

**Assembly Instructions**



**STEP 1**

Attach each of the L shaped tubes to one of the U shaped tubes. Make sure the larger holes are facing each other.



**STEP 2**

Insert the screws into the holes, attach nut, and finger tighten only.

**STEP 3**

Take the Connector tube, depress the button on the L tube, and slide into the L shaped tube. Repeat this step for the remaining Connector tube on the other side.



#### STEP 4

Insert the other L and U shaped tubes as assembled in step 1 to the Connector tubes.



#### STEP 5

Adjust the support to your desired height by depressing the buttons, making sure that all 4 buttons are fully engaged when finished.

#### STEP 6

Tighten all four screws until tight, do not over tighten.

#### STEP 7

Insert one end in between the mattress and box springs.



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Contact us at [info@ringbinderdepot.com](mailto:info@ringbinderdepot.com) with any questions, concerns, or suggestions.

Thank you,

RBD Health

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