

how to use My Flight Hammock

We recommend children and adults continue to wear their seat belt when using My Flight Hammock

1 Remove your shoes and recline your seat (if preferred)

2 Assemble the 'U' shaped metal stand

3 Position the stand on the floor in front of you, steadying it upright with your foot, ready to attach the hammock



4 Attach the poles of the hammock onto the stand, noting 'This Side Up' and 'Left' and 'Right' poles



5 Blow up a Large pillow (with logo facing up as shown below) and place it flat onto the base of the hammock



6 Place your legs either side of the stand, stand up and spread the 'Tail' on your seat



7 Sit down and lift your feet up into the hammock

8 Position the hammock so that the stand is tilted slightly forwards



9 Now you can blow up another pillow and start to experiment by placing the pillows into a variety of positions

tips for comfort

- The hammock is VERY adaptable
- Experiment to find different ways to use the hammock
- The pillows can be used anywhere and at any angle
- Vary pillow inflation to change the experience of the hammock
- Ensure you have minimal hand luggage at your feet, so that your legs are able to be at full stretch through the front of the hammock.
- Clip the carry bag to the ring on the side of the hammock, so it's easy to locate
- Use the carry bag to store small items that you may need throughout the flight

Your neighbour wants to get past?

- Stand up, take the pillows out and place them on your seat
- The hammock will collapse to lean against your seat, out of the way so that people can easily pass



flying with small children and infants

- To make a flat surface for children to lie down, place the pillows onto the base of the hammock until they are level with the seat
- Spread the tail on their seat and tuck it into the back of the seat
- Some airline seats slope down toward the rear of the seat. Bringing a small pillow will compensate for this. Alternatively use the supplied airline pillow for their head to rest on



position ideas for adults and older children

one leg resting to the side

Place a Large pillow flat onto the base of the hammock and lift your legs into the hammock. Place a softly-inflated Small pillow vertically down the side of the hammock to rest one leg against, while the other leg is at full stretch out through the front of the hammock



Older children can sleep on their side with their legs fully supported and use a Large pillow half inflated, as a headrest

both legs straight

Place a Large and a Small softly-inflated pillow onto the base of the hammock. Swing the hammock forward to allow you to push both legs at full stretch through the front of the hammock



extra legroom seats

- Sit down towards the far end of the 'Tail' so that you have more fabric to put the pillows on
- Arrange the pillows so that your legs are fully supported and able of stretch right out like a recliner...Experiment!
- The upright arms of the hammock should be tilted slightly forward for balance
- The non-slip stand will hold the hammock in place



curled up

Place both Large pillows flat onto the base of the hammock, you can then curl your legs up and rest on your side



See website for more information and ideas
www.myflighthammock.com

included

1x My Flight Hammock



1x Non-slip collapsible stand/base



2x Large inflatable pillows



1x Carry bag



1x Small inflatable pillow



My Flight Hammock enables both adults and children flying in Economy/Coach, to lift their legs into many different positions supported by small, movable, inflatable pillows

Easy to use, adaptable, compact, and weighs 650g

www.myflighthammock.com



Try it at home before you fly



Suitable for all ages