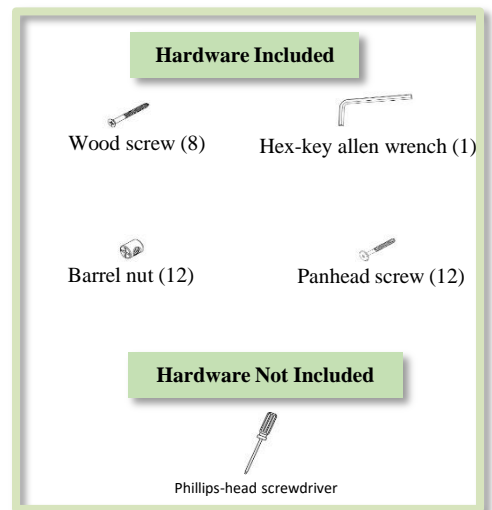
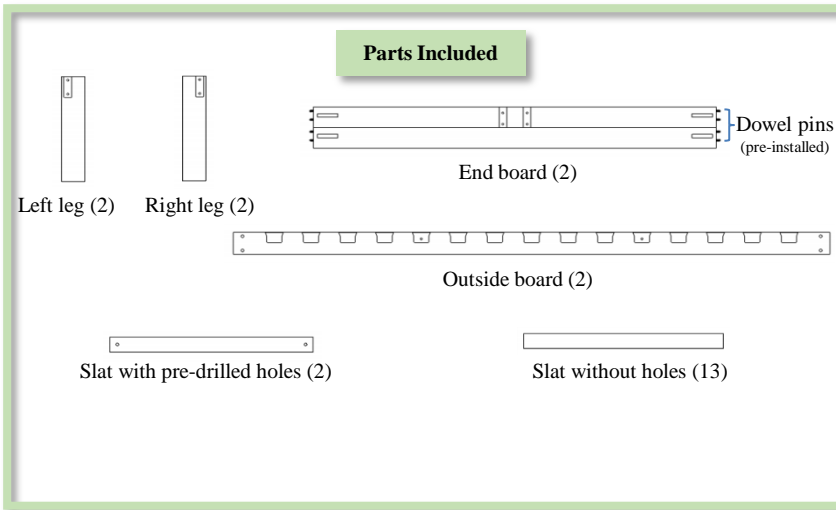


# Assembly Instructions

## My Green Platform Bed

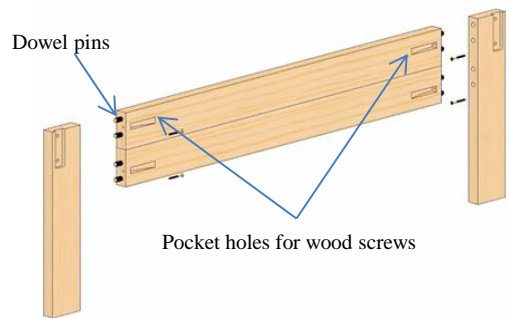
### Twin

Watch our instructional video on our website:  
[mygreenmattress.com/product/my-green-platform-bed/](http://mygreenmattress.com/product/my-green-platform-bed/)



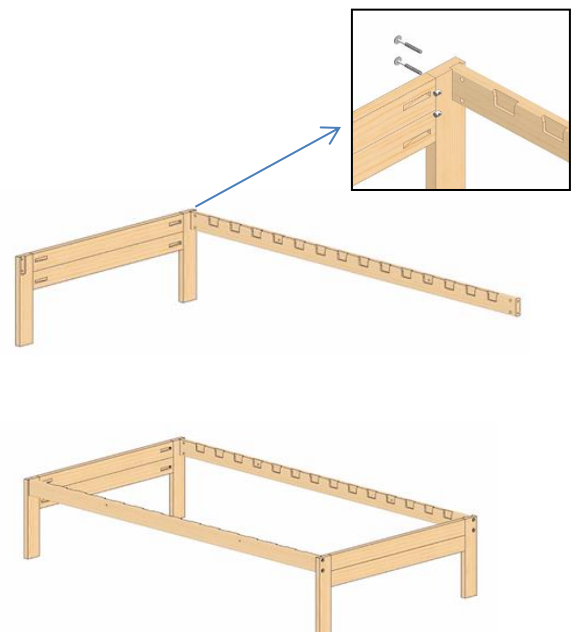
### Step 1. Attach legs to end boards

- Align one end board, one right leg, and one left leg so that pockets are all facing the same direction.
- Fit the dowel pins on the end board into the pre-drilled holes on the legs.
- Insert one wood screw into each of the four pocket holes on the end board.
- Use a Phillips-head screwdriver to tighten each wood screw.
- Repeat above steps using the opposite end board, right leg and left leg.



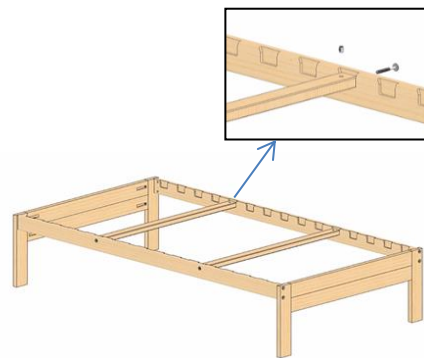
### Step 2. Attach two outside rails

- Locate an outside rail.
- Position the rail such that the notches are on top and facing in toward the middle of the bed frame.
- Insert one end of the rail into the notch on one of the legs.
- Insert a barrel nut into each of the two pre-drilled holes on the rail.
- Insert a panhead screw into each of the two predrilled holes on the leg. Be sure screws go through the barrel nuts in the rail. Tighten the panhead screws by hand for now.
- Insert the opposite end of the rail into the notch on the opposite leg.
- Insert a barrel nut into each of the two pre-drilled holes on the rail.
- Insert a panhead screw into each of the two predrilled holes on the leg. Be sure screws go through the barrel nuts in the rail. Tighten the panhead screws by hand for now.
- Repeat all steps above to attach the second outside rail. Ensure that the notches in the second outside rail are on top and facing toward the middle of the bed frame.



### Step 3. Attach the two slats with pre-drilled holes

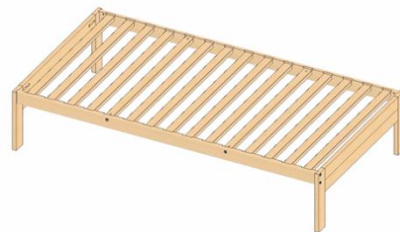
- Locate a slat that has predrilled holes.
- Locate a set of notches on the rails that have predrilled holes.
- Lay the slat into the notches.
- On one end of the slat, insert a barrel nut into the pre-drilled hole. Do the same on the other end of the slat.
- On one of the outside rails, insert a panhead screw into the pre-drilled hole. Be sure the screw goes through the barrel nut in the slat. Tighten the panhead screw by hand for now. Repeat this step on the other outside rail.
- Repeat all steps above to attach the other slat that has pre-drilled holes.



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### Step 4. Attach the remaining slats

- Attach the remaining slats by inserting them into the remaining notches on the rails.
- No hardware needed.



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### Step 5. Tighten all panhead screws

- After all parts of the platform bed are assembled, use the included hex-key allen wrench to tighten all of the panhead screws.
- Re-tighten the panhead screws every six weeks to ensure the bed remains sturdy.

