

Ergomotion ErgoSportive

Ergomotion ErgoSportive Smart Adjustable Bed Frame - Twin XL User Manual

Model: ErgoSportive

1. INTRODUCTION

Welcome to the Ergomotion ErgoSportive Smart Adjustable Bed Frame user manual. This guide provides essential information for the safe and efficient operation, setup, and maintenance of your new adjustable bed frame. The ErgoSportive combines advanced sleep technology with customizable comfort to enhance your sleep experience.

Please read this manual thoroughly before assembly and use, and retain it for future reference.

2. IMPORTANT SAFETY INFORMATION

To reduce the risk of electric shock, burns, fire, or injury, always follow these basic safety precautions:

- Read all instructions before using the bed frame.
- Unplug the bed frame from the power outlet before cleaning or servicing.
- Keep the power cord away from heated surfaces.
- Do not operate the bed frame if the cord or plug is damaged.
- Do not use outdoors.
- Do not allow children or individuals with reduced physical, sensory, or mental capabilities to operate the bed frame without supervision.
- Ensure all components are securely fastened before use.

3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- Adjustable Bed Frame (Platform Frame)
- Legs (Quantity: Varies by model, typically 6-9)

- Remote Control
- Power Cord and Adapter
- Mattress Retainer Bar(s)
- User Manual (This document)



Figure 1: Ergomotion ErgoSportive Smart Adjustable Bed Frame (Twin XL) in a partially elevated position. This image illustrates the main components of the bed frame.

4. SETUP INSTRUCTIONS

Assembly is required for this product. Please follow these steps carefully:

1. **Unpack Components:** Carefully remove all items from the packaging and place them on a clean, flat surface.
2. **Attach Legs:** Screw the bed legs into the designated threaded holes on the underside of the bed frame. Ensure they are tightened securely.
3. **Install Mattress Retainer Bar:** Insert the mattress retainer bar(s) into the holes at the foot of the bed frame.
4. **Connect Power:** Plug the power cord into the control box on the bed frame, then plug the adapter

into a grounded electrical outlet.

5. **Initial Test:** Use the remote control to test the head and foot articulation to ensure proper function.
6. **Place Mattress:** Carefully place your mattress onto the adjustable bed frame.



Figure 2: Side view of the Ergomotion ErgoSportive bed frame demonstrating its adjustable articulation points. This view highlights the mechanical components responsible for head and foot elevation.

5. OPERATING INSTRUCTIONS

5.1. Remote Control Functions

Your ErgoSportive bed frame comes with a wireless remote control for easy adjustment. Common functions include:

- **Head Up/Down:** Adjusts the head section of the bed.
- **Foot Up/Down:** Adjusts the foot section of the bed.
- **Flat:** Returns the bed to a completely flat position.
- **Zero-G:** Activates the Zero Gravity preset position, designed to relieve pressure on the back and improve circulation.
- **Memory Presets:** Program and recall your favorite positions. (Refer to remote control manual for specific programming instructions).
- **Massage (if applicable):** Activates and adjusts the intensity of the massage function.
- **Under-bed Lighting (if applicable):** Turns the dimmable LED lighting on/off.

5.2. Smart Sleep Tracking

The ErgoSportive features non-contact sensors to monitor your sleep. These sensors track sleep stages and various health metrics without requiring you to wear any device. Data is typically accessible via a dedicated mobile application.

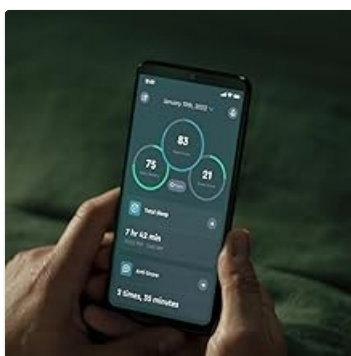


Figure 3: A smartphone screen showing detailed sleep tracking data, including total sleep time, sleep scores, and anti-snore events. This illustrates the data provided by the bed's smart sensors.

5.3. Garmin Integration

For enhanced health insights, the ErgoSportive can seamlessly connect with Garmin wearables. This integration provides comprehensive recovery advice by combining data from your bed frame and your Garmin device.



Figure 4: A person adjusting a Garmin smartwatch on their wrist. This image represents the integration capability of the ErgoSportive bed frame with Garmin wearable devices for comprehensive health tracking.

5.4. Auto Anti-Snore Technology

The bed frame is equipped with technology that automatically detects snoring. Upon detection, it gently adjusts the head position to help reduce snoring, promoting a more peaceful sleep environment.



Figure 5: A man sleeping soundly in an adjustable bed, with the head section slightly elevated. This illustrates the potential benefit of the auto anti-snore feature.

5.5. Adjustable Comfort Features

Beyond the Zero-G mode, the bed offers multiple position settings to promote circulation and reduce joint pain. For Split King sizes, independent controls allow personalized comfort for each sleeper.



Figure 6: A man comfortably reclined in an adjustable bed, demonstrating an elevated head and foot position. This highlights the customizable comfort settings of the ErgoSportive.



Figure 7: A person comfortably working on a laptop while reclined in an adjustable bed. This illustrates the versatility of the adjustable positions for various activities.

5.6. Convenience Features

- **USB Charging Ports:** Located on both sides of the bed frame for convenient device charging.
- **Dimmable LED Lighting:** Under-bed lighting can be adjusted for ambiance or as a night light.
- **Programmable Vibration:** Two intensity levels for gentle wake-up or relaxation.



Figure 8: A woman sleeping in a bed with an illuminated headboard, showcasing the integrated LED lighting feature. This provides soft ambient light.

6. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your ErgoSportive bed frame.

- **Cleaning:** Wipe the frame with a damp cloth. Avoid harsh chemicals or abrasive cleaners.
- **Inspections:** Periodically check all connections and fasteners to ensure they are secure.
- **Power Cord:** Inspect the power cord for any damage. If damaged, discontinue use and contact customer support.
- **Moving the Bed:** When moving the bed, ensure it is in the flat position and unplugged. Lift, do not drag, to prevent damage to the legs or frame.

7. TROUBLESHOOTING

If you encounter issues with your ErgoSportive bed frame, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Bed does not operate.	No power, loose connection, remote battery low.	Check power cord connection to outlet and bed. Ensure outlet is functional. Replace remote batteries.
Motor runs but bed does not move.	Obstruction under bed, mechanism jammed.	Inspect under the bed for obstructions. Ensure no bedding or objects are interfering with the moving parts.
Remote control not pairing.	Pairing sequence not followed, interference.	Refer to the remote control pairing instructions in the separate remote manual or contact support.
Smart features not tracking/connecting.	App issue, Wi-Fi connectivity, sensor obstruction.	Ensure the mobile app is updated. Check Wi-Fi connection. Ensure nothing is obstructing the bed's sensors.

If the problem persists after attempting these solutions, please contact Ergomotion customer support.

8. SPECIFICATIONS

Feature	Detail
Model	ErgoSportive
Size	Twin XL (80"L x 38"W x 12"H)
Special Features	Anti-Snore, Smart Sensors, USB Charging Ports, Zero-G Positioning
Color	Black
Upholstery Fabric Type	Microfiber
Included Components	Platform Frame
Item Weight	217 Pounds

Feature	Detail
Assembly Required	Yes
Ground To Item Distance	12 Inches

9. WARRANTY AND SUPPORT

For detailed warranty information, please refer to the warranty card included with your product or visit the official Ergomotion website. Ergomotion provides customer support for any questions, technical assistance, or service requests.



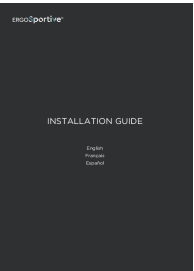

Contact Information:



- **Website:** www.ergomotion.com (Example link, please verify official website)
- **Phone:** Refer to the product packaging or website for regional contact numbers.

Please have your model number (ErgoSportive) and purchase date ready when contacting support.

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Related Documents - ErgoSportive

	ErgoSportive App Manual: Setup, Features, and Health Tracking Guide Comprehensive guide to the ErgoSportive app, covering initial setup, connecting your smart adjustable bed, using the in-app remote, accessing sleep and health data, setting alarms, and managing account settings for an enhanced sleep experience.
	ErgoSportive Adjustable Bed Base Owner's Manual and Installation Guide Comprehensive owner's manual and installation guide for the ErgoSportive adjustable bed base, featuring setup instructions, remote control operation, safety precautions, and troubleshooting tips.
	ErgoSportive Adjustable Bed Base Installation Guide Step-by-step installation guide for the ErgoSportive adjustable bed base, covering assembly, pairing the remote, and optional base syncing. Includes detailed instructions and diagrams.
	Ergomotion Series 100 Adjustable Bed Base Owner's Manual Official owner's manual for the Ergomotion Series 100 Adjustable Bed Base. Find detailed instructions for setup, operation, troubleshooting, weight capacity, and available accessories. Learn how to maintain and use your adjustable bed for optimal comfort and support.

	<p>Ergomotion Quest 1.0 Adjustable Base Owner's Manual</p> <p>Comprehensive owner's manual for the Ergomotion Quest 1.0 Adjustable Base, detailing safety precautions, parts identification, installation steps, operation, troubleshooting, and warranty information.</p>
	<p>Ergomotion Quest 4.0 Adjustable Base Owner's Manual & Installation Guide</p> <p>This owner's manual provides comprehensive instructions for the Ergomotion Quest 4.0 Adjustable Base, covering safety precautions, parts identification, base and remote overview, installation, voice control setup, troubleshooting, and warranty information.</p>