

### What's a *Sleep Number*® setting?

Your *Sleep Number* setting is a number between 0–100 that represents the ideal combination of mattress comfort, firmness, and support for your body, giving you the best night's sleep possible.

### How to find your individual *Sleep Number* setting:

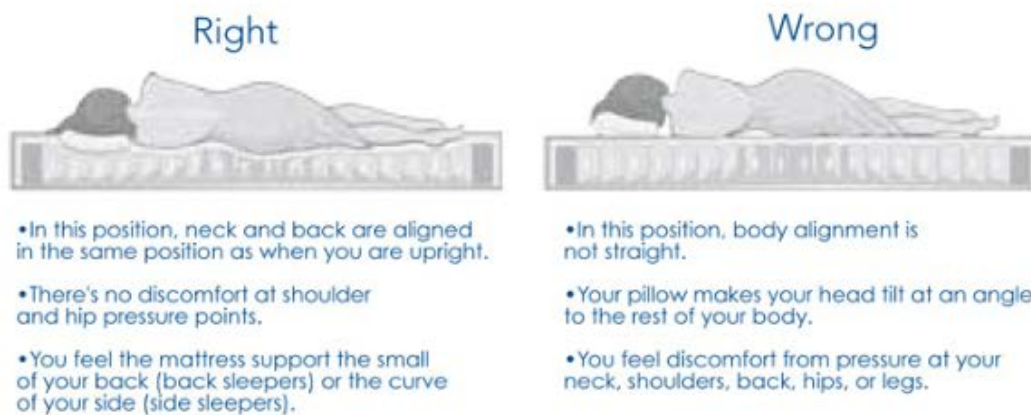
Step 1: Lie down in your favorite sleeping position and adjust your pillow to your liking. Using your remote, change your *Sleep Number* setting to 100 (firmest), and then down to 20 (very soft).

Step 2: Set your *Sleep Number* back to 100. As the mattress gets firmer, keep track of how your neck, shoulders, hips, and back feel. When you feel comfortably supported, stop. Make adjustments up or down by 5–10 setting degrees.

Step 3: Try sleeping at this setting for 3–5 nights. If you need to make an adjustment, change your number by 5–10, and try this new setting for 3–5 nights.

### How to evaluate your comfort level:

As you customize the *Sleep Number* bed for your optimum comfort level, you'll want to evaluate your sleep position and determine how you feel as compared to the diagrams provided here, then make adjustments to your firmness or pillow if needed. Your pillow should help keep your body aligned properly, otherwise it may interfere with your ability to sleep comfortably.



### Give it time:

It sometimes takes several nights of sleeping at different settings to discover your ideal *Sleep Number* setting. If you would like to experiment further with your *Sleep Number*, you may want to consider keeping a sleep journal.

When you have found a *Sleep Number* setting where you feel comfortable, log this number into your sleep journal. Try to sleep at this *Sleep Number* setting for 3–5 nights, adjusting in increments of 5 or 10. It'll take your body that long to become accustomed to a new sleep surface.

After five nights, reevaluate your comfort level and log the new setting into your sleep journal, adding comments if helpful. Repeat the process until you have found the perfect setting for you.

### Need more help?

Contact My Gold Service either online at [mygoldservice.com](http://mygoldservice.com) or call 800-790-9298.