

## Lifezone BED005

# Lifezone Queen Upholstered Bed Frame with Adjustable Headboard

Model: BED005

## INTRODUCTION

This manual provides detailed instructions for the assembly, operation, and maintenance of your Lifezone Queen Upholstered Bed Frame with Adjustable Headboard. Please read all instructions carefully before beginning assembly and retain this manual for future reference.

The Lifezone Queen Bed Frame features a linen upholstered headboard, wood slat support system, and heavy-duty feet, designed for easy assembly without the need for a box spring.

## SAFETY INFORMATION

- Support up to 800 pounds. Do not exceed this weight limit to ensure safety.
- Ensure all screws and bolts are securely tightened before use.
- Keep small parts away from children during assembly.
- Assemble on a soft, clean surface to prevent damage to the product or floor.

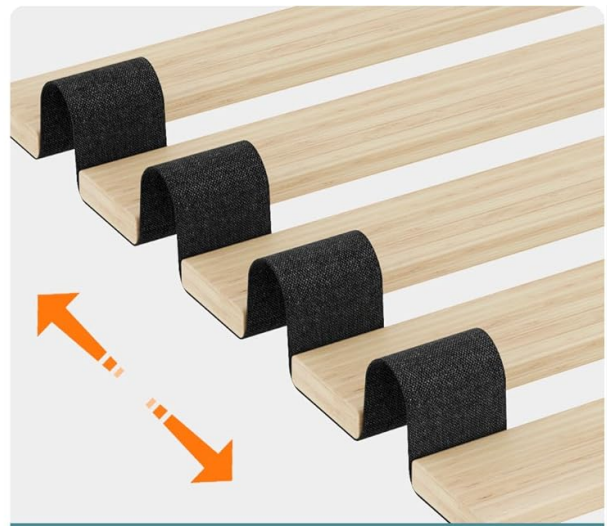
## PACKAGE CONTENTS

Verify that all components listed below are present before beginning assembly. If any parts are missing or damaged, please contact customer support.

- Headboard (A)
- Footboard (B)
- Side Rails (C) - 2 pieces
- Center Support Beam (D)
- Support Legs (E) - 6 pieces
- Wood Slats (F) - Multiple pieces
- Hardware Pack (screws, washers, Allen wrench)
- Installation Manual

# Easily Assemble

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Step 1



Step 2



Step 3

Figure 1: Components laid out for assembly, including headboard, side rails, footboard, slats, and hardware.

## SETUP & ASSEMBLY

Assembly is designed to be completed in less than 60 minutes. Follow these steps carefully.

### Official Installation Video

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Video 1: Detailed installation guide for the Lifezone Bed Frame with Headboard, provided by the manufacturer.

### Step-by-Step Instructions

1. **Attach Headboard Legs:** Secure the headboard legs to the upholstered headboard using the provided hardware. Ensure they are firmly attached.
2. **Assemble Footboard:** Attach the footboard legs to the upholstered footboard.
3. **Connect Side Rails:** Attach the side rails to both the headboard and footboard using the designated bolts and washers. Ensure all connections are tight.
4. **Install Center Support Beam:** Place the center support beam along the middle of the frame and attach the support legs. Adjust the turnbuckles on the legs to ensure proper height and stability.

5. **Lay Wood Slats:** Unroll the wooden slats across the frame. The slats feature a Velcro design to secure them in place and simplify installation. Ensure each slat is properly aligned and secured.

# Easily Assemble

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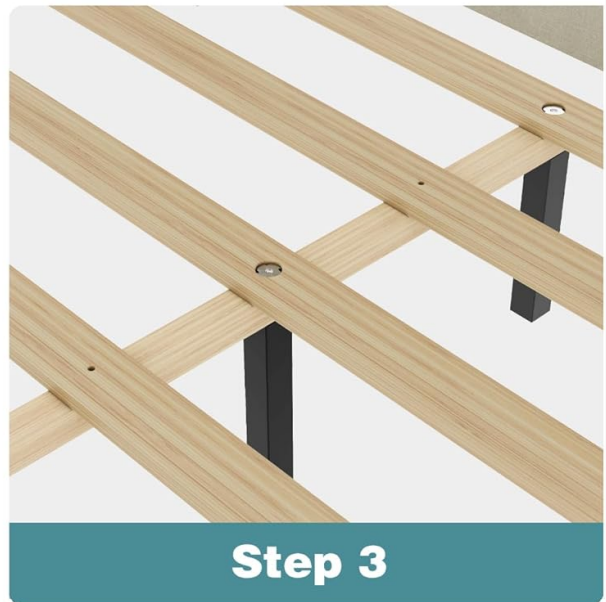


Figure 2: Visual representation of the simplified assembly process, highlighting the Velcro slat design.

## Adjustable Headboard

The headboard height is adjustable to accommodate various mattress thicknesses (8-14 inches). It can be set from 35 to 39 inches in height. Adjust the headboard to your preferred height before placing the mattress.

# LIFEZONE

Height Adjustable Headboard Can Be Adapted to The Optimal Height for Your Needs



Figure 3: Illustration of the adjustable headboard, demonstrating height settings for different mattress sizes.

## OPERATING INSTRUCTIONS

### Mattress Placement

This bed frame is designed to be used without a box spring. Place your mattress directly onto the installed wooden slats. The robust slat system provides ample support for memory foam or spring mattresses.

# Different Mattress Heights

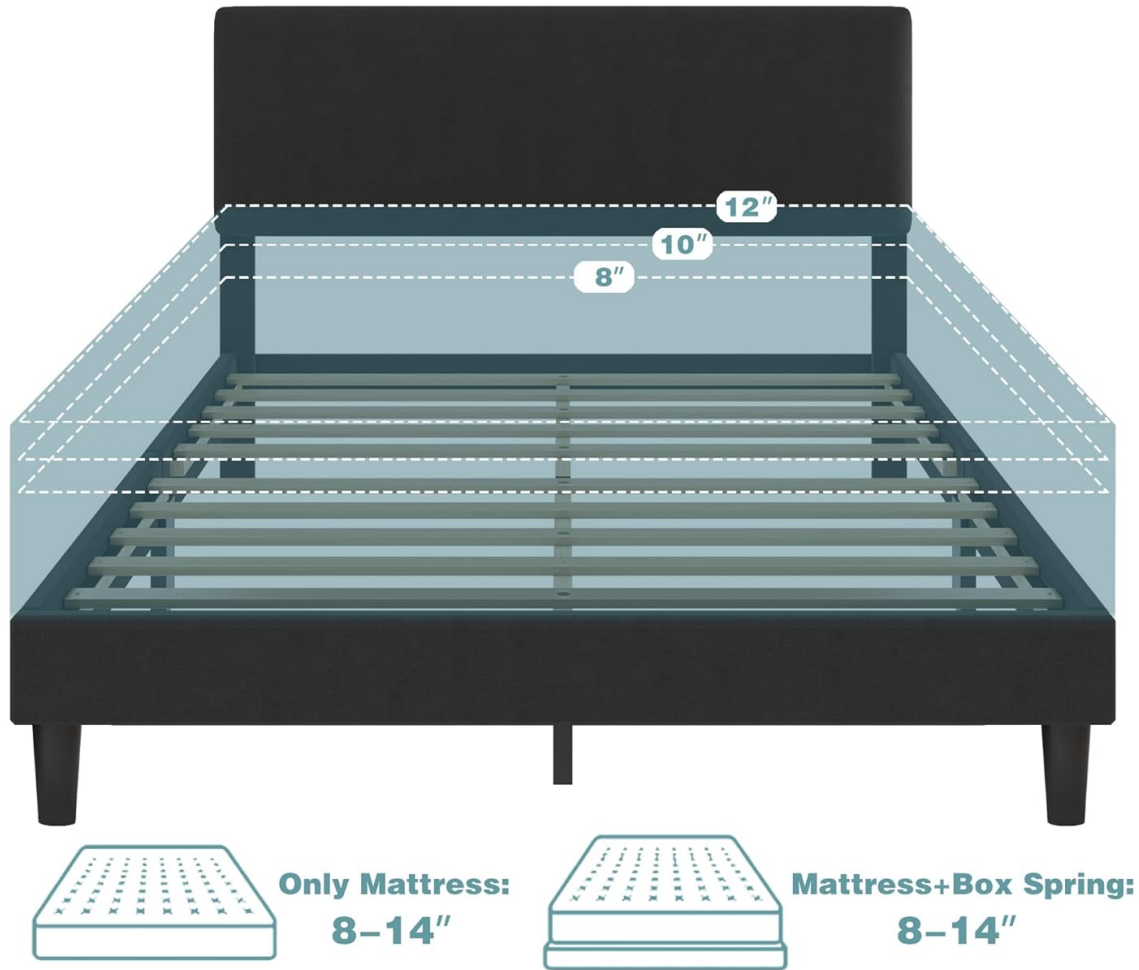


Figure 4: Visual guide for mattress height compatibility, showing options for 8-14 inch mattresses.

## MAINTENANCE

- **Cleaning Upholstery:** For general cleaning, gently vacuum the linen fabric to remove dust. For spills, blot immediately with a clean, damp cloth. Avoid harsh chemicals.
- **Frame Care:** Periodically check all bolts and screws to ensure they remain tight. Retighten if necessary to maintain stability.
- **Wood Slats:** The wood slats may deform slightly due to moisture content variations. This is normal and within reasonable tolerance ( $\pm 1/2"$ ).

## TROUBLESHOOTING

- **Squeaking Noises:** If the bed frame makes noise, check all connections and tighten any loose bolts. Ensure the mattress is properly seated on the slats.
- **Unstable Frame:** Verify that all support legs are making firm contact with the floor and that the center support beam is correctly installed and adjusted.
- **Mattress Sagging:** Ensure the wooden slats are evenly spaced and securely attached. The frame is designed to support mattresses without a box spring.

## SPECIFICATIONS

| Feature                  | Detail                                |
|--------------------------|---------------------------------------|
| Size                     | Queen                                 |
| Product Dimensions       | 83.5"L x 62.6"W x 39"H                |
| Special Feature          | Adjustable Headboard                  |
| Color                    | Dark Grey                             |
| Included Components      | Headboard, Installation Manual, Slats |
| Compatible Mattress Size | 8-14 inch Queen mattress              |
| Brand                    | Lifetzone                             |
| Assembly Required        | Yes                                   |
| Ground To Item Distance  | 6.2 Inches                            |
| Item Weight              | 70 pounds                             |
| Model Number             | BED005                                |

# QUEEN SIZE

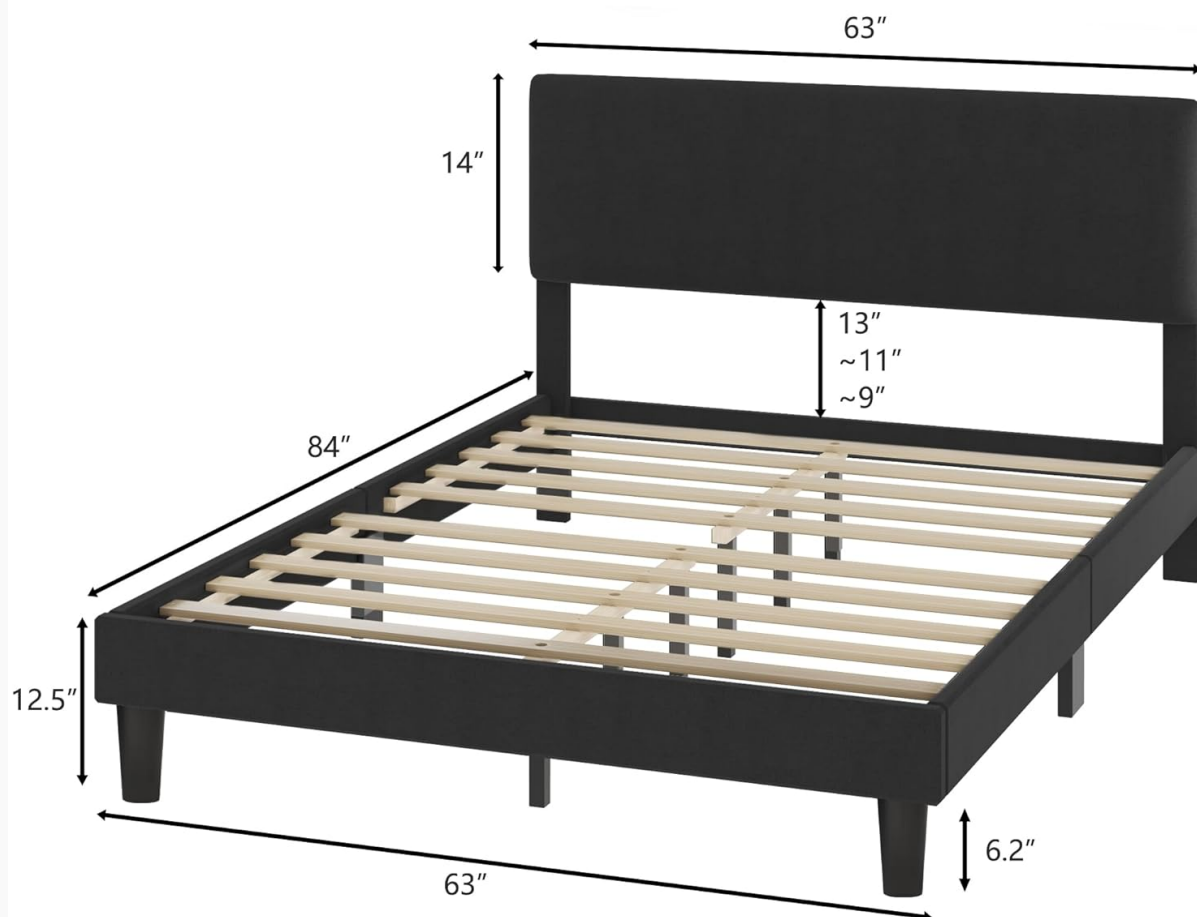


Figure 5: Key dimensions of the Lifetzone Queen Bed Frame.

## WARRANTY AND SUPPORT

For any questions, concerns, or assistance with your Lifezone product, please refer to the customer support information provided at the point of purchase. You may also visit the official Lifezone store for additional resources.

Link to Lifezone Store: [Lifezone Official Store](#)