

Cascade Designs Therm-A-Rest Self-Inflating Sleep mat

Cascade Designs Therm-A-Rest Military Issue Self-Inflating Sleep Mat Instruction Manual

Model: Therm-A-Rest Self-Inflating Sleep Mat

Brand: Cascade Designs

1. INTRODUCTION

This manual provides essential instructions for the proper setup, operation, and maintenance of your Cascade Designs Therm-A-Rest Military Issue Self-Inflating Sleep Mat. Please read this manual thoroughly before first use to ensure optimal performance and longevity of your product.

2. SAFETY INFORMATION

- Keep the sleep mat away from sharp objects, open flames, and excessive heat sources to prevent damage.
- Avoid storing the mat in damp conditions to prevent mildew formation.
- Do not use the mat as a flotation device.
- Ensure the valve is securely closed during use to maintain inflation.

3. PRODUCT OVERVIEW

The Therm-A-Rest Self-Inflating Sleep Mat is designed to provide a comfortable and insulating barrier between the user and the ground. It is constructed with durable, weatherproof nylon and features a self-inflating valve system.

Key Features:

- No pump needed: Self-inflates in seconds.
- Genuine Military Issue NSN: 8465-01-393-6515.
- Constructed with thick weatherproof nylon.
- Lightweight and easy to secure.

Components:

- Self-Inflating Sleep Mat

- Integrated Valve
- Repair Patch (included for quick fixes)

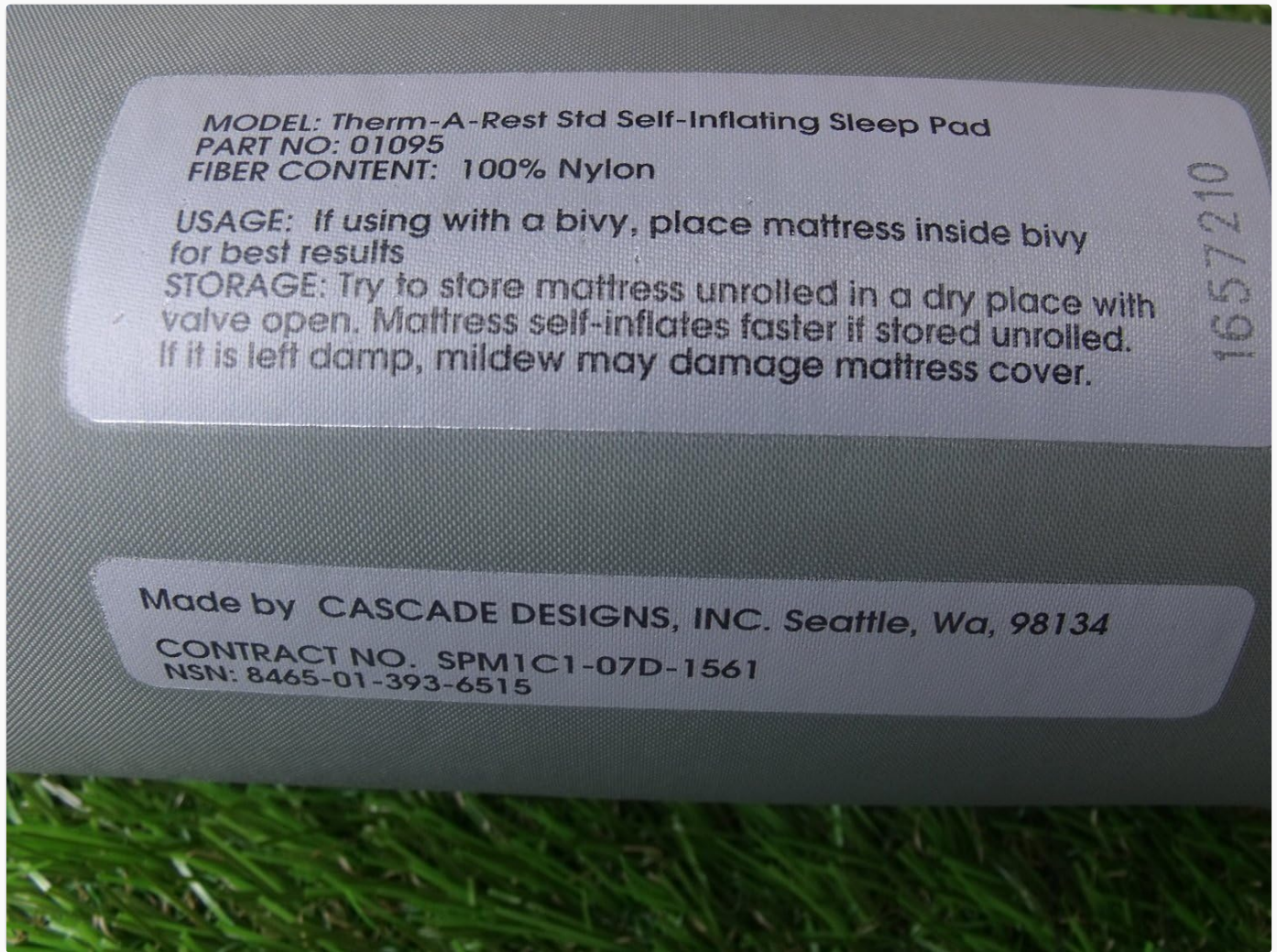


Image: Product label displaying model information and NSN.

4. SETUP AND INFLATION

The Therm-A-Rest sleep mat is designed for quick and easy self-inflation.

1. **Unroll the Mat:** Lay the sleep mat flat on a clean, clear surface.
2. **Open the Valve:** Locate the self-inflating valve, typically at one corner of the mat. Twist or open the valve to allow air to enter.
3. **Allow to Inflate:** The mat will begin to draw air in and expand on its own. This process usually takes a few minutes. For faster inflation or to achieve a firmer feel, you may gently blow into the valve after the initial self-inflation.
4. **Close the Valve:** Once the desired firmness is reached, securely close the valve to trap the air inside.



Image: The sleep mat fully unrolled and inflated.

5. OPERATING INSTRUCTIONS

Once inflated, the sleep mat provides a comfortable and insulating layer. It acts as a barrier, preventing your body heat from transferring to the cold ground, enhancing your comfort in various outdoor conditions.

6. MAINTENANCE

Cleaning:

Clean the mat with a damp cloth and mild soap. Rinse thoroughly and allow to air dry completely before storage. Do not machine wash or tumble dry.

Storage:

For optimal longevity and faster self-inflation in the future, store the mat unrolled with the valve open in a dry place. If storing rolled, ensure all air is expelled and the mat is completely dry to prevent mildew.



Image: The sleep mat rolled for storage.

Repair Kit:

A simple repair patch is included for quick fixes in the field. To use, locate the puncture, clean the area, apply the patch firmly, and allow it to cure according to the patch instructions.



Image: Close-up of the mat's valve and rolled structure.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Mat does not inflate fully.	Valve not fully open, mat stored rolled for extended periods, or cold temperatures.	Ensure valve is completely open. Allow more time for inflation. If stored rolled, lay flat with valve open for several hours or overnight to allow foam to decompress. Manually blow into the valve to assist.
Mat loses air during use.	Valve not securely closed, or a puncture/leak.	Ensure the valve is tightly closed. Inspect the mat for punctures. Use the included repair patch to seal any leaks.
Mildew or odor.	Mat stored damp.	Clean the mat thoroughly and ensure it is completely dry before storage. Store in a well-ventilated, dry area.

8. SPECIFICATIONS

- **Model Name:** Therm-A-Rest Self-Inflating Sleep mat
- **Brand:** Cascade Designs
- **Size:** Twin (72"W x 1.5"Th)
- **Special Feature:** Lightweight
- **Specific Uses:** Sleeping Pad
- **Included Components:** Repair Patch
- **Target Audience:** Adult
- **Item Firmness:** Plush
- **Manufacturer:** Cascade Designs
- **Top Material Type:** Nylon
- **Fill Material Type:** Air
- **Item Package Dimensions:** 22.5 x 6.5 x 6.5 inches
- **Package Weight:** 0.95 Kilograms
- **Part Number:** SPM1c1-07-D-1561
- **UPC:** 818381017667
- **ASIN:** B01LORTZVM

9. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the official Cascade Designs website or contact their customer service directly. Keep your purchase receipt as proof of purchase.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question