

Instructions by Time4Sleep Products

## Essentials White Single Wooden High Sleeper Bed Frame

Assembly instructions for Essentials White Single Wooden High Sleeper Bed Frame by Time4Sleep.

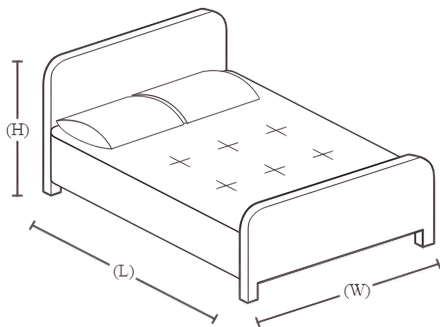


### Product Information

## Essentials White Single Wooden High Sleeper Bed Frame

### Description

Introducing the Essentials White High Sleeper, a space saving childrens bed perfect for smaller rooms. The built-in desk area provides a dedicated space for homework, creative projects or quiet time. Alternatively, use comfy cushions and throws to create a cosy reading nook, ideal for bedtime stories or quiet time. The crisp white finish brings a bright and airy feel, while the sturdy wooden construction ensures the utmost safety and comfort for your child. Complete with high safety rails and a secure ladder, this high sleeper bed maximises your child's bedroom space while providing a cool and elevated sleep zone. Please note that for safety reasons the maximum recommended mattress height for this bed is 15cm.



### Product specifications

	Single
Width	150.5 cm
Length	201.2 cm
Height	173.5 cm



SKU

Ess30WhiteHighSleeper

### Safety Advice

- Please take the time to carefully read through the whole of these instructions before you commence.
- Keep these instructions for future reference.
- Unpack, inspect and check off all of the contents.
- Please dispose of all packaging safely.
- Small component parts could choke a child if swallowed.
- We strongly recommend that you keep children well away from the work area.
- It would be sensible to lay a sheet or blanket on the floor where you intend to work to avoid scratching this product and to protect your floor.
- This product is heavy. Take extreme care when lifting to avoid personal injury or damage to the product.
- Assemble the product as close to its intended final position in the room as possible.
- Please check the contents of boxes before attempting to assemble this product. A full checklist of parts and fittings is given in page 2 of this instruction leaflet.

**Handy hint:** If you keep the hardware in a bowl during assembly you will be less likely to lose them.



## Important

**Read carefully - Retain for future reference**

### Warnings:

- High beds and the upper bed of bunks beds are not suitable for children under six years due to the risk of injury from falls
- Bunk beds and high beds can present a serious risk of injury from strangulation if not used correctly.
- Never attach or hang items to any part of the bed that are not designed to be used with the bed, for example, but not limited to, ropes, strings, cords, hooks, belts and bags.
- Children can become trapped between the bed and the wall, a roof pitch, the ceiling, adjoining pieces of furniture (e.g. cupboards) and the like. To avoid risk of serious injury, the distance between the top safety barrier and the adjoining structure shall not exceed 75mm or shall be more than 230mm.
- Do not use the bunk bed/high bed if any structural part is broken or missing and always follow the manufacturer's instructions.
- The largest size of mattress recommended for safe use is 190cm x 90cm with maximum thickness of (6 inch).
- Frequent ventilation of the room is necessary to ensure that humidity is kept low and to prevent mould forming in and around the bed.
- We strongly recommend regular checks on all assembly fastenings to ensure they are properly tightened.

This bunk complies with BS EN 747-1:2012+A1:2015



## Warnings

### To help prevent serious or fatal injuries from entrapment or falls:

- The top of the Mattress shall be at least 160mm below the upper edge of the safety barriers. The maximum thickness of the mattress shall be 6".
- Only use mattress that is 1900mm (75") long and 900mm (35") wide on upper a shall be at least 160mm (6-1/4) below the edge of the safety barriers.
- Follow written instructions with this bed.




## Strangulation Hazard

- Never attach or hang item to any part of the bunk bed that are not designed for use with the bed; for example, but not limited to, hook, belt, and jump ropes.
- This upper bed is not suitable for children under six years.
- EN 747 : 2012 + A1 : 2015
- Made in Malaysia
- Importer by Mattressman Ltd.

## General Hints & Tips

- Two person assembly
- One hour needed for assembly

## Tools

1 - JCBC (M6 x 90mm) 35		2 - Barrel Nut (M6 x 15mm) 37	
3 - Wood Dowel (M10 x 30mm) 53		4 - JCBC (M6 x 30mm) 8	
5 - JCBC (M6 x 60mm) 4		6 - JCBC-W (M6 x 50mm) 12	
7 - Ladder Hook 2		8 - CSK (M4 x 16mm) 6	
9 - JCBC-W (M6 x 30mm) 4		10 - CSK (M4 x 25mm) 26	



11 - M4 Allen Key

1



Phillips Screwdriver (not supplied)

1

## Parts

A - Bed Post

4 piece(s)



C - Mid. Panel

2 piece(s)



E - Front Upper Guardrail

2 piece(s)



G - Guardrail Spindle

2 piece(s)



I - Side Rail (Front)

1 piece(s)



K - Lower Rail

1 piece(s)



M - Ladder Rail (Right)

1 piece(s)



O - Set of Slats

1 piece(s)



Q - Table Leg

1 piece(s)



B - Top &amp; Lower Panel

5 piece(s)



D - Bottom Panel

2 piece(s)



F - Back Upper Guardrail

2 piece(s)



H - Guardrail Support

1 piece(s)



J - Side Rail (Back)

1 piece(s)



L - Ladder Rail (Left)

1 piece(s)



N - Ladder Step

5 piece(s)



P - Table Top

1 piece(s)



R - Table Cross Rail

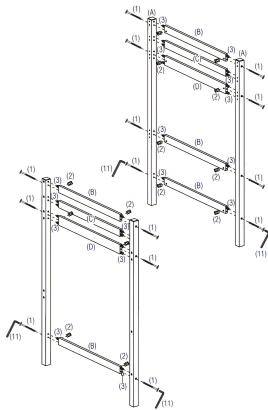
1 piece(s)



## Steps (10)

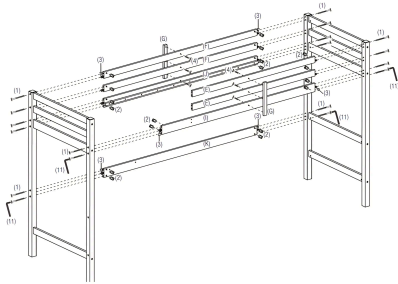


## 1. Assemble the Bunk End Frames



1. Insert Wood Dowels (3) into the pre-drilled holes of Top & Lower Panels (B), Mid Panel (C), and Bottom Panel (D).
2. Align Panels (B, C, and D) with the Bed Posts (A), ensuring the dowels fit securely into the corresponding holes on the posts.
3. Secure each panel using Barrel Nuts (2) and JCBC Bolts (1).
4. Use the M4 Allen Key (11) to tighten the bolts without over-tightening.

## 2. Assemble the Upper Structure

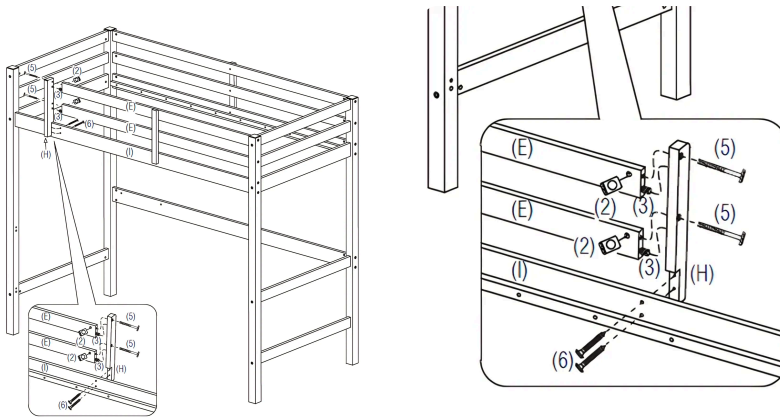


1. Ensure both Bunk End Frames are standing securely and aligned properly.
2. Insert Wood Dowels (3) into the pre-drilled holes of the Front Guardrails (E), Back Guardrails (F), Side Rails (I & J), and Lower Rail (K).
3. Align these components with the Bunk End Frames.
4. Secure them using Barrel Nuts (2) and JCBC Bolts (1).
5. Use the M4 Allen Key (11) to tighten all bolts securely.

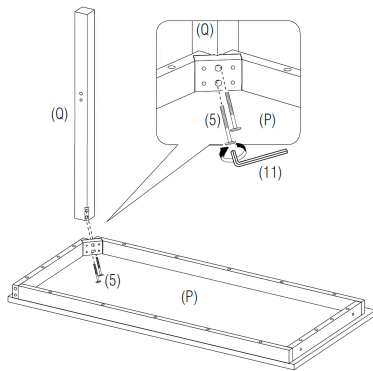


### 3. Assemble the Guardrail Support

1. Place Wood Dowels (3) into the pre-drilled holes of the Front Guardrails (E).
2. Align the Guardrail Support (H) vertically between the Front Guardrails (E) and the Lower Side Rail (I).
3. Use Barrel Nuts (2) and JCBC Bolts (5) to attach the Guardrail Support (H) to the Front Guardrails (E).
4. Tighten all bolts using the M4 Allen Key (11).
5. Secure the bottom of the Guardrail Support (H) to the Lower Side Rail (I) using a JCBC-W Screw (6).



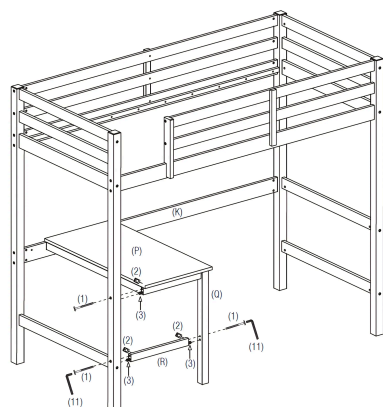
### 4. Assemble the Study Desk



1. Place the Table Top (P) upside down on a stable surface, ensuring the pre-drilled holes are accessible.
2. Align the Table Leg (Q) with the designated mounting area on the Table Top (P).
3. Insert JCBC Bolts (5) through the pre-drilled holes in the Table Leg (Q) and into the Table Top (P).
4. Use the M4 Allen Key (11) to tighten the bolts securely.

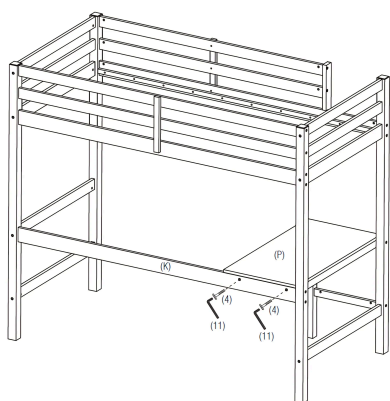


## 5. Attach the Study Desk to the Bed



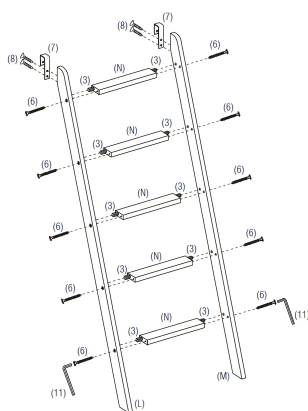
1. Insert Wood Dowels (3) into the pre-drilled holes on the top of the Study Desk (P) and the Table Cross Rail (R).
2. Attach the assembled Study Desk (P) with the designated area under the Bed Frame, and the Table Cross Rail (R) between the Bed Frame and the Desk Leg (Q).
3. Secure them in place using Barrel Nuts (2) and JCBC Bolts (1).
4. Use the M4 Allen Key (11) to tighten all bolts securely.

## 6. Attach the Back of the Study Desk to the Lower Rail



1. Ensure the Study Desk (P) is properly aligned with the Lower Rail (K) at the back of the bed frame.
2. Insert JCBC Bolts (4) into the pre-drilled holes on the Lower Rail (K) and the back of the Study Desk (P).
3. Use the M4 Allen Key (11) to tighten the bolts securely.

## 7. Assemble the Ladder



1. Place Wood Dowels (3) into the pre-drilled holes of the Ladder Steps (N).
2. Align each Ladder Step (N) between the Ladder Rails (L & M).
3. Secure them using JCBC-W Screws (6) and tighten with the M4 Allen Key (11).

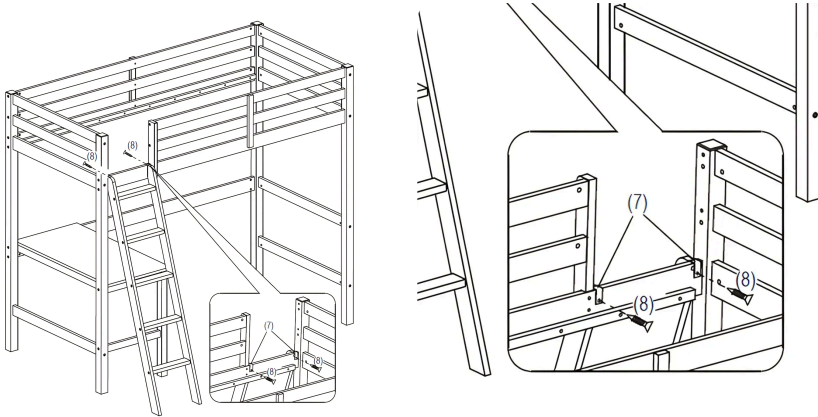
### Install the Ladder Hooks

1. Position the Ladder Hooks (7) at the top of each Ladder Rail (L & M).
2. Secure them using CSK Screws (8)



## 8. Attach the Ladder to the Upper Bunk

1. Align the Ladder with the designated attachment points on the Upper Bunk Frame.
2. Ensure the Ladder Hooks (7) rest securely on the upper guardrail.
3. Use CSK Screws (8) to fasten the Ladder Hooks (7) to the Upper Bunk Frame.



## 9. Attach the Slats



1. Lay out the Set of Slats (O) evenly across the bed frame. Ensure that they are aligned properly with the side rails.
2. Secure the slats on the corner using JCBC-W Bolts (9) as shown on the diagram.
3. Fasten the slats in place with CSK Screws (10) by inserting them through the pre-drilled holes tightening them.

## 10. Final Check



- Verify that all slats are securely fastened and evenly spaced.
- Check for any loose connections and tighten the screws if necessary.



Need Help? Call 01484 500 560 or email [hello@time4sleep.co.uk](mailto:hello@time4sleep.co.uk) - please include your order number if you have one!

