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› [ESHINE 3100 Series Adjustable Bed Frame and 14-inch Memory Foam Mattress User Manual](#)

ESHINE 3100 Series

ESHINE 3100 Series Adjustable Bed Frame and 14-inch Memory Foam Mattress User Manual

Model: 3100 Series | Brand: ESHINE

1. INTRODUCTION

Thank you for choosing the ESHINE 3100 Series Adjustable Bed Frame and 14-inch Memory Foam Mattress. This product is designed to enhance your sleep experience with customizable positions, massage functions, and convenient controls. This manual provides essential information for safe setup, operation, and maintenance of your new adjustable bed system.



Figure 1: ESHINE 3100 Series Adjustable Bed Frame with 14-inch Memory Foam Mattress in an elevated position.

The ESHINE 3100 Series offers features such as customized positions for reading, watching TV, or sleeping, a massage vibration function with adjustable intensity and modes, and convenient remote and app control. The included 14-inch pure memory foam mattress conforms to your body for superior comfort and is infused with green tea extract for natural freshness.

2. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before assembly and use. Failure to follow these safety guidelines may result in injury or damage to the product.

- **Electrical Safety:** Ensure the power cord is properly connected to a functioning electrical outlet. Do not use if the cord is damaged.
- **Moving Parts:** Keep children and pets away from the adjustable bed frame's moving parts during operation to prevent injury.
- **Weight Capacity:** Do not exceed the recommended weight capacity of the bed frame. Refer to the specifications section for details.
- **Clearance:** Ensure adequate clearance around the bed frame to allow for full range of motion without

obstruction.

- **Cleaning:** Disconnect power before cleaning or performing any maintenance.

3. PACKAGE CONTENTS

Before beginning assembly, verify that all components are present and undamaged. If any parts are missing or damaged, contact ESHINE customer support.

- Adjustable Bed Frame
- Adjustable Legs (multiple pieces for height adjustment)
- Wireless Remote Control
- Power Supply Unit
- Mattress Retainer Bar
- User Manual
- 14-inch Memory Foam Mattress (King size)

4. SETUP AND ASSEMBLY

Follow these steps to assemble your ESHINE 3100 Series Adjustable Bed Frame. It is recommended to have two people for assembly.

1. **Unbox the Frame:** Place the shipping box flat on the floor. Carefully open the box and remove all components. Ensure you have the bed frame, legs, remote control, power supply, retainer bar, and manual.
2. **Attach the Legs:** With the bed frame still upside down, attach the adjustable legs to the designated points on the frame. The legs are in two pieces (3.4" and 8" long) and can be separated or combined to achieve your desired height.
3. **Turn Over the Frame:** Carefully turn the bed frame right-side up.
4. **Insert Retainer Bar:** Insert the ends of the mattress retainer bar into the quick-connect brackets located at the foot of the bed frame. This bar prevents the mattress from sliding during adjustments.
5. **Connect Power:** Connect the power cords from the motor to the power outlet. Ensure all connections are secure. Plug the power cord into a functioning electrical outlet. The LED under the base will flash for 5 seconds to indicate power.
6. **Test Remote Control:** Confirm that the remote control works by adjusting the head and foot sections of the bed.
7. **Place Mattress:** Carefully place the 14-inch memory foam mattress onto the adjustable bed frame.

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Video 1: ESHINE Installation Instructions. This video demonstrates the step-by-step assembly process for the adjustable bed frame, including unboxing, attaching legs, and connecting power.

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Video 2: Motor Installation Video. This video provides detailed instructions on how to properly install the motor components of the adjustable bed frame.

5. OPERATION

Your ESHINE adjustable bed frame offers various features for personalized comfort.

5.1 Remote Control & App Control

The bed can be operated using the included wireless remote control or a dedicated mobile application. Both methods allow you to adjust the bed's settings effortlessly.

- **Head/Foot Adjustment:** Use the arrow buttons to raise or lower the head and foot sections independently.
- **Pre-set Positions:** Utilize the pre-programmed buttons (e.g., Flat, Zero Gravity, TV, Anti-Snore, Read) to quickly achieve common comfort positions.
- **Memory Positions:** Save your favorite custom positions using the memory buttons (M1, M2).



Figure 2: Customized Sleep Positions. The adjustable bed frame supports various positions for enhanced comfort.

5.2 Massage Vibration Function

The bed frame includes a massage function with three adjustable intensity levels and three distinct massage

modes. Use the remote or app to activate and customize your massage experience.

5.3 Under-Bed Night Light

A built-in under-bed night light provides subtle illumination, making it easier to navigate your room in the dark. This feature can be controlled via the remote or app.

5.4 Dual USB Ports

Convenient dual USB charging ports are integrated into the bed frame, allowing you to charge your electronic devices directly from your bed.



Figure 3: Key Features of the ESHINE Adjustable Bed Frame.

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Video 3: ESHINE Adjustable Bed Features. This video demonstrates the remote control functionality and various adjustable positions of an ESHINE adjustable bed.

6. MAINTENANCE

Regular maintenance helps ensure the longevity and optimal performance of your adjustable bed system.

- **Cleaning the Frame:** Wipe the bed frame with a damp cloth and mild detergent. Avoid harsh chemicals.
- **Mattress Care:** Follow the care instructions provided with your 14-inch memory foam mattress. Generally, spot clean with a mild detergent and allow to air dry. Do not machine wash or dry the mattress.
- **Check Connections:** Periodically inspect all electrical connections and moving parts to ensure they are secure and free from obstruction.

7. TROUBLESHOOTING

If you encounter any issues with your ESHINE adjustable bed, refer to the following common solutions:

- **Bed Not Responding:** Check if the power cord is securely plugged into a live electrical outlet. Ensure the remote control batteries are not depleted.
- **Motor Noise:** Some motor noise during adjustment is normal. If the noise is excessive or unusual, check for any obstructions in the moving parts.
- **Remote Control Pairing:** If the remote control loses connection, refer to the specific pairing instructions in the remote control manual (if provided separately) or contact customer support.

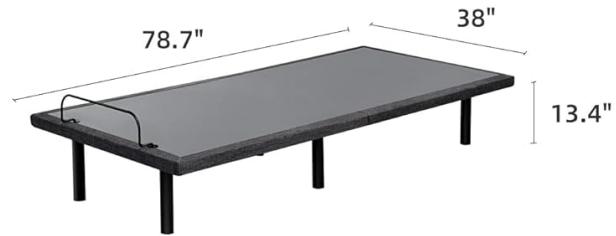
8. SPECIFICATIONS

Feature	Description
Brand	ESHINE
Model	3100 Series
Size	King
Special Feature	Adjustable bed
Color	Black
Product Dimensions	78.7" L x 76.9" W x 27.4" H
Included Components	Adjustable bed frame and 14-inch memory foam mattress
Material	Metal
Age Range (Description)	All Ages

Twin

Product Dimensions:

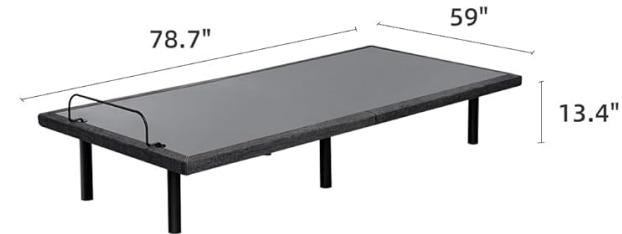
78.7" L x 38" W x 13.4" H



Queen

Product Dimensions:

78.7" L x 59" W x 13.4" H



King

Product Dimensions:

78.7" L x 76.9" W x 13.4" H



Split King

Product Dimensions:

78.7" L x 76.9" W x 13.4" H

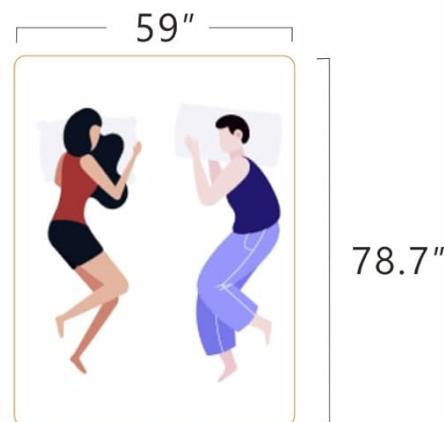


Figure 4: Product Dimensions for various bed sizes.

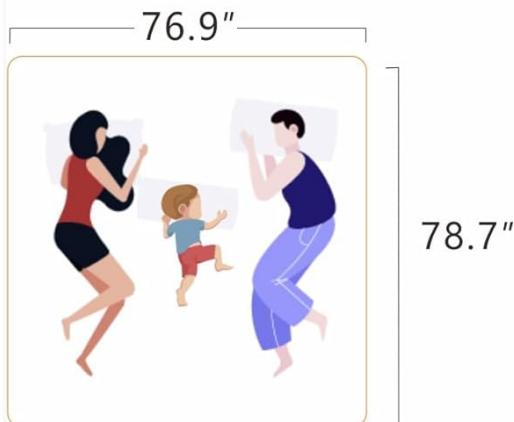
Mattress Dimensions



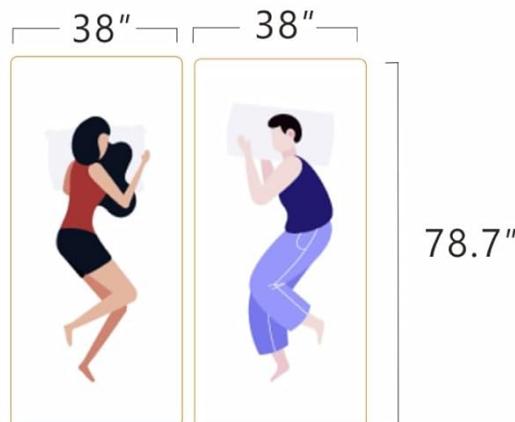
TWIN XL



QUEEN



KING



SPLIT KING

Figure 5: Mattress Dimensions for various bed sizes.

9. WARRANTY INFORMATION

For detailed warranty information, please refer to the documentation included with your product packaging or visit the official ESHINE website. Keep your proof of purchase for warranty claims.

10. CUSTOMER SUPPORT

If you have any questions, require assistance, or need to report an issue, please contact ESHINE Customer Support through the following channels:

- **Online:** Visit the ESHINE official website for FAQs and support contact forms.
- **Email:** Refer to your product packaging for customer service email address.
- **Phone:** Refer to your product packaging for customer service phone number.

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