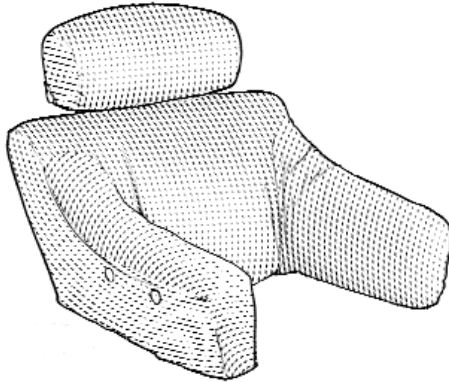


T H E  
**BedLounge®**  
Flex-Arm



**OWNER'S MANUAL**



*How to Get  
the Most Out of  
Your BedLounge®*



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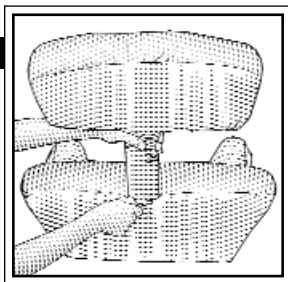
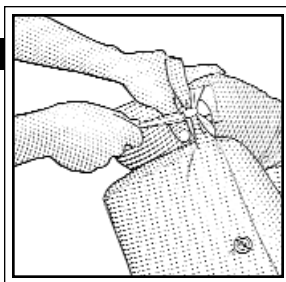
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## BASIC ADJUSTMENTS

1

Place The BedLounge® at the head of your bed. Untie the laces. Unfold The BedLounge® arms.

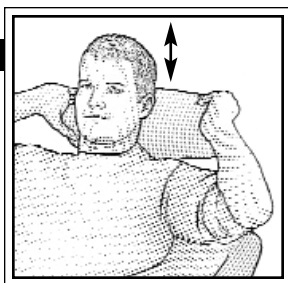
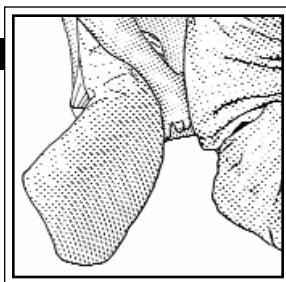


2

Insert the stem of Headrest into the opening at top of the seat back. Be sure that the stitching on the Headrest stem faces forward.

3

Sit in The BedLounge®. Reach behind and insert your hands into slits at either side of lower portion of The BedLounge® seatback. Inside you will find the Posture Pillow. Adjust the shape and position of the internal Posture Pillow to your comfort.



4

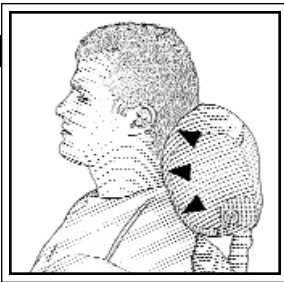
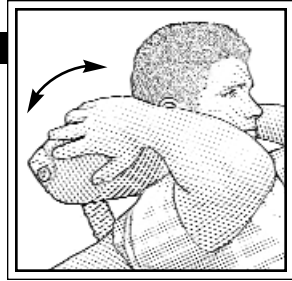
With both hands on Headrest, pull it up or move it down. Set Headrest at the level that feels best for your neck. It will remain at that height.

2

## BASIC ADJUSTMENTS

5

Rotate Headrest forward and back so that it comfortably cradles your head and neck. You may want to re-adjust the height again for support.

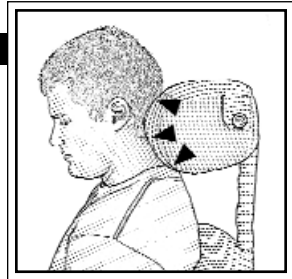


6

For looking straight ahead (such as watching TV), the Headrest should be rotated upright so it will gently support your head and neck.

7

For looking downward (such as when reading), rotate Headrest forward so it nestles your neck.



### YOU HAVE COMPLETED THE BASIC ADJUSTMENTS FOR THE BEDLOUNGE®.

*Using these adjustment features to “fine tune” your BedLounge® will give you the ultimate personal comfort and support.*

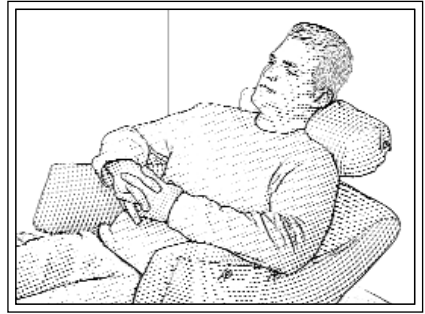
## USING YOUR BEDLOUNGE® IN RECLINER MODE

Your BedLounge® with the Flex-Arm feature has the ability to function like a true recliner nearly anywhere you want to take it.

### To use The BedLounge® in its Recliner Mode:

- Sitting upright, lift The BedLounge® upward by the Arm-rests so that The BedLounge® gently pivots back and inclines against the headboard or wall.

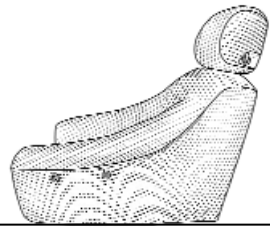
The BedLounge®'s strong, internal frame lets you set any incline angle almost to fully reclining.



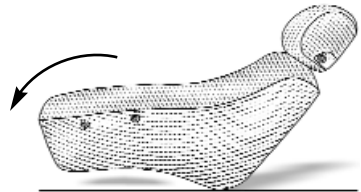
BedLounge® internal frame lets you use it like a recliner.

The BedLounge® is so lightweight, you can pivot it back and forth to find your most comfortable reclining position.

For ultimate reclining comfort, set the height adjustment (stem) of the Headrest (pillow) high enough so that the Headrest (pillow) can rotate all the way forward; resting on the stem. Nestle your head into the Headrest. Adjust the Headrest's rotation and height extension to your personal comfort. The unique design of the BedLounge®'s Headrest lets you adjust and attain an exceptional level of reclining comfort and support for you head and neck.



Supports you upright for sitting.



Reclines back for lounging.

## FEATURES OF YOUR BEDLOUNGE®

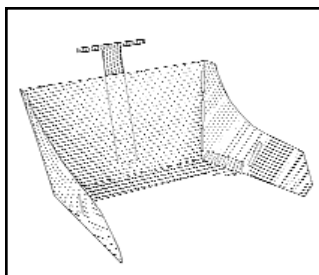
Each of The BedLounge®'s layers of comfort and support are exactly chosen for the surface that your body touches and rests on. The BedLounge® is meticulously ergonomically designed for soft, pillowy, yet supportive comfort. Infinitely adjustable . . . to be perfectly comfortable for you.

### INTERNAL FRAME

**Ultra-lightweight Feature.** The foundation around which The BedLounge® is built is a marvel of engineering. A rigid, ultra-lightweight, hollow plastic frame. No fasteners, no adhesives or glues, no rivets hold this frame together. There is nothing to come-apart, break, separate or unravel.

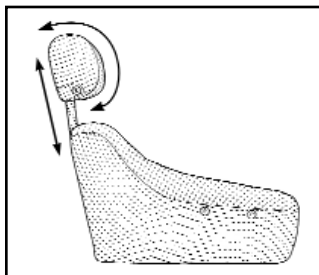
- This keeps the internal frame's weight to an absolute minimum. Though it is feather-light, it is rugged too.

In fact, made entirely of polypropylene, the internal hollow cell frame is very nearly indestructible. It's made to be tossed off your bed, bounced off the floor repeatedly — without harm. It's also about as ecological as can be, composed of high levels of post-consumer recycled plastic.



### THE HEADREST PILLOW

**Tilting Feature.** Your head and neck naturally tilt together, upward and downward, through an arc. The Headrest Pillow rotates through a full 90 degrees. It tracks or follows your head and neck's position as you move from reading to watching TV (or anywhere in between). It has earned a patent for its unique ability to move and adapt in this manner. It maintains a gentle, nestling support to your neck and head.



**Height Setting Feature.** The Headrest Pillow is adjustable in height. The Headrest Pillow is made to be positioned to your proper neck height, to your exact support and comfort level. It remains at this height by means of a specially designed friction fitting. Its height can be changed with a simple up or down movement.

A further unique feature of the Headrest Pillow is its elliptical shape. Look at it from a side view. When rotated to set on its longer side, the Headrest Pillow's oblong shape permits a greater surface contact for optimal head/neck/shoulder support. When positioned to its shorter side the Headrest Pillow comfortably cradles your head and neck.

### THE ADJUSTABLE POSTURE PILLOW

**Positionability Feature.** Where your back comes to rest against The BedLounge®, there are two slits, or apertures sewn into the cover. They let you reach into The BedLounge® and access the Posture Pillow on the inside.

The Posture Pillow is prime feather inside. It is positionable to any spot on your low back. You put the pillow exactly where it feels best. And exactly in the shape that it feels best — fluffed, flattened, folded, rolled, plumped, scrunched. The pillow is just the right size for molding into any of these forms. And then it really goes to work, gently yet firmly contouring itself to your back with proper support.

## FEATURES OF YOUR BEDLOUNGE®

### THE BEDLOUNGE® ARM RESTS

The BedLounge® Arm Rests support the upper body and distribute the weight load of your body helping to reduce the strain on your head, neck, and shoulders. They help support the lower back, as well. Using The BedLounge® Arm Rests significantly reduces the weight of your neck and shoulders as well as the pressure on your back's discs.

**Pivoting Arm Rest Feature.** Built into the frame are “living hinges”. These “living hinges” allow the arms of your BedLounge to effortlessly pivot back and forth — and to automatically return back into place.

The “living hinges” let the arms of your BedLounge® hug you, giving you that perfect enveloping fit. They swing aside for easy access — in and out of bed. The BedLounge® Arm Rests adjust gently inwards, as well. This allows you to adapt the width of The BedLounge® to your own individual body type. You get the snug, embracing support your body needs and wants. You get a “custom fit” seat every time you use it.

**Roomy Storage Pocket Feature.** The BedLounge® Arms Rests each have a buttoned pocket. In them you can store magazines, channel changers, baby bottles, reading glasses, pens, pencils, calculator, the Sunday Times — whatever you need is right at your side.

### THE REMOVABLE OUTER SLIPCOVER FEATURE

Built into, and running the full length of the arms of The BedLounge® are side pockets. The slipcover of The BedLounge® is 100% breathable, natural cotton. It is removable. It is washable.

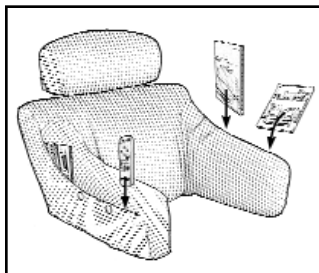
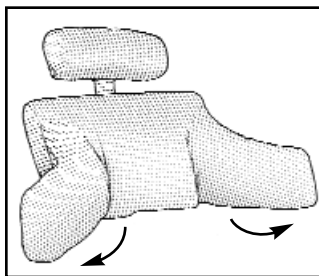
The cover is tailored and detailed, like a fine garment. Notice how it is sleek and taut across the exterior surfaces, accentuating the clean, contemporary lines of The BedLounge®'s form. On the seating surfaces where your body rests, it is soft, lush and inviting. The Headrest pillow's gentle creases compliment the pillowy, organic contours of The BedLounge®.

### THE INNER PROTECTIVE COVER

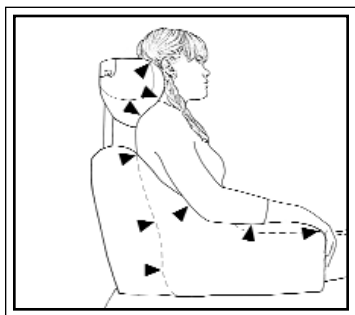
Beneath your BedLounge®'s slipcover is still another cover. Like all quality furniture, The BedLounge® has an inner cover protecting the layers of fiber, foam and feather.

### THE TIES

Tying off the laces, which are sewn at the very front of The BedLounge®, allow you to fold the arms so that you can compactly store your BedLounge®.



## WHY THE BEDLOUNGE® IS SO GOOD FOR YOU



Your back needs support when sitting, especially when you are sitting up in bed, on the floor, or on a couch. Slouching pushes the discs toward the spinal column — straining the ligaments, discs and muscles that support your neck and back.

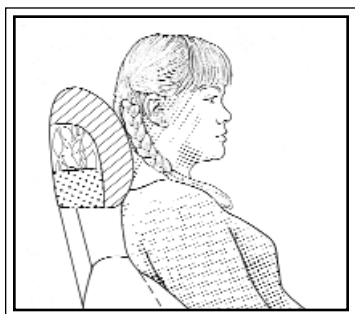
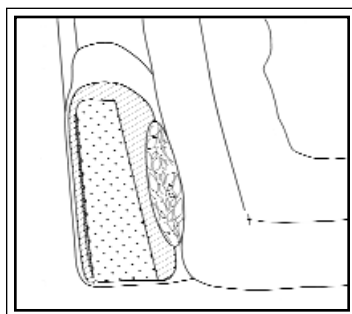
The BedLounge® is personally adjustable. It lets you sit upright in bed superbly supporting each area of your upper body: arms, low back, shoulders, upper back, neck and head.

The BedLounge®'s Posture Pillow arches your back slightly inward, like when you are standing. It helps restore the discs of your back to proper alignment so that back strain is minimized.

Your head weighs about 12 pounds. That's equal to a bowling ball! When you are sitting without your head and neck supported those 12 pounds of weight drag and strain on your neck, shoulders and back.

The BedLounge®'s Headrest is designed to be supportive without excessive pressure to the back of your neck and head. Its patented rotational adjustment adapts to whatever task you are doing — reading, computing, watching

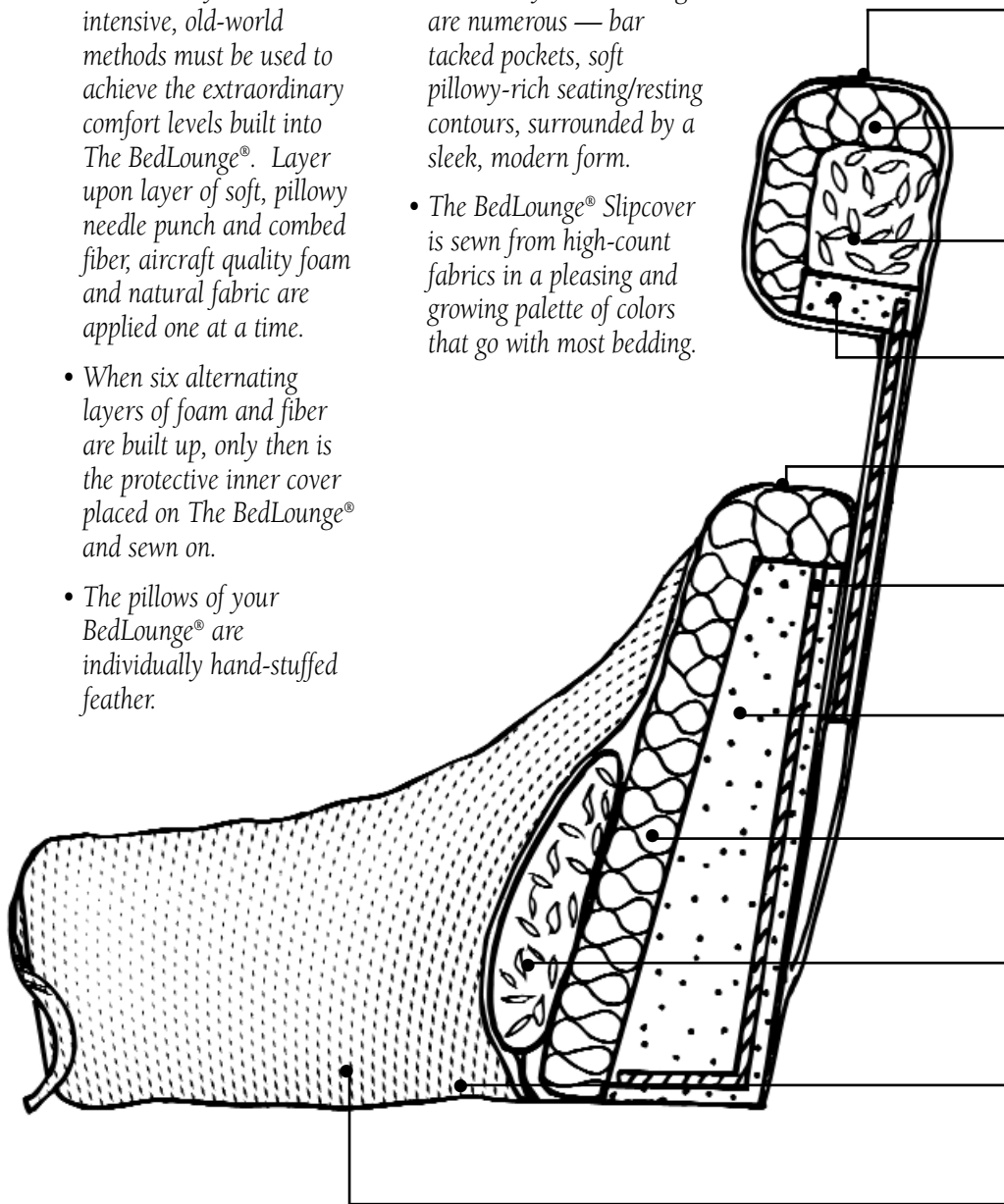
TV. The BedLounge® Headrest pillow is there for you, gently cradling your neck and head just where it will do the most good.



Over-reaching and twisting, or bending in bed can bring on — and aggravate — neck and back problems. It is nearly impossible to get consistent back, neck, arm and shoulder support with pillows. With any arrangement of pillows, the minute you move you start to lose your support system. The BedLounge® lets you consistently maintain proper support.

## BUILT LIKE FINE FURNITURE –

- Every BedLounge® is assembled by hand. Labor-intensive, old-world methods must be used to achieve the extraordinary comfort levels built into The BedLounge®. Layer upon layer of soft, pillowy needle punch and combed fiber, aircraft quality foam and natural fabric are applied one at a time.
- When six alternating layers of foam and fiber are built up, only then is the protective inner cover placed on The BedLounge® and sewn on.
- The pillows of your BedLounge® are individually hand-stuffed feather.
- The handsome exterior details on your BedLounge® are numerous — bar tacked pockets, soft pillowy-rich seating/resting contours, surrounded by a sleek, modern form.
- The BedLounge® Slipcover is sewn from high-count fabrics in a pleasing and growing palette of colors that go with most bedding.



## FOR YOUR BED

removable and washable headrest slipcover

layers of pillowy, combed fiber

feather pillow insert

conforming, high-density foam

protective, fitted inner cover

ultra-lightweight, hollow polypropylene rigid frame

supportive, aircraft grade open-cell foam

plush two-inch combed fiber

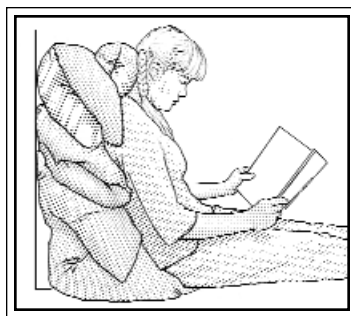
prime feather, hand-stuffed adjustable Posture Pillow

internally hinged, pivoting armrests

100% natural cotton, removable slipcover

## THE PROBLEMS WITH PILLOWS

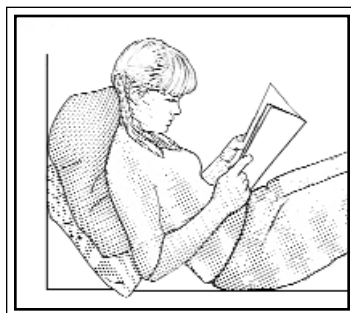
Pillows have a problem. They settle and compress as you recline in them. With pillows you are unaware that you are losing the support. What you first start with is not the same support that you end up with. They continue to settle. Shortly, your back is bent out of its natural “S” curve giving you a strained, hunched posture. All the while you believe yourself to be just relaxing.



Putting in several hours of unsupported lounging continuously strains your back and reinforces poor alignment and body posture. Poor or slouching posture impacts breathing by reducing lung capacity. Further, slouching posture in bed affects your digestive processes by un-naturally compressing your stomach and intestines. When sitting in The BedLounge®, you are sitting upright and supported.

## BUT WHAT ABOUT FIRM PILLOWS?

There's a different problem with firm pillows. They tend not to give. A too firm pillow can harm your back because it pushes your neck or back outward — putting undue tension and strain on the muscles, discs and ligaments of the neck and back. The BedLounge's feather & down pillows in combination with the foam and soft fiber layers give you the exquisitely comfortable and underlying firm support your body needs.

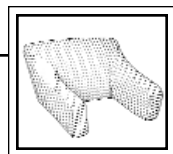


### OVERALL BENEFITS

*Here's the best way to think of all the BedLounge®'s benefits. The BedLounge® does for you sitting in bed — what a top quality mattress does for you lying down in bed.*

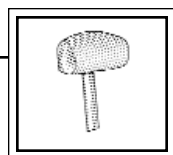
*Designed by one of the world's leading back doctors, The BedLounge® gives you the unrivaled upright sitting posture in bed.*

### *Removing the Outer Cover:*



- ➊ Remove the Headrest Pillow from The BedLounge®.
- ➋ Remove the Posture Pillow from inside The BedLounge®. Unbutton the tether that attaches the Posture Pillow to The BedLounge®.
- ➌ Unzip the cover. (The zipper runs along the bottom of The BedLounge®.)
- ➍ Fold in one arm of The BedLounge® (this makes it easier to get the cover off). Pull the cover off.

### *Removing the Headrest Slipcover:*



- ➊ Unzip the Headrest Slipcover. (The zipper runs along the base of the Headrest).
- ➋ Remove the Slipcover from the main pillow portion of the Headrest.
- ➌ Carefully pull the slipcover off of the stem portion of the Headrest.

### *Washing Your BedLounge® Slipcover:*

Cold water machine wash with a cold water detergent such as Woolite. Use gentle cycle.



### *Drying Your BedLounge® Slipcover:*

Tumble dry on Air Setting (no heat). As with all natural fabrics, washing in hot water or drying on a heat setting may cause shrinkage of the slipcover.



### *Posture Pillow & Headrest Care:*



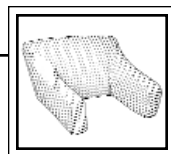
Your BedLounge® Posture and Headrest Pillows have prime feather inside of them. Air them out near an open window or in the sun, as you would with a pillow or duvet. If they require cleaning, upholstery clean them.

*Note: Do not in any way attempt to remove the protective inner cover of the Headrest Pillow. If Headrest requires cleaning, clean as you would upholstered items.*

## YOUR REMOVABLE COVER

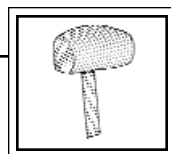
### *Replacing BedLounge® Cover:*

- 1 Fit the cover onto the top shoulder portion of The BedLounge®.
- 2 Individually bend each BedLounge arm outward to create slack in the slipcover.
- 3 Place the slipcover onto the arm.
- 4 Make certain that slipcover is properly aligned on each BedLounge® arm.
- 5 Pull the cover onto the rest of The BedLounge®. Zip slipcover up.
- 6 Button Posture Pillow onto tether. Replace Posture Pillow inside The BedLounge®.



### *Replacing Headrest Pillow Cover:*

- 1 Begin with the stem. Work the cover up the length of the stem. Note: Be sure that the stitching of the cover is facing the front of the Headrest.
- 2 Pull the cover over the main portion of the Headrest pillow. Zip it up.
- 3 Replace the Headrest into The BedLounge®.

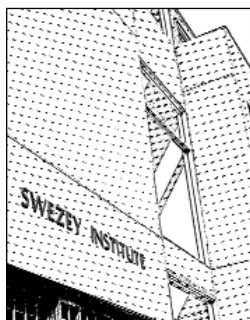


## STORAGE

Your BedLounge is made to fold and store easily.

Fold and tie your BedLounge®. Slip it on a hanger through the arms where the laces tie. It is so lightweight it stores right in your closet. Or, fold it, tie it, turn it over and it stores as an attractive bolster on your bed.

*Your BedLounge® is the result of over 2 years of intensive design and engineering efforts by Cequal Products and The Swezey Institute.*



**The Swezey Institute** is recognized as one of the world's leading non-surgical back pain relief facilities. Within the Institute are The Osteoporosis Prevention & Treatment Center, The Arthritis and Back Pain Center, and The Musculoskeletal Education & Research Foundation (a non-profit foundation). The Swezey Institute was founded by Dr. Robert L. Swezey, MD, in 1986.

**Cequal Products** is an outgrowth of The Swezey Institute. Cequal and The Swezey Institute are exclusive partners in creating new and meaningful products for posture fitness. The Institute is the source of the knowledge, credibility, ideas and clinical research from which Cequal develops, manufactures and brings to market this applied knowledge and products.



*The Leaders in Posture Fitness™*

**Dr. Robert L. Swezey, M.D., F.A.C.P., F.A.C.R.,** is a Clinical Professor of Medicine at U.C.L.A. He is University of Minnesota/Mayo Clinic trained and is board certified in 3 specialty areas: Physical Medicine & Rehabilitation, Internal Medicine, and Rheumatology. Dr. Swezey is founder and director of the renowned Swezey Institute, and a pioneer in the non-surgical treatment of back pain. Dr. Swezey is recognized in the current edition of [The Best Doctors in America](#) (selected from a nationwide poll of 17,000 leading physicians). Dr. Swezey served on the President's panel, the Agency for Health Care Policy and Research, developing the state-of-medicine guidelines for assessment and treatment of back problems.

T H E  
**BedLounge®**  
Flex-Arm

**LIFETIME WARRANTY ON INTERNAL FRAME**

The Internal Frame of The BedLounge® is warranted to the original purchaser to be free of defects in material or workmanship during the the lifetime of the original owner. Cequal Products at its sole discretion will repair or replace the defective part with not charge to the owner.

**BEDLOUNGE® LIMITED WARRANTY**

The BedLounge® is warranted to the original purchaser to be free from defects in material and workmanship for a period of one year from the date of purchase.

Naturally, this warranty does not cover normal wear and tear, or damage resulting from improper use or product abuse. Cequal Products, will at its option, repair or replace at no charge any BedLounge® which it finds to be defective in material or workmanship, and return it postage paid.



*The Leaders in Posture Fitness™*

1.800.860.3949



[www.cequal.com](http://www.cequal.com)

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