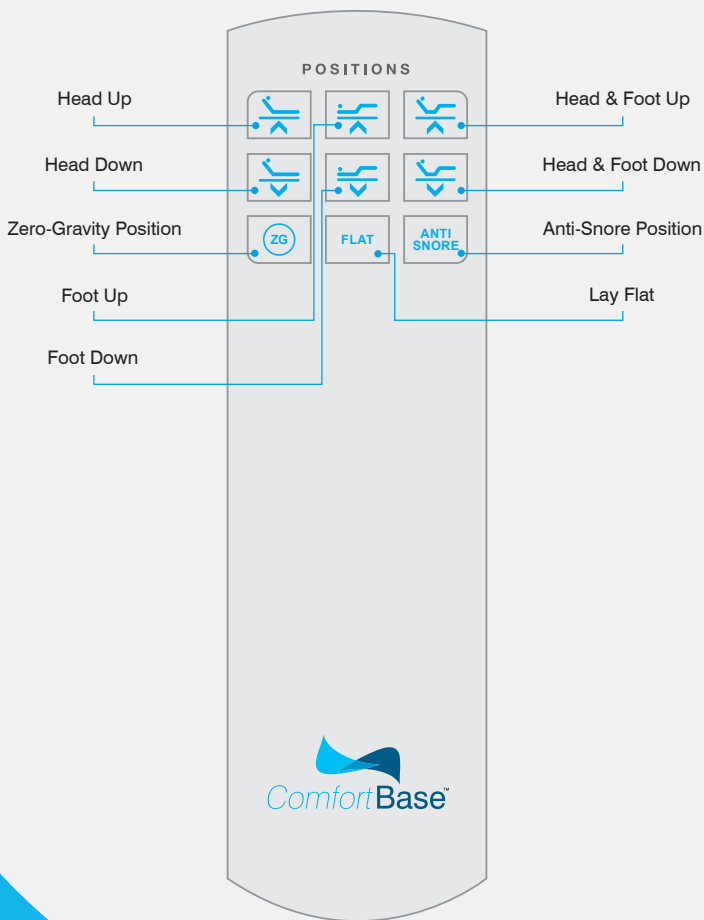


# NAVIGATE




# REMOTE FUNCTIONS


Press and hold the  button to raise the head up.

Press and hold the  button to lower the head.

Press and hold the  button to raise the foot up.

Press and hold the  button to lower the foot down.

Press the  or the  to raise or lower the head and foot together.

Press the  button to lower the base all the way to flat.



## Zero Gravity Position:

When you lie flat on your back you put pressure and tension on your spinal column and back muscles. By laying or sleeping in Zero Gravity position you relieve this tension and pressure, improving circulation and comfort.



## Anti-Snore Position:

This pre-set position is designed to help reduce snoring, heartburn, sleep apnea, and acid reflux.

# SLEEP TIPS

## Elevating your upper body can help:

- Reduce snoring, sleep apnea, heartburn and acid reflux
- Alleviate a toothache
- Relieve neck and shoulder tension
- Alleviate asthma and breathing difficulties
- Relieve headache
- Improves digestion
- Improves breathing
- Reduces stress on heart
- Relieves congestion

## Elevating your lower body can help:

- Circulatory problems
- Back pain



Have Questions or Need Assistance?

Call 1-855-581-3095 or email [comfortbase@glideaway.com](mailto:comfortbase@glideaway.com)

**GLIDEAWAY**