

# How To Use

## 4 STEPS TO GET IN BED



**1** Approach the step2bed mini, step onto the base and firmly grab both bars. Be sure that your feet are facing the bed to ensure maximum stability.



**2** With both hands on the grab bar, turn sideways and ensure both feet are resting comfortably in a stable position on the step.



**3** With your hands firmly on the grab bar, turn around with your backside facing the bed and sit down.



**4** Begin to lay down to a resting position and lift legs in between the grab bar into bed.

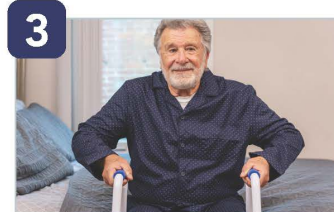
## 5 STEPS TO GET OUT OF BED



**1** Reach closest arm over to the grab bar.



**2** Use each grab bar to propel yourself up from your lying position while placing both feet firmly on the step.



**3** Take 15-30 seconds while sitting up to gain your composure.



**4** (When ready) begin to lift yourself up by bending your knees to stand up. Be sure to have a firm grip on both grab bars the entire time.



**5** While keeping one hand firmly gripped to one side of the grab bar slowly step off the step2bed mini and onto the floor.