

ONLY 10-15% TOTAL INFLATION FOR BEST COMFORT

If you weigh between 150 lbs-225 lbs Use approximately 10-11 deep breaths of air.

Lighter? You will need MORE air

Heavier? You will need LESS air... *MORE IS NOT BETTER*

INSTRUCTIONS

- 1. Over inflation will make our product hard and uncomfortable.**
Under-inflated will cause the Sleeper to feel soft and provide very little support.
- Place the Sleeper on the coach seat back. 1 to 4 inches should be above the top of the seat back of most coach airline seats. The oral inflation hose should be in the upper-right side (passenger facing forward). The lower portion of the Sleeper provides only lumbar support. **AT NO TIME SHOULD YOU SIT DIRECTLY ON THE SLEEPER.** Sitting directly on any part of the Sleeper will not provide proper air distribution throughout the unit.
- Divide the seat bottom into a front half and a back half. You place your bottom on the front half of the seat while the Sleeper takes up the back half.
- With your bottom on the forward half of the seat, fasten your seatbelt first, and make it snug and low. Without using a tight seatbelt, you will feel as if you are sliding off the front portion of the seat. The seatbelt acts as a support to relieve tension in your legs and allows your body to relax.
- Lean back. **DO NOT SCOOT BACK.** If you feel like you are sliding forward, tighten the seatbelt.
- For optimum neck support, reach back with both hands and pull the Sleeper up until you can feel support against the back of your neck.

TROUBLE SHOOTING

If the Sleeper feels too hard, let some air out.

If the Sleeper feels too soft, add some air.

If not enough neck support, raise the Sleeper 2 inches

Two Ways To Inflate

Orally: Blow into the tube the proper amount of breaths from the chart at the top of the page.

Overhead Passenger Air Nozzle: Slide the small end of the extension tubing over the twist valve. With the wider end of the extension tubing, reach up and place it over the open end of the air vent nozzle. Lean forward, taking away any body pressure on the Sleeper. Bleed out any excess air.

For Car Travel

For car travel, use only two thirds of the air required for airline travel (i.e. if 12 breaths are required in an airplane, only 8 will be required in a car).

SEE OUR 5 MINUTE INSTRUCTION VIDEO AT

www.1stclass sleeper.com

IMPORTANT WARNING

Do not use for takeoff or landing. We highly recommend that when you wake up from an extended sleep, that you get up and walk around. Do not use while operating vehicles or equipment. If using your Sleeper in a passenger car, do not recline the seat to a totally horizontal position. Your seatbelt will not work properly in that position. Always wear a seatbelt. Not a toy or suitable for infants or small children.

For questions or help, please call 1.360.683.4534 or visit us at www.1stclass sleeper.com