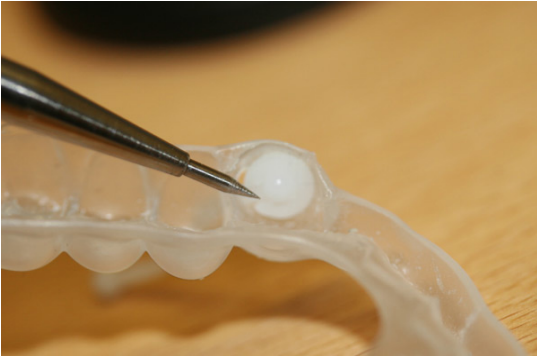


Steps for Adjusting You QuietNite



1. Remove the ball attachment from the socket.



2. Remove the socket from the tray.



3. Remove the socket from the arm and ball attachment.



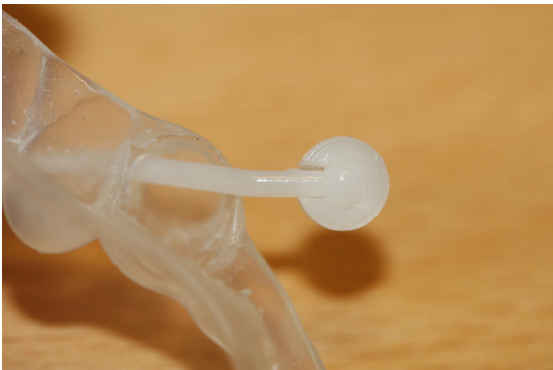
4. Remove the arm from the device.



5. With the arm removed from the first side, repeat on the opposite side of the tray.



6. Place new length arm through one side of the tray.



7. Attach socket to ball attachment on new arm.



8. Replace the ball attachment and socket back into the device.



10. Place the arm through the tray and repeat.



11. Place the arm through the tray on the opposite side to complete your adjustments.

Repeat these steps as needed to reach your preferred level of comfort.