

Natural Bed Company

Oregon Wooden Bed Assembly Instructions Single (.90x1.90m)



[View the Oregon on our website](#)

Items included in bed flat pack are:

- 1 x headboard panel
- 1 x headboard rail (the headboard rail has more holes than the footboard rail)
- 1 x footboard rail
- 2 x side rails
- 1 x centre rail
- 1 x set of sprung beech slats
- 1 x set of double sprung beech slats with sliders
- 1 x set of plastic end caps (2 per slat)

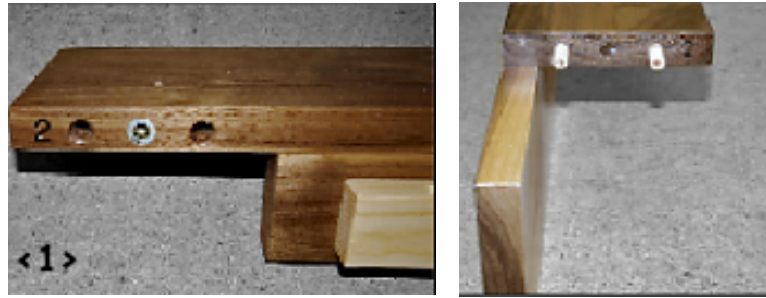
Fixings:	4x threaded bolts	4x half-moon washers
	4x nuts	1x spanner
	8x wooden dowels	
	3x dome-headed bolts	1x 5mm hexagon key

(If you have ordered a bed to accommodate a mattress 180cm in width – you will receive 4x dome-headed bolts)

1. Screw the four threaded bolts into the side rails (See images below)
2. Insert the wooden dowels into the headboard and footboard rails, tap these in securely. (See images below)

NB. The photos show a larger size bed with a centre rail. This size doesn't have a centre rail.

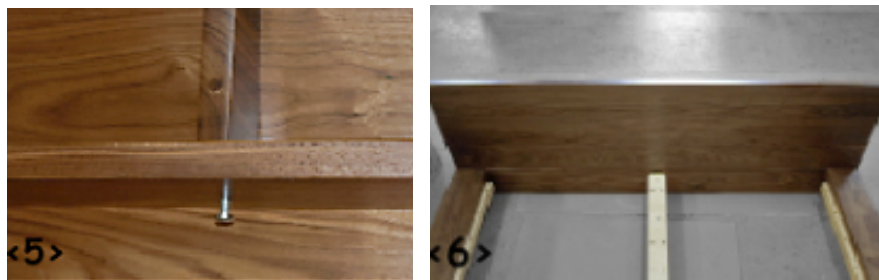
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3. Bring the sections together, then secure using the half-moon washer and the nut with the spanner provided (see images below). **NB:** the images below are of the underside of the bed frame. You can tighten the bolts as shown by lying on the floor or, if there are two of you, you may find it easier to turn the bed upside-down for this procedure (in this case please ensure you have something on the floor to protect the bed frame)



4. Attach the headboard using the dome-headed bolts and the hexagon key –see image (5) below.



5. Attach the end caps to the sprung slats (see image below): an end-cap slots on to each end of the slat (ensure the slat curves up in the middle and the 'peg' on the end cap points downwards)
6. Attach the slats to the bed frame by slotting the pegs of the end caps into the predrilled holes, which run along the upper side of the inner side rails. (See image below).

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Counting from the headboard end, the fourth slat will be a double slat (made up of an upper standard slat to which is attached a lower second slat via a plastic slider) – see image below. Slats 4-9 will be double slats, the others are standard single slats (see image below).



You can make the 'feel' of the slat base firmer by moving the sliders out to the edges (as shown above). For a softer/more flexible feel move the sliders towards the centre of the slats (towards the top of the curve of the slats).

We hope you enjoy your Natural Bed Company Bed!