

sleep  number

# ComfortMode™

**USER GUIDE**

# comfort

THAT CHANGES WITH YOU

Because life keeps moving, you can adjust the mattress perfectly for whatever you need. Every night, year after year.



## ▶ GET STARTED

### 1. Wake up your remote

Insert two AA batteries (included). Your remote will turn on by picking it up or by pressing any button.

### 2. Connect your bed and remote

Unplug and re-plug your bed into a wall outlet. Easy-to-follow instructions on your remote will guide you through the next steps. When prompted on FlexFit® or DualTemp®, press SKIP to continue. If your remote is delivered during initial bed setup, a Home Delivery Technician will connect the bed and remote.

### 3. Name each side of the bed

Follow the steps on your remote to enter your names on each side of the bed.



## ▶ FIND YOUR SLEEP NUMBER® SETTING


It's normal for your Sleep Number® setting to be different from the one you learned at a store, and for your setting to change over time. Here's how to adjust to your ideal comfort and support, whenever you like.

- Begin by lying on the bed in your preferred sleeping position.
- With your remote in hand, press and hold Enter to get to the home screen.
- Press Left/Right to choose your side of the bed. Left and Right are indicated as though you are lying on your back on the bed.
- Press ⌚ and choose Find Sleep Number. Follow the instructions on your remote to find your favorite setting. This may take a few minutes.

### How to tell if you're aligned and supported:

- Your neck and back should be in a similar position to when you're standing.
- If you sleep on your back, you should feel the mattress "fill in" to support the small of your back.
- If you sleep on your side, you should feel the mattress "fill in" to support the curves of your side.

## ↕ SAVE YOUR SLEEP NUMBER® SETTING

Press Left/Right to choose your side of the bed. Press the Up/Down button to choose your favorite setting, then press  for two seconds to save. Try sleeping at your new Sleep Number® setting for a few days.

### How to tell if you should adjust your setting:

- At the right setting, your body will feel relaxed and supported. If your mattress is too firm or too soft, your body may tense up to compensate.
- If you're tossing and turning at night, or feeling stiff, your mattress may be too firm. Try lowering your setting until you feel yourself relax into your mattress.
- While in bed, are your hips lower than your shoulders? Your mattress is probably too soft. Try increasing your setting until your hips and knees feel well supported.

## ↕ TROUBLE SHOOTING

### Adding a remote

- Press Enter on your current remote and choose System.
- Next, choose Settings then Add Remote.
- Instructions on your remote will guide you through the setup.

### Replacing your remote

- Unplug and re-plug your bed into a wall outlet.
- Within 60 seconds, insert two AA batteries (included) into your new remote. Your remote will turn on simply by picking it up or pressing any button.
- Easy-to-follow instructions will guide you through the next steps.



## Any questions?

Visit [sleepnumber.com/support](https://sleepnumber.com/support)  
or scan QR code below

Call Customer Service 1-888-411-2188



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