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**IKEA IK.290.022.68**

# IKEA HEMNES Bed Frame User Manual

**MODEL: IK.290.022.68**

Brand: IKEA

## 1. Product Overview



The IKEA HEMNES Bed Frame is designed for comfort and durability, featuring a classic white stain finish. Its robust pine frame showcases natural variations in grain, color, and texture, making each piece unique. The frame is stained and lacquered for enhanced durability and easy maintenance.

The high footboard helps keep bedding in place, while the high headboard provides comfortable back support for sitting up in bed. Adjustable bed sides accommodate mattresses of various thicknesses. The included Luröy slatted bed base, with its 17-layer glued slats, adapts to your body weight, increasing mattress suppleness and comfort.

This bed frame also offers ample space underneath for storage boxes, ideal for duvets and sheets. It is part of the HEMNES series, allowing for cohesive bedroom furnishing.

### Key Features:

- Durable solid wood construction with white stain and lacquer finish.
- High headboard for comfortable sitting support.
- High footboard to prevent bedding from slipping.
- Adjustable bed sides to fit mattresses of varying thicknesses.
- Integrated Luröy slatted bed base with 17 layers for optimal mattress support and flexibility.
- Ample under-bed space for storage solutions.
- Part of the versatile HEMNES furniture series.

## 2. Safety Information

### Important Safety Information:

- The recommended maximum weight capacity for this bed frame is **130 kg (approximately 286 lbs)**. Exceeding this limit may compromise the structural integrity of the bed.
- Exercise caution during assembly to avoid pressure points or sharp edges. Always follow the assembly instructions carefully.
- If using storage boxes under the bed, ensure they are correctly positioned and do not pose a risk of finger entrapment or obstruction.
- Regularly check all fittings and tighten them as necessary to ensure the bed frame remains stable and secure.
- Keep small parts and packaging materials away from children during assembly to prevent choking hazards.

## 3. Setup and Assembly

Assembly of the IKEA HEMNES Bed Frame requires two people and basic tools (not included, typically an Allen key is provided with IKEA products). Follow the step-by-step instructions provided in the separate assembly guide that comes with your product packaging. Below are general steps and important considerations:

### General Assembly Steps:

1. **Unpack and Identify Parts:** Carefully unpack all components and verify against the parts list in your assembly guide.
2. **Assemble Headboard and Footboard:** Attach the side rails to the headboard and footboard using the provided hardware. Ensure all connections are secure.
3. **Install Midbeam (if applicable):** For larger bed frames, a midbeam is often used for central support. Install it according to the instructions.
4. **Attach Adjustable Bed Sides:** Position the adjustable bed sides at the desired height to accommodate your mattress thickness.
5. **Place Slatted Bed Base:** Lay the Luröy slatted bed base onto the bed frame. Ensure it is evenly distributed and secured if required by the instructions.



Image: The Luröy slatted bed base, a key component for mattress support and comfort.

### Assembly Tips:

- Assemble the bed frame on a soft, clean surface to prevent scratches.
- Do not fully tighten all screws until the entire frame is assembled and aligned. Then, tighten all screws firmly.
- Refer to the graphical instructions in your product's specific assembly manual for detailed steps.

## 4. Usage and Operation

The HEMNES bed frame is designed for daily use and offers practical features for a comfortable bedroom environment.

### Mattress Compatibility:

The adjustable bed sides allow you to use mattresses of various thicknesses. Ensure your mattress dimensions match the bed frame (140 x 200 cm). The Luröy slatted bed base provides a firm yet flexible foundation for your mattress, enhancing its lifespan and comfort.

### Under-Bed Storage:

The design of the HEMNES bed frame provides ample space underneath for storage boxes. This is ideal for storing extra bedding, seasonal clothes, or other items, helping to keep your bedroom tidy and organized. Ensure any storage boxes used fit comfortably and do not obstruct the bed frame's stability or pose a safety risk.



Image: Side view of the bed frame, illustrating the adjustable bed sides and under-bed space.

## 5. Maintenance and Care

To ensure the longevity and appearance of your IKEA HEMNES Bed Frame, follow these simple maintenance guidelines:

- **Cleaning:** Wipe clean with a damp cloth and a mild cleaner. Then wipe dry with a clean cloth. Avoid using abrasive cleaners or strong chemicals, as they can damage the lacquered surface.
- **Regular Checks:** Periodically check all assembly fittings and re-tighten them as necessary to ensure the bed frame remains stable and secure. Loose fittings can lead to instability and potential damage.
- **Protection:** If moving the bed frame, lift it rather than dragging it to prevent damage to the legs and frame structure.
- **Environmental Conditions:** Avoid placing the bed frame in direct sunlight or near heat sources, as this can cause the wood to dry out, crack, or fade over time. Maintain a stable room temperature and humidity.

## 6. Troubleshooting

If you encounter any issues with your HEMNES Bed Frame, refer to the common problems and solutions below:

| Problem                             | Possible Cause                                                              | Solution                                                                                                                                                                 |
|-------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bed frame is wobbly or unstable.    | Loose fittings or incorrect assembly.                                       | Check all screws and bolts. Tighten any loose fittings. Refer to the assembly manual to ensure all parts are correctly installed.                                        |
| Squeaking noises from the bed.      | Loose connections, friction between parts, or issues with the slatted base. | Tighten all screws. Apply a small amount of silicone spray or wax to points of friction between the frame and slatted base. Ensure the slatted base is correctly seated. |
| Mattress sags or feels unsupported. | Damaged slatted base or incorrect mattress size.                            | Inspect the Luröy slatted base for any broken or damaged slats. Replace if necessary. Ensure your mattress is the correct size (140 x 200 cm) for the bed frame.         |
| Surface scratches or minor damage.  | Normal wear and tear or accidental impact.                                  | For minor scratches, touch-up paint or a furniture repair kit matching the white stain finish can be used. Consult IKEA for specific repair recommendations.             |

## 7. Specifications

| Attribute                     | Detail                              |
|-------------------------------|-------------------------------------|
| Brand                         | IKEA                                |
| Model Number                  | IK.290.022.68                       |
| Color                         | White                               |
| Material                      | Wood (Solid Pine)                   |
| Special Features              | Adjustable, Robust                  |
| Finish Type                   | Lacquered                           |
| Included Components           | Footboard, Slatted Bed Base (Luröy) |
| Compatible Mattress Size      | 140 x 200 cm (Full)                 |
| Maximum Weight Recommendation | 130 Kilograms                       |

| Attribute            | Detail           |
|----------------------|------------------|
| Furniture Finish     | Pine             |
| ASIN                 | B0BW8T11VR       |
| First Available Date | 15 February 2023 |

## 8. Warranty and Support

IKEA products typically come with a limited warranty. For specific warranty details regarding your HEMNES Bed Frame, please refer to the warranty information provided with your purchase or visit the official IKEA website. Keep your proof of purchase for any warranty claims.

For further assistance, spare parts, or detailed assembly instructions, please contact IKEA Customer Service directly. You can find contact information on the IKEA website or in your local IKEA store's information section.

### Online Resources:

- IKEA Official Website: [www.ikea.com](http://www.ikea.com)
- IKEA Customer Service: Refer to your regional IKEA website for local contact numbers and support options.

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