



By Nature's Sleep®

MATTRESS MASSAGE TOPPER

OWNER'S MANUAL

Installation & Operation



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SAFETY & WARRANTY WARNINGS

READ THE FOLLOWING "SAFETY INSTRUCTIONS AND WARNINGS" CAREFULLY BEFORE USING THIS PRODUCT to ensure proper operation. If you do not understand this "Safety Instructions and Warnings", please contact the distributor or technician. Otherwise, personal injury or damage to the user may occur.

DANGER:

- Always unplug the topper from the electrical outlet immediately after using and before cleaning.
- DO NOT reach for a device that has fallen into water. Stand on a dry, clean floor and unplug it immediately when it falls into the water.
- DO NOT use while bathing or in a shower.
- DO NOT place or store device where it can fall or be pulled into a tub or sink.
- DO NOT place in or drop into water or other liquid.
- NEVER use pins or other metallic fasteners with this device.
- DO NOT use near explosives.
- DO NOT forcefully hit the power unit.
- DO NOT hit the center black plastic plate and lie down carefully incase hit the head.
- Carefully use the heating mode. Serious burns may result. DO NOT use on insensitive skin areas or with poor blood circulation. It can be dangerous for children or incapacitated people to use the heating function unattended.

WARNING

- A device should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts or attachments.
- Close supervision is necessary when this device is used by, on, or near children, invalids, or disabled persons.
- NEVER operate this device if there is a damaged cord or plug, if it is not working properly, or dropped into water. Return the device to a GhostBed Service Center for examination and repair.
- Keep the cord away from heated surfaces.
- NEVER drop or insert any object into any opening.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- DO NOT carry this appliance by the supply cord or use cord as a handle.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- NEVER operate the device with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Carefully use the heating mode. Serious burns may result. DO NOT use on insensitive skin areas or with poor blood circulation. It can be dangerous for children or incapacitated people to use the heating function unattended.
- This device has an overheat protection circuit, if the power is off, please wait for the product to cool down before use.
- Do not use massage for more than 30 minutes per day.

Warranty Warning

Do not open or tamper the power unit, disassemble the topper or remote (except the battery compartment). If all of these parts are tampered with, the warranty will be ineffectiveness.

- People with any of the following conditions consult a doctor before using this device:

Use electronic medical devices implanted in the human body, such as pacemakers, etc.; People who are being treated by a doctor, especially those who suffer from chronic pain and illness. Patients with conditions such as cancer, heart disease, and those in emergency care for medical conditions or recovery. Women who are pregnant. People with osteoporosis or spinal cord injuries. Those with skin or skin conditions. Mentally disabled people must operate the device under supervision and never operate alone.

- DO NOT allow children to play on this device. DO NOT allow more than one person to use the device at the same time.
- If the power cord or plug is damaged in any way, DO NOT use it, disconnect the power cord immediately and call GhostBed to contact technical support for repair or replacement. To prevent damage to the power cord, do not bend, pull, or twist the power cord excessively. It is not recommended that children use this device.
- This device should only be carried out by GhostBed's authorized repair personnel.
- Do not use this product as a substitute for medical care.
- This product is intended for household use only.

PRODUCT PARTS LIST

This device contains the following product parts, please make sure that the following parts are complete and complete before discarding the packaging.

1



Control Box & Remote

2



Adaptor

3



Removable & Washable
cover

4

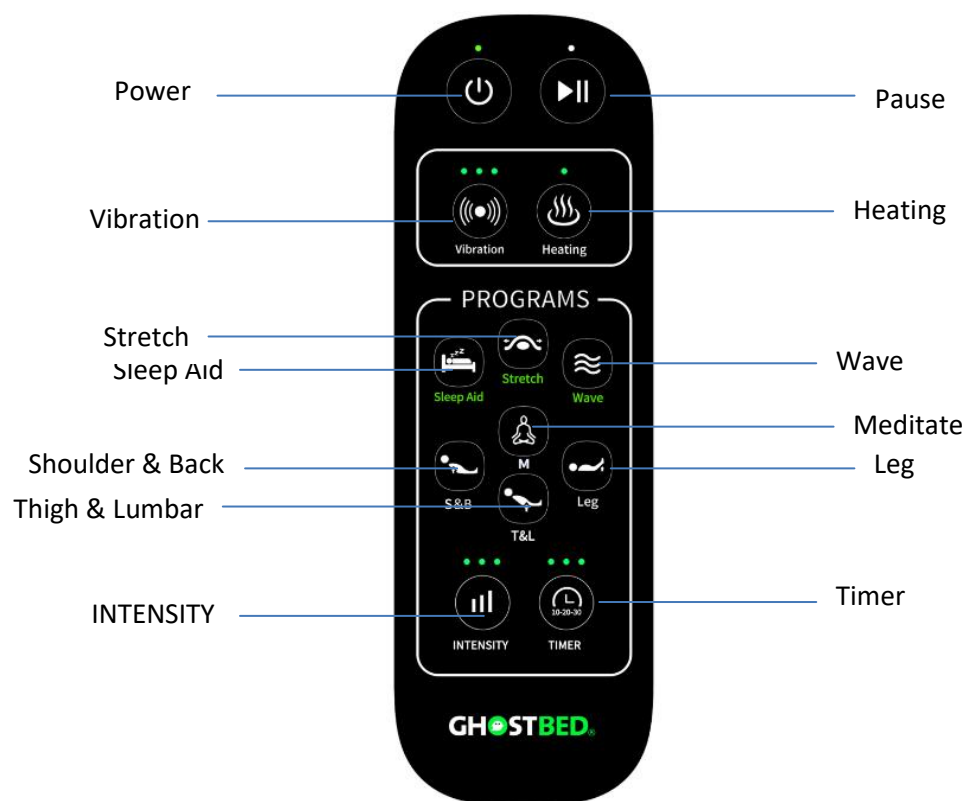


Carry bag

ASSEMBLY INSTRUCTIONS

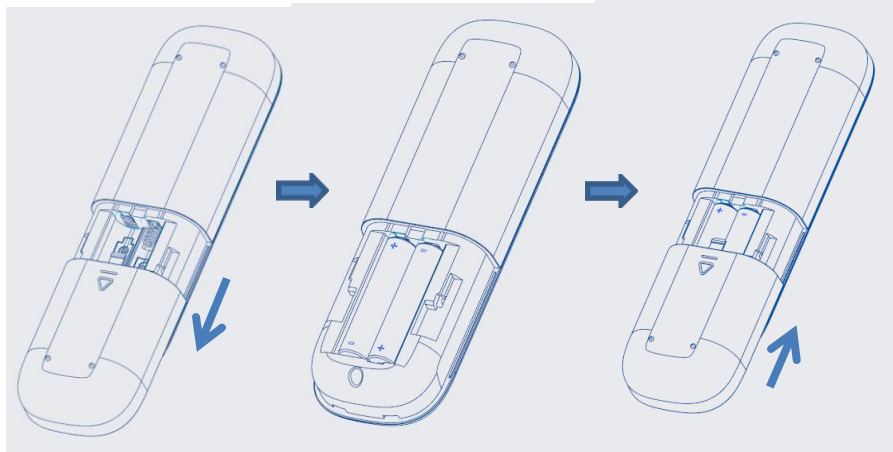
1. Open the box.
2. Remove the power unit accessory box and topper. Place the accessory box on a flat surface, taking care not to drop it. Lay the topper flat on the bed or on a clean, flat surface
3. Uncover the topper vacuum bag: Carefully cut the topper vacuum bag with scissors, taking care NOT to cut the topper. Check the spare parts: carefully take out the spare parts box, and count the spare parts.
4. Insert the black tube from the topper into the power unit, making sure the hose connector is flush with the housing. When the topper is ready to use. Insert the round end of the power adapter into the round hole at the end of the power unit and insert the square end of the adapter into the 120 volt outlet.
5. Removable washable cloth cover: can be laid according to actual needs, the open end (including binding) and the thin pad square plastic parts at the same end. When using the cloth cover, be careful not to knock the head on the square plastic box where the head of the thin pad is.

REMOTE CONTROL INSTRUCTIONS



Remote battery installation instructions:

The remote control requires 2 AAA batteries, follow the steps as follows:



INSTRUCTIONS FOR USE

1. Unfold the Mattress Massage Topper and place on the mattress. Alternatively, the mat can be placed on a clear and flat floor..
2. Remove shoes, scarves, ties, belts, and jewelry. Wear soft, comfortable clothing.
3. Lie down on the topper on your back with your head nearest the center black plastic plate. And put your own pillow under your head.
4. Before lie down. Turn on the power unit by press and hold the power button for two seconds. A steady green light confirms the topper is powered on.
5. Turn on the remote power by press the power button. Then start to do the massage.
6. Choose your programs by remote or down the app from APP store or Google Play by "GhostBed:

Three general body relaxation modes to make relaxation more comprehensive:

Sleep aid: relax the muscle from lower leg, thigh, lumbar to back, and doing the sleep guide at last for better fall asleep.

Stretch: Stretch and relax the muscles from lower leg, lumbar, thigh and back to make the legs and back are more relaxed.

Wave: Stretch and relax your whole body muscles and experience the surf stretch in the sea from back, lumbar, thigh to lower leg.

Four major topical and combined massage modes to get the stretch even more in place:

Leg: Stretch the legs, promote blood flow to the legs, and help eliminate leg edema.

Thigh & Lumbar: Stretch and twist the thigh and lumbar to make the thigh and lumbar more flexible.

Shoulder and back: stretch and twist the shoulder and back. To effectively relieve the muscle pain of the upper shoulder and back, and tighten the back for beautiful back.

Meditate: Through 5-5 breathing guidance, release the pressure and anxiety to fall asleep faster with a better sleep.

7. Choose your intensity level for programs:

LOW = 1 green light

MED = 2 green lights

HIGH = 3 green lights

We recommend starting on LOW intensity as you can at first and increase the intensity during the program later as you need.

8. Choose the massage timer for programs:

10mins= 1 green light

20mins = 2 green lights

30mins = 3 green lights

We recommend starting on 10mins as you can at first and increase the intensity during the program later as you need.

9. Choose the vibration to relieve muscle soreness separately if need. And choose your intensity level:

LOW = 1 green light

MED = 2 green lights

HIGH = 3 green lights

We recommend starting on LOW intensity as you can at first and increase the intensity later as you need.

10. Choose the heating to relieve lumbar pain separately if need. And choose your intensity level:

LOW = 1 green light

MED = 2 green lights

HIGH = 3 green lights

We recommend starting on LOW intensity as you can at first and increase the intensity later as you need.

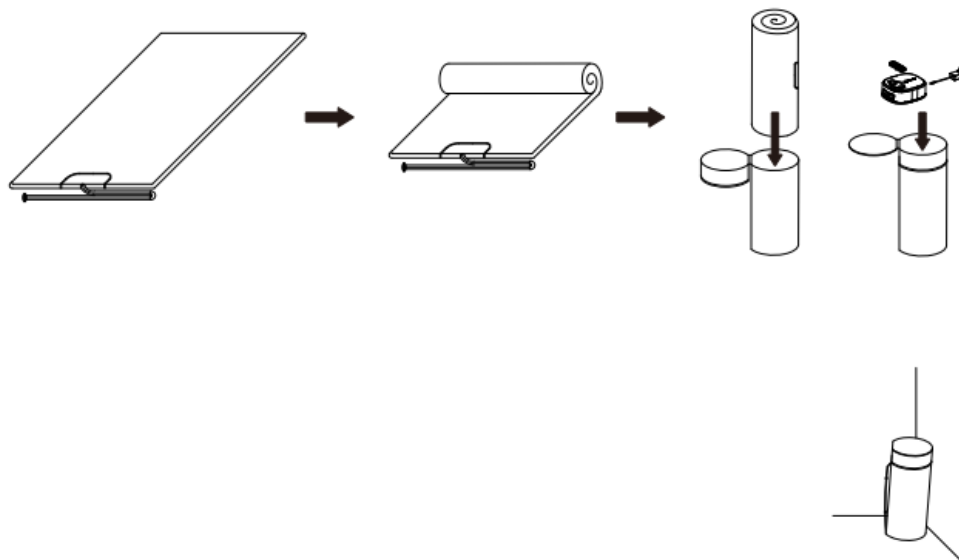
INSTRUCTIONS FOR MAINTENANCE

FOR STORAGE: As the following image shown:

Roll up the topper from the foot end and place it in the travel bag. The power unit and adapter are placed in the upper pocket of the travel bag.

Keep the topper in a cool, dry place while avoiding sharp edges or sharp objects that could cut or Pierce the surface of the fabric.

To protect the power unit, the travel bag upper pocket with power unit needs to keep life up in an upright position.



FOR CLEAN: Unplug the device and allow it to cool before cleaning. Clean only with a soft, slightly damp sponge. Never allow water or any other liquids to come into contact with the unit.

DO NOT immerse in any liquid to clean.

NEVER use abrasive cleaners, brushes, gasoline, kerosene, glass/furniture polish, or paint thinner to clean.

DO NOT attempt to repair the topper. There are no user-serviceable parts. For service, please contact GhostBed's call center: Tel: 855-855-4499, E-mail sleep@GhostBed.com, or write to GhostBed, Inc., 7143 West Broward Blvd, Plantation, FL 33317.

QUICK QUESTIONS AND ANSWERS

QUESTIONS	ANSWERS
Topper cannot be turn on	1. Verify that the massage topper is properly setup and the power cord energized 2. Check does the power unit green light lit 3. Reset and restart 4. Cooling equipment
Remote control does not work	Check the battery, Replace the battery with a new one
The remote power and power unit are turned on, but the remote cannot control the topper	Re-sync the remote and topper as following steps : 1. Turn on the power unit. 2. Press the power unit button in 5 times till the green light flashed 3. Turn on the remote 4. Press and hold the remote INTENSITY button at first, then press the PAUSE button, till the power unit flashed green light charge to normal(without flash)

FCC COMPLIANCE STATEMENT:

This device complies with part 15 of the FCC Rules.

Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and

(2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this

equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

Warning: Changes or modifications to this unit not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

FCC Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.

THANK you for purchasing



MATTRESS MASSAGE TOPPER

If you have had any issues with the assembly process, you can contact
GhostBed Customer Service by calling 855-855-4499; email sleep@GhostBed.com;
or mail to: GhostBed, Inc, 7143 West Broward Blvd. Plantation, FL 33317