control (1)</td>
</tr>
<tr>
<td>E</td>
<td>Power Cord (1)</td>
</tr>
<tr>
<td>F</td>
<td>Mattress Retainer Bracket (1)</td>
</tr>
<tr>
<td>G</td>
<td>Sync Cable (1)*</td>
</tr>
<tr>
<td>H</td>
<td>Bed Leg Strap (1)*</td>
</tr>
</tbody>
</table>

*Included with Twin XL bases only
Electronics Overview

Head Massage Motor
LED Light
Control Box
Foot Motor
Head Motor
USB Ports
Foot Massage Motor
Remote
Foot Motor
Head Motor
Control Box
Pair Button
Sync Port
LED Light
USB Ports
Power Supply
Power Supply Lead
Power Cord
Installation Guide

Note: The base is heavy and requires 2 people to lift, for safety reasons. Keep the base in a flat position before opening.

STEP 1
Carefully lift the folded base out of the shipping carton and put it flat on the floor.

STEP 2
Unfold the base so the top side is facing down. You’ll notice the two side rails folded back along the head section of the base.

STEP 3
Take the end of the side rail and unfold it, pulling it toward the end of the base.
**STEP 4**

Position the fabric section (without the foam) alongside the USB hub.

**STEP 5**

Press the rail down firmly so it’s smooth and straight. Repeat with the other side rail.

**STEP 6**

Find the top rail, which will be laying on its side. Turn it vertical.
STEP 7
Press the top rail against the edge firmly so it’s smooth and upright.

STEP 8
Remove all the accessories boxes and the retainer bar, which you’ll see attached to the base.

**Please take note of your serial number and model number, so you have those handy for future reference. You’ll also need them to register your warranty.**

SERIAL #

MODEL #
Attaching the bed legs

Remove the six (6) bed legs from the accessory box. Hand-tighten the legs by threading them clockwise into the pre-threaded holes on the bed frame.

![Image of bed legs being attached]

NOTE: The legs are 3 pieces, each 4” long. The legs can be separated and attached to the base using 1, 2 or all 3 parts (12” total).

Installing the retainer bar

STEP 1
Turn the bed frame over carefully, top side up.

STEP 2
Insert the ends of the retainer bar into the quick-connect brackets located at the foot of the bed. Press down firmly to ensure the bar is in place.
Setting up the electronics

STEP 1
Find the power supply and power cord in your accessory boxes.

STEP 2
Connect the power supply lead from the control box to the power supply.

STEP 3
Connect the power cord to the power supply.

STEP 4
Plug the power cord into a working electrical outlet. The LED lights under the base will flash for 10 seconds.

STEP 5
Install the two (2) AAA batteries into the remote control.

STEP 6
Confirm the remote control works by pressing the lift buttons. Installation for single or independent operation of the bed frame is now complete.
**Remote Control Overview**

- **Child Lock**
- **Memory Position**
- **Head Up**
- **Zero-G Preset Position**
- **Foot Up**
- **Anti-Snore**
- **Head Down**
- **Head Massage On (3 Intensities)**
- **Timer**
- **Massage ON/OFF**
- **Pair with Control Box**
- **Flashlight ON/OFF**
- **TV Preset Position**
- **Foot Down**
- **Flat Position**
- **Lounge**
- **10-, 20-, and 30-Minute Massage Timer Light**
- **Foot Massage On (3 Intensities)**
- **Massage Mode (5 Modes)**
- **Under-Bed LED ON/OFF**

### ADJUST
- 🔄 Adjust HEAD up and down
- 🔄 Adjust FOOT up and down
- 📀 Press and hold the button to turn the flashlight on

### ONE TOUCH BUTTONS
- 📀 TV preset position
- 📀 Lounge preset position
- 📀 Zero-gravity preset position
- 📀 Lie flat preset position
- 📀 Programmable preset position
- 📀 Under-bed LED light (on/off)
- 📀 Anti-snore preset position
- 📀 Press to lock / hold 5 seconds to unlock

### MASSAGE FEATURE
- 📀 Turn on head massage
- 📀 Turn on foot massage
- 📀 Choose between 5 massage settings
- 📀 Turn massage on/off
- 📀 Indicates the 10-, 20- or 30-minute timer setting
Setting Programmable Positions and Pairing Remote

SAVING A SETTING TO MEMORY

Save your favorite custom position to memory with a few easy steps.

**STEP 1**
Adjust the head and/or foot to your desired position.

**STEP 2**
Press and hold the “Flat Position” button for about 5 seconds, until the lights on the remote start flashing. Then, press and hold the “Memory” button for another 5 seconds, until the lights on the remote begin flashing. The position is then saved.

**STEP 3**
To adjust your saved position, repeat steps 1 and 2.

CUSTOMIZING A PRESET POSITION

You can also use the Memory function to adjust any of the preset positions, such as Zero Gravity, TV, Lounge and Anti-Snore.

**STEP 1**
Starting in the preset position of your choice, manually adjust the head and/or foot.

**STEP 2**
Press and hold the “Memory” button for about 5 seconds, until the lights on the remote begin flashing.

**STEP 3**
Press and hold the same preset button you started in to override the settings for that preset.

PAIRING REMOTE

The original remote that comes in the box is already paired to the foundation. No further action is required. In the event that the remote is not paired with the foundation, follow the steps below.

**STEP 1**
Double-check that your batteries work. Replace if needed.

**STEP 2**
Unplug the power cord and then plug it back in.

**STEP 3**
Press and hold the “PAIR” button until you see the lights flash. Your remote is now paired.

*Note:* The remote will not pair if the Child Lock feature is on. To deactivate, press and hold the lock button for about 5 seconds, until you see the blue backlight flicker rapidly.
Emergency power down

Your adjustable bed frame comes with a power supply that, when powered with two new 9V batteries, supports the emergency power down feature. If a power failure occurs while the head and/or foot sections are raised, do the following:

**STEP 1**
Install two (2) new 9V batteries in the battery compartment of the power supply.

**STEP 2**
Press the “Flat Position” button on the remote.

**STEP 3**
Replace the two (2) 9V batteries after this procedure. The 9V batteries (not included in the box) are for single use only.

Using the bed leg straps (Optional)

To help prevent bed separation when using two adjustable bases together, we recommend using bed leg straps. Twin XL Adjustable Bases come with 1 bed leg strap in each box. These are optional to use.

**STEP 1**
Wrap the bed legs (front & back) together tightly using the bed leg straps.

**STEP 2**
Fasten the straps to prevent movement & maintain stability.
Synchronizing Two Twin XL Bases

**STEP 1**
Plug A and B bases to power source.

**STEP 2**
Plug the synchronizing cable into 2 control boxes of 2 bases.

**STEP 3**
Then base A and base B can be simultaneous operated by Remote A.

**Note:** Sync cord is included with Twin XL bases only. If you don’t want to synchronize, simply set aside the cable—you won’t need it!
Optional Accessories - Headboard Brackets

Headboard brackets are an optional accessory, available as an add-on to your purchase. You'll need a ½” (13 mm) socket and ½” (13 mm) crescent wrench to install the brackets.

**PARTS LIST:**

![Diagram](diagram.png)

(2) Mounting Adapters  (2) Headboard Brackets
(8) Long Bolts  (4) Short Bolts
(12) Nuts

**Tools needed for assembly**
Wrench or socket set with 1/2 in or 13 mm adapter.

**STEP BY STEP:**

**STEP 1:**
Raise the head of your GhostBed Adjustable Base at least 10 inches to allow for easy assembly.

**STEP 2:**
On one side, attach Mounting Adapter (A) to the frame using 4 Long Bolts (D) and 4 Nuts (E).

**STEP 3:**
Using 2 Short Bolts (D) and 2 Nuts (E) attach Headboard Bracket (B) to Mounting Adapter (A).

**STEP 4:**
Use a wrench or socket to tighten all the bolts.
*Notice:* Do not over-tighten.

**Customization:**
Mounting Adapters (A) have horizontal slots to adjust the distance of the headboard from the bed frame.

The Headboard Bracket (B) includes 8 vertical slots for width adjustments and 8 horizontal slots to allow for correct headboard alignment.

**STEP 5:**
Repeat steps 1-4 on the other side of your GhostBed Adjustable Base.
In the event that the power foundation fails to operate, assess the symptoms and possible solutions provided in the chart below.

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>SOLUTIONS</th>
</tr>
</thead>
</table>
| Remote control illuminates and appears to be operable, but will not activate bed. | 1. Verify that the power cord is plugged into a working, grounded electrical outlet. Test the outlet by plugging in another working appliance.  
2. Make sure the Child Lock feature is off. To check this, try pressing the Flashlight button. If the flashlight doesn't work, your Child Lock is probably on.  
To deactivate the Child Lock, press and hold the lock button for about 5 seconds, until the blue backlight flickers rapidly.  
If it's still not functioning properly, reset the remote to its default factory settings. To do this, press and hold the “ZG” button AND the “Flat Position” button simultaneously until the backlight flashes. This may take up to 10 full seconds.  
Tip: You can try restoring the factory settings anytime the base isn't functioning as it's supposed to. |
| No features of the power foundation will activate.                       | Program the remote control (see the Setting Programmable Positions and Pairing Remote section of this manual for programming procedures).  
Unplug the power cord, wait 30 seconds and plug back to reset electronic components.  
The surge protection device or the electrical outlet may be defective. Test the outlet by plugging in another working appliance.  
Verify that the connector on the wired remote control is securely attached to the control box.  
Check the power supply and the control box; you should see green lights on both. If not, please call us at (954) 371-2004 for further troubleshooting. |
| Wireless remote will not illuminate.                                    | Replace the batteries in the wireless remote  
Double check that the “LOCK” feature is not activated                                                                                          |
| Remote control is unresponsive.                                         | 1. Sync the Remote - Unplug the base from the electrical outlet. Then, hold down the PAIR button as you plug it back in. The lights will flash under the base. When the lights stop flashing, release the hold on the PAIR button. The remote is now paired.  
2. Check the Child Lock - When the Child Lock is on, your remote will appear to be "dead," even after changing the batteries. To turn Child Lock off, press and hold the lock button for about 5 seconds, until the blue backlight flickers rapidly.  
3. Restore the factory settings - Press and hold the “ZG” button AND the “Flat Position” button simultaneously for 5 seconds until the backlight flashes. This will clear all customized settings and return the adjustable base to factory default settings.  
Note: An easy way to double-check your Child Lock feature is to test your Flashlight button. If your base isn’t working and the Flashlight won’t turn on either, the Child Lock is likely on. |
# Troubleshooting

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>SOLUTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Base is stuck in one position.</td>
<td>1. Check for obstructions (wall, toys, books, etc.)&lt;br&gt;2. See the “Emergency Power Down” instructions on page 11.</td>
</tr>
<tr>
<td>Head or foot section will elevate, but will not return to the horizontal (flat) position.</td>
<td>Elevate the bed and check for any obstructions underneath. Remove obstructions.&lt;br&gt;Your head section may be too close to the wall. Adjust as needed.&lt;br&gt;Your headboard may be too close to the edge of the mattress. Check that there is enough distance between the headboard brackets and mattress, and adjust as needed.</td>
</tr>
<tr>
<td>Head or foot lift functions have minor interference during operation.</td>
<td>Wireless remote may be experiencing radio frequency interference from other radio transmitting devices. Wait several seconds, and then try again. See the FCC Compliance Statement on page 1 of this guide for more information.</td>
</tr>
<tr>
<td>A clicking noise is heard under the bed when raising or lowering.</td>
<td>A soft clicking noise from the lift motor is normal. No action is required. <strong>You can also check the following:</strong>&lt;br&gt;• Using the wireless remote control, elevate the head and/or foot section to realign the lift/lower mechanisms with the bed support platform.&lt;br&gt;• Verify that your base isn't positioned against a wall, nightstand or other object that might cause the vibration or noise.&lt;br&gt;• If your Adjustable Base is installed over a bed frame, verify that the massage motors are not causing the bed frame (or bed frame components) to vibrate.&lt;br&gt;• Verify that the headboard attachment hardware is properly tightened (if used).</td>
</tr>
<tr>
<td>Remote is not pairing.</td>
<td>If your remote isn't pairing, it's very possible that your Child Lock is on. An easy way to check this is to test your Flashlight button. If the Flashlight doesn't turn on, the Child Lock is likely on. To deactivate the Child Lock, press and hold the lock button for about 5 seconds, until the blue backlight flickers rapidly.</td>
</tr>
</tbody>
</table>

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**THANK YOU FOR PURCHASING**

**GHOSTBED**<br>By Nature’s Sleep®

**POWER ADJUSTABLE BASE**

Questions or need additional help?<br>Contact us and we’ll be happy to help.

Email: sleep@ghostbed.com

Phone<br>US: (954) 371-2004<br>Canada: (833) 933-0199