

# Mid-Century Bed Instructional Guide & Sleep Book

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We're providing you with the necessary directions to easily and seamlessly set up your new OkiOki Mid-Century 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 Mid-Century 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. Any construction or use of the product must be in accordance with all local zoning and/or building codes. 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



Have two adults on hand for assembly



Do not assemble on fooring or carpet

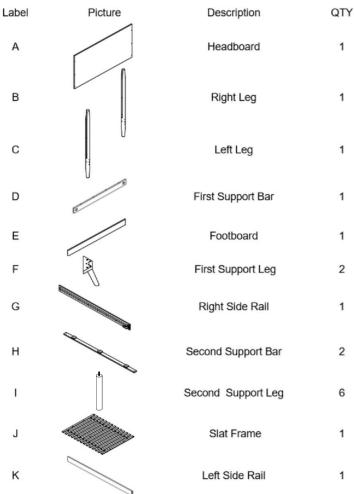


Assemble on a clean non-marring surface (packing foam)



Save all packaging until finished

### What's in the Box?

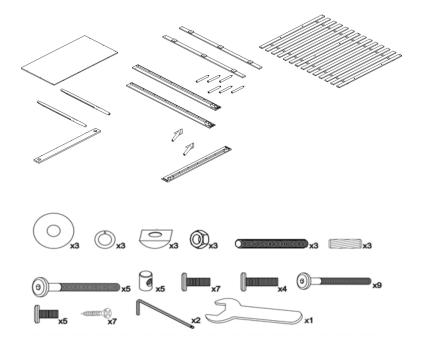


If any contents in the box are missing, please contact OkiOki support right away at 1-833-OKIOKI1.

Label	Picture	Description	QTY
1	$\odot$	Washer (Ø8.5x18x2mm)	3
2	$\bigcirc$	Spring Washer (Ø8.5x11x1.5mm)	3
3	0	Crescent Nut (30x15x8)	3
4	Ô	Lock Nut M8	3
5		Allen Wrench (Ø8x90mm)	3
6	0	Bolt ( Ø6x 110mm)	5
$\overline{O}$		Barrel Nut (Ø6x 13mm)	5
8	Quantum	Bolt (Ø6x 25mm)	7
9	0	Bolt (Ø6x 30mm)	7
10	0	Bolt (Ø6x 60mm)	9
(1)	()mm	Bolt (Ø8x 20mm)	5
12	-annald	Screw (Ø4x 30mm)	7
13		Nut (Ø10x30mm)	3
14	$\sim$	Allen Key (K4)	2
(15)	5	Spanner (K13)	1
(16)		Screwdriver (not provided)	1

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## **Assembly Preparation**



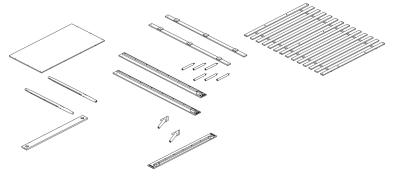


This Bed has multiple parts and may require up to some 30 minutes to assemble. To give you an overview of the Bed parts, the above picture is to help you put the various parts into perspective. Please read through the instructions below to familiarise yourself with the parts and steps before assembly.

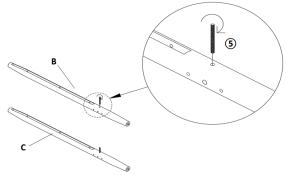
#### Please follow the below steps carefully to ensure a proper assembly.

#### Step 1

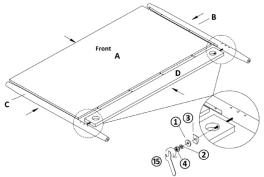
Unpack and place all parts on a clean, non-marring surface.



Insert the Allen Wrench (5) to the Right Leg (B) and Left Leg (C) as shown picture below

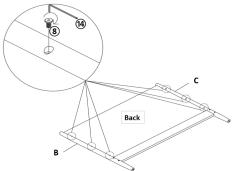


- With assistance from your adult partners, carefully place the front side of the Headboard (A) facing up on a clean, non-marring surface as shown above. on a clean, non-marring surface as shown below.
- Attach Right Leg (B) and Left Leg (C) in step 2 to Headboard (A) and First Support Bar (D) by using Crescent Nut (3), Washer (1), Spring Washer (2), Lock Nut (4), Spanner (15).
  - Do not fully tighten the Nuts.

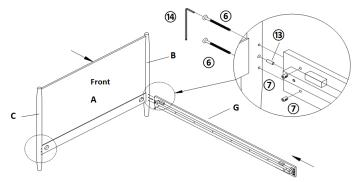


With the help of your adult partner, flip the assembled parts in step 3 to it's other side, then secure Right Leg (B) and Left Leg (C) to the Headboard (A) by Bolt (8) and Allen Key (14) as shown below.

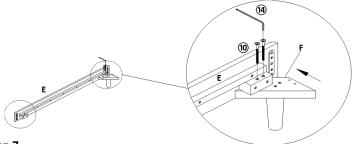
#### Do not fully tighten the Bolts



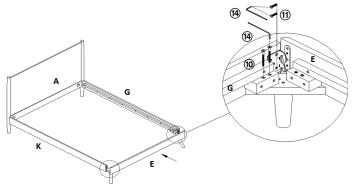
- With the help of your adult partner, attach the assembled parts in step 4 to the Right Side Rail (G) by using Bolts (6), Barrel Nuts (7), Nut (13) and Allen Key (14)
- Repeat the same process with the Left Side Rail (K)
- Do not fully tighten the Bolts



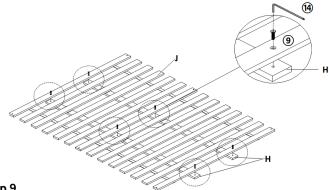
- With the help of your adult partner, attach the First Support Leg
  (F) into Footboard (E) by using Bolt (10), Allen Key (14)
- Repeat the same process with the remain First Support Leg (F)
- Do not fully tighten the Bolts



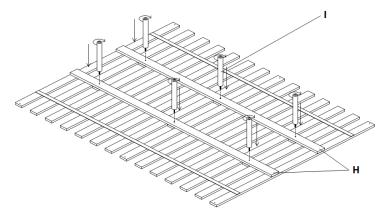
- With the help of your adult partner, attach the assembled parts in step 6 into the assembled parts in step 5 by using Bolt (11), Allen Key (14) first, then Bolt (10), Allen Key (14) as shown below
- Repeat the same process with the remain
- Do not fully tighten the Bolts



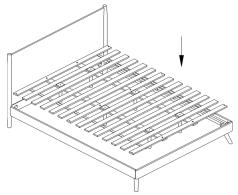
- Attach the Slat Frame (J) into the Second Support Bar (H) by using Bolts (9) and Allen Key (14) as shown below.
- Do not fully tighten the Bolts



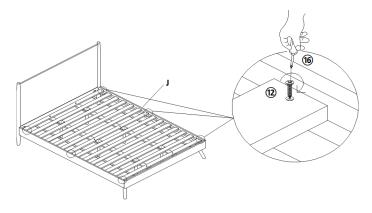
- With the help of your adult partner, insert the Second Support Leg
  (I) into the assembled parts in step 8 as shown below.
- Do not fully tighten the Bolts



• With the help of your adult partner, place the assembled parts in step 9 into the assembled parts in step 7

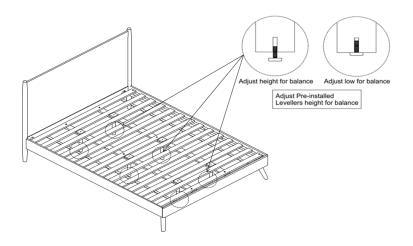


- With the help of your adult partner, attach the Slat Frame (J) to the assembled parts in step 10 by using Screws (12) and Screwdriver (16) as shown below
- Do not fully tighten the Screws



- Check for wobbles.
- In a sequential manner, gradually tighten all Bolts until evenly secured.
- Inspect the Bed and make sure all parts are adequately connected
- With assistance from your adult partners, adjust the levelers to desired height to avoid wobbles.
- To adjust the Levelers, get assistance from an adult partner to lift/ lean and hold the Bed while you are working.

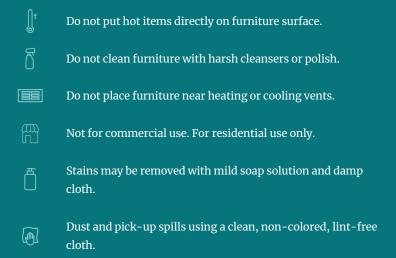
#### Your Bed is ready for use.



\*\*Please note: this Bed can only be used on a flat, level surface.

If additional help is needed in the assembly process, please reach out to our customer support team at 1-833-OKIOKI1.

### Care & Maintenance for your new Mid-Century Bed



### Congrats on a job well done.

Congratulations on completing your new OkiOki Mid-Century 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.

# ᡪ^ 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 Facts

A list of fun and surprising facts about sleep.



- Only 21% of Americans get the recommended 7 to 8 hours of sleep each night.
- Humans are the only mammals that delay sleep.
- The average person falls asleep in 7 minutes.
- 60% of American adults experience sleep problems at some time.
- Insomnia is the most common sleep disorder.
- Women sleep more than men.
- One sleepless night affects your brain the same way as being drunk.
- When you're in REM sleep, your brain is almost as active as when you are awake.
- Got a problem? Sleep on it! REM sleep is proven to help creative problem-solving.

source: https://www.thegoodbody.com/sleep-facts/

# Notes from my bed

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



Sorry	l was	late	
I couldn't	leave	my	bed.

#SleepOkiOki

SIGNATURE	DATE

okioki.com 💿 🎔 🛉 @SleepOkiOki

# Woke up late. You can blame my mattress.

#SleepOkiOki

SIGNATURE	ATE

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

#SleepOkiOki

SIGNATURE

DATE

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

Rest easy.

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