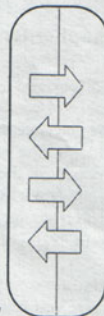


THE CARE AND FEEDING OF YOUR NEW FUTON

The FUTON is based on the combination of a specially shaped foam surrounded by cotton fibers shred from cotton batting. The foam is shred in a patented shape that enhances the loft, comfort and support. These pieces are then mixed with cotton batting that is shred to a fibrous form. The cotton fibers bind two pieces of foam together, kind of like a velcro, creating a "structure" of foam and cotton, but also allowing you to "break up" the structure by pulling apart the bond and shaping the FUTON into the shape you desire. Then, as it is used, the FUTON will begin to develop a new structure. For best use and care of your FUTON, here are some fluffing, straightening, shaping and folding suggestions. These will help in adding to the comfort and longevity of your FUTON.

DIAGRAM 1

Top view of Futon edge



The first thing to learn is breaking up the old structure. To do this, place the FUTON on its edge, and begin hitting it along the perimeter. This is the **PERIMETER BREAKING STEP.**

As you hit the FUTON, it will begin to spread as the foam and cotton are broken up. Feel for bulky areas, and break up the bulk. Continue hitting (fluffing) along the perimeter, going back and forth across the edge (SEE DIAGRAM 1) so you are fluffing more and more of the FUTON.

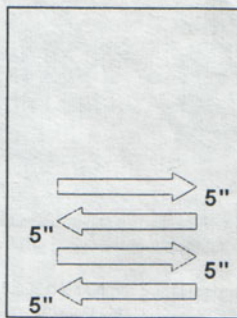
The more thoroughly you break up the structure, the more easily the foam and cotton will flow into place when we shape the mattress. This will pull apart fibers and separate foam. Continue along the top, striking back and forth, then down the end of the FUTON, then flip the FUTON continuing along the opposite edge and down the other end. We are now done with the perimeter breaking.

with closed fist

The next step is the **PUNCH and PULL STEP.** To do this lay out the futon, and punch and pull foam and cotton around to spread out evenly and put some in corners and along edge. Then on to the straight down punching step. NOTE: For Bi-fold FUTONS, see special Punch and Pull shaping hints)

DIAGRAM 2

Futon flat



Next, we begin what I call the **"SYSTEMATIC BREAKING STEP"**. This process achieves two goals. First, the procedure spreads the foam and cotton more evenly. Secondly, it spreads the foam and cotton a little heavier in the direction you are working. Working from the foot end to head end makes the upper end heavier which is good for bed as your upper body is heavier than your legs. In Bi-folds you work from the center out each way making the FUTON couch a little heavier on the ends where people tend to sit.

After laying the FUTON out flat, start at one end striking straight down with your fist and go back and forth across the face of the mattress, moving up the mattress about five inches with each stroke (SEE DIAGRAM 2).

Start the "Systematic Breaking" at the foot end of the bed. As you move back and forth across the mattress, moving up toward the head of the bed, the foam/cotton mixture will also begin to spread upward. This is good because your upper body is heavier than your legs and so needs more support. When you strike up to about the middle of the mattress, and you can reach no further, step up to the top of the mattress and reach down striking straight down again, working back toward yourself.

The next step is filling the edges and **SPREADING THE FUTON TO ITS FULL SIZE.** You will note the systematic breaking does not fill the edges. To do this, we slap and pull the stuffing to the edge. This action is similar to brushing something off the edge. Start the pull about 12 inches from the edge. Use an open palm and

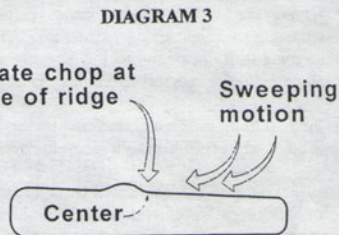
a firm, brisk slapping action, pulling foam/cotton to the sides. Be sure each stroke continues all the way off the edge. You will probably feel some heat from the friction at first. Too hot? Try several lighter strokes.

This done, the bed is almost ready. Now we do the special shaping for our individual needs.

The foam/cotton combination allows for individual shaping and, once the FUTON is shaped, it will develop a structure and hold that shape until the next time you fluff to break up the structure and reshape the bed. I advise doing this every 4 – 7 months. I notice my queen FUTON begins to lose some of its special comfort after about 4 months, but it does not hurt to wait longer. Fluffing also helps because you are rotating the position of the foam/cotton so that the outside pieces that are not always being used can be transferred to the middle and vice versa.

Special Shaping for Mattress Use:

One thing I discovered in working with patients in the hospital is that their legs do not need or want firm support. They are light, so they like light support. The place we need extra support is under the hips and lower back. Most beds after a time get soft under our hips and let the hips roll backward, which is very bad for the back. With this FUTON, you can shape support just where you want it. Using a gentle sweeping motion, move the top layer of foam/cotton from the leg area up toward the hip and lower back area. A ridge will form. A higher ridge gives more support. (See Diagram 3).



As you move the foam/cotton up, it will get heavier and will need a firmer stroke to move it. As you approach the place where you want the extra support, your stroke can become more of a dig to accentuate the ridge. Once you get an area of support where you want it, you can help "lock it" there by doing a karate chop at the base of the ridge. This will help shape an edge to the ridge. The ridge will flatten after you have slept on it, but it will maintain the extra firmness because of the extra foam and cotton. The lower back will be in different places for different people. At 6'3 I've found the extra support to be best about 3 inches above the center of the mattress. The shorter you are, the higher up above the center your support will be. Of course, this will also depend on where sleep on the mattress. If you sleep more down toward the center. It will lower the position of your lower back.

General Rule:

<u>Your Height</u>	<u>Position of Ridge Above Center</u>
6'3	3"
5'8	3 ½" – 4"
5'5	4 ½"
5'0	4 ½ " – 5"

Another nice feature about this mattress is that you can actually fine tune each side for two different people adjusting the support ridge to different heights.

One more feature to point out about the support ridge near the center – it makes sleeping on your stomach extremely comfortable because your back is not bowed down into the mattress but rather is held up as your body "hangs" over the ridge. Try it, you'll be surprised how comfortable sleeping on your stomach can be.

A woman with a concave-shaped back bought a FUTON. We worked up a mound of support to shape into her back, as well as a small extra firm area for her hips. Another man needed his knees bent so we put a small object under the FUTON. The FUTON gently curved over it, giving him a nice bent place for his legs. The

list goes on. Be creative. Find your own perfect shape.

Another thing to remember is that more foam/cotton adds loft, making the FUTON softer; less makes it firmer. The FUTON comes with extra foam/cotton. If you want it firmer, take some out; if you want it softer, put some in. Need more? Ask for it. It's free. That is part of the guarantee.

Some final hints about shaping" As you sleep on the FUTON, sometimes ridges will form beside you. Example: Ridge may form between two people (See Diagram 4).

The way to compensate for this is to hollow out the area down the center where the ridge usually forms. To do this, use a gentle slapping action to hollow this center area (See Diagram 5).

As the ridge fills the hollow area overnight, it will level and the FUTON will become smooth.

Another hint: Lying on the ridges will also flatten them - try sleeping in the center one night. A little effort every couple of months will give you a FUTON with a high degree of comfort and long, long life.

FINAL STEP: BODY ROLL - To firm mattress and stop movement of foam/cotton, we want to push pieces together. To do this effectively, use your body like a giant rolling pin rolling to press foam/cotton together.

Body roll lengthwise from bottom to top 12 times. For doubles and queens do 12 first facing head to left, then 12 more facing head to right.

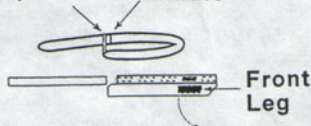
Folding FUTON into Tri-fold Frame

Having shaped the FUTON, flip the FUTON to the upholstered side up and make a dent across it. The placement of this dent is at about 28 inches from the foot end. (See Diagram 6).

Next, put your arm under the dent of the FUTON and lift up, folding the FUTON back under itself. The FUTON is basically folding into thirds. If the top third is too big, the back of the FUTON couch will be floppy. If the top third is too small, the back is not adequate and the seat is too large. Fold the FUTON until the bottom edge of the FUTON is centered slightly above the middle of the top two thirds of the FUTON. (See Diagram 7).

DIAGRAM 7

Strap Slightly Above
Middle of Top Area Middle



If your FUTON has a strap and a loop, put the strap across the FUTON through the loop and make it snug (do not pull tightly, as it will only compress the FUTON). To form the knot, take the strap (1) up, (2) over, and (3) back through itself to form a bow that can easily be pulled to untie (See Diagram 8). This is known as a half-hitch knot. If your FUTON is a basic white one without the strap and loop, you will fold it the same, except you won't tie it down.

Now the final steps to fold the FUTON into the frame; With the FUTON folded and strapped (or unstrapped), pull the FUTON to the head end of the frame.

DIAGRAM 4



DIAGRAM 5

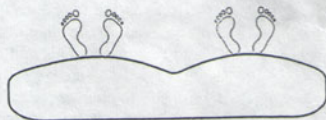
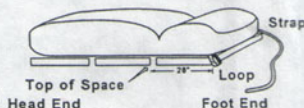


DIAGRAM 6



Then, pull up the back of the FUTON frame locking small leg into the grooves. Now push down on the end of the back section folding the front section under the middle section. (Front section will swing under the middle section. (See Diagram 9).

If the FUTON has slipped a little, gently lift it onto the frame. Then push it in on The strap (or unstrapped) area to shape the back of the couch.

FINAL STEP: Hold the strap in place with your hand while sitting to shape the seat. For added beauty, smooth the fabric behind the strap. You are holding the strap in the fold at first when you sit to keep the strap from popping put. Once the shape of the seat is made, the strap will stay in by itself.

If the top edge of the couch gets depressed, just use your hands to sweep up, putting firmness back in the edge. Lay out the FUTON in the bed position to brush off the edge to firm it up. This motion is similar to the Brush Off Stroke.

If you need to change part of the mattress, only break up the area to be moved Ex: Break up the foot area to bring more support to the lower back.

If the FUTON is used mainly in the lounge position, you can move more foam/cotton into the area where you sit for greatest comfort.

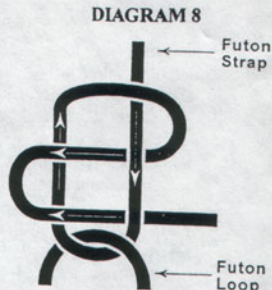
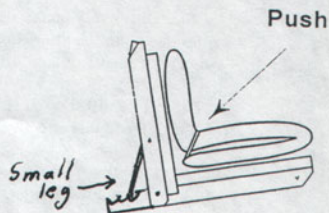


DIAGRAM 9



SPECIAL HINTS FOR BI-FOLD FUTONS:

1. Systematically break from the center out to increase loft at either end where people tend to sit. If you use the bi-fold every night for sleeping or have a long-term guest, see the mattress use instructions for special shaping hints..
2. In bi-folds, the back area is better if thinner. So you can improve seating area and back area by moving some foam off the back and adding it to the sitting area.
 - A. During the Punch and Pull step move the extra foam/cotton off the back down to about 6" below center accentuating the quantity placed at either end where people tend to sit near arms.
 - B. Move a little foam/cotton from the center of seat section sweeping up to the sitting area near the ends. (Lower center will automatically refill itself after a short time of use).
3. When folding the bi-fold, the FUTON tends to slip forward so if you start the fold in the center of the FUTON; the FUTON ends up 3-6 inches hanging off the front of the frame. Follow these steps to perfect couch positioning:
 - A. Slide the FUTON back on the flat frame so that the front edge of the FUTON is about 16" back from the front of the frame.
 - B. Find the middle of the FUTON (not the frame).
 - C. Put your fist about $\frac{1}{2}$ in front of the middle line.
 - D. Then push down and back with your fists at that point while pulling up to fold the frame.
 - E. Now, for added beauty step to the front and push down and back into the fold point. (4" in front of middle) going across front of FUTON to improve the fold area.

F. Finally, holding the fold area, sit repeatedly along the FUTON to lock in the fold.

4. To refold, first pull the frame forward to unlock it, then pull back the FUTON 16" pushing fist 4" in front of center of FUTON. (See # 3 above).

EXTRA HINT FOR QUEEN SIZE FUTONS

For queens because they are wider, put our fist 5-6 inches in front of the middle line for a better fold point.

BRIEF OVERVIEW OF ALL STEPS

For Bed FUTONS:

1. Perimeter Breaking
2. Lay flat to Punch and Pull *(with closed fist)*
3. Straight down punching starting from foot end.
4. Spread to full size with brush off stroke.
5. Stroke up extra for lower back support.
6. Roll to flatten and firm – 12 times facing each way.

For Bi-folds:

1. Perimeter Breaking *, with closed fist*
2. Lay flat to Punch and Pull moving extra foam from back half to seat area to give extra comfort where people sit, while also thinning back area.
3. Straight down punching (start in center punching down, and go back and forth working toward ends).
4. Spread to full size with brush off stroke.
5. Sweep a little from center of seat area to left and right for more where people tend to sit.
6. Roll to flatten and firm, 12 times facing each way.

SPECIAL NOTE ABOUT PUTTING THE FUTONS ON THE FLOOR

If the cotton gets damp, mildew can develop. If the FUTON is placed directly on a wooden floor, with no frame, it can pick up moisture because moisture passes slowly through the wood. Moisture also passes through concrete. To avoid this, use a frame or some type of framework that raises the bed off the wood or concrete floor. Carpets help, but if the wood floor is close to the ground, moisture can still pass through it. The second floor of a house is safe because there is air separation similar to having a giant frame. Always thoroughly dry the FUTON with a blow dryer if it gets wet.

ENJOY!

ANY QUESTIONS, CALL OR WRITE ROBB BOKICH AT

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