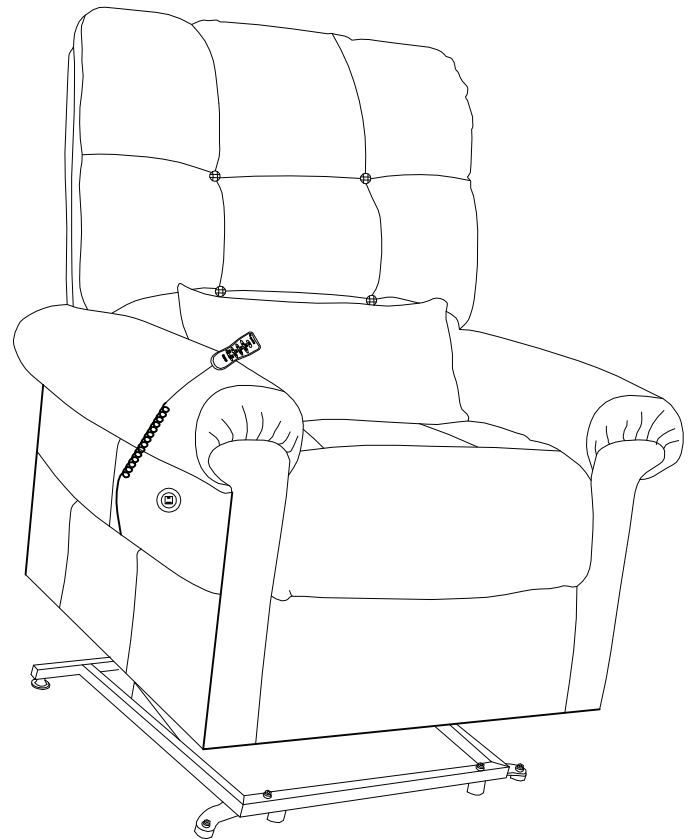
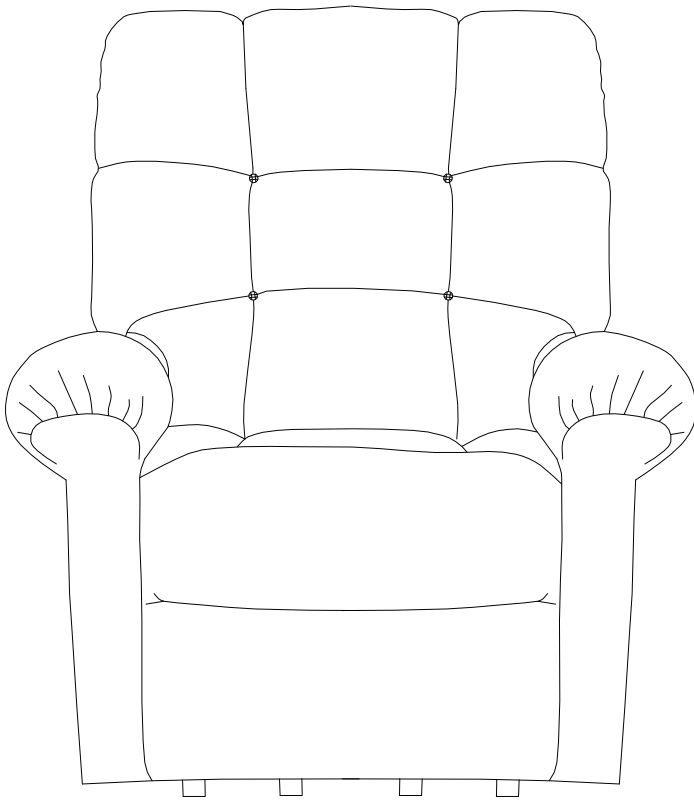


journey perfect sleep chair®

PRODUCT MANUAL



Scan Here
With Your Phone To
Get Started!



PERFECT SLEEP CHAIR 2ZONE

 **journey**
HEALTH & LIFESTYLE®



www.shopjourney.com

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Revision Date: January 2026

Welcome to Your Perfect Sleep Chair®

Thank you for choosing the Perfect Sleep Chair® 2-Zone Model. You've invested in a high-quality product designed to enhance comfort, safety, and independence. This chair has been thoughtfully engineered to support your body, help you relax, and assist you as you stand and sit with ease.

Before you begin, please take time to read this guide. Understanding how to properly use and care for your sleep chair will help you stay safe and protect your equipment for years to come.

If any part of these instructions feels unclear, or if you'd like help with setup or operation, please reach out to your authorized service provider or Journey Health & Lifestyle Customer Support **(800-958-8324)**.

Purchaser's Agreement

By accepting delivery of this product, you promise that you will not change, alter, or modify this product or remove or render inoperable or unsafe any guards, shields, or other safety features of this product; fail, refuse, or neglect to install any retrofit kits from time to time provided to enhance or preserve the safe use of this product.

Modifications

You should not modify, add, remove, or disable any feature, part, or function of your lift chair. Unauthorized modifications may lead to personal injury and/or product damage and may also void your product's warranty.

Note: Use only manufacturer parts for all repairs and replacements.

Please Read: Review this guide completely before using your lift chair. If you are unsure about any instructions, ask a family member or caregiver for assistance.

Who Can Use:

This chair is designed for **one person only**, weighing **up to 375 lbs (170 kg)**.

Do **not** use this product if you have medical conditions that significantly limit mobility, strength, or awareness. Consult your doctor before operating the chair if you have any health concerns.



WARNING: WEIGHT LIMIT

Maximum capacity: 375 lbs (170 kg).

Exceeding this limit can cause the chair to tip, malfunction, or break, leading to serious injury.

Overview of Features

- **2-Zone Adjustment:** Adjusts the upper and lower body sections independently for personalized comfort.
- **Lay-Flat Design:** Reclines fully flat for rest or sleep.
- **Comfort Pocket:** Deep side pocket provides easy storage.
- **Heat & Massage:** Gentle back heat (high/low settings) and adjustable vibration settings offer soothing relaxation.
- **Supportive Cushioning:** Overstuffed, high-density foam cradles and supports your body.
- **Lift Function:** Smoothly assists you when standing up or sitting down to reduce strain.
- **Battery Backup:** Two 9-volt batteries (not included) provide one-time emergency lift operation during a power outage, returning you safely to a seated position.



WARNING: PERSONAL SAFETY

- Keep children and pets away from the chair at all times.
- Ensure hands, feet, and loose clothing are clear of all moving parts.
- Always check under and around the chair before lowering it.
- Only the seated person should operate the lift chair.
- Do not stand, sit, or lean on the armrests or footrest.
- Always lift - never drag - the chair when moving it. Seek help to lift safely.
- Plug the chair **directly into a wall outlet**. Do not use extension cords or power strips.
- Keep liquids away from electrical components. Spills can cause malfunction or electrical shock.
- Do not use or plug in the chair if it is wet or if any wires are damaged.
- Do not operate the chair while under the influence of alcohol or medications that affect balance or coordination.
- Sit down gently. Do not drop or “flop” into the chair, especially when in the raised (lift) position. Sudden impact can damage the mechanism and cause injury.
- Never allow anyone to sit on your lap, the armrests, or the footrest while the chair is operating. This may cause tipping and injury.
- Keep fingers and hands out of gaps between the seat, armrests, and moving parts.
- Never reach under or inside the chair while it is plugged in or moving.
- Do not operate the chair if a person, pet, or object is under or behind it.
- Avoid positioning yourself too high on the backrest when reclining, as it can cause tipping. Ensure the chair suits your body size before use.
- Never smoke while sitting, reclining, or sleeping in the chair.



WARNING: ELECTRICAL SAFETY

Electricity powers the lift and recline mechanisms. Handle all electrical parts with care.

- Keep all liquids away from the motor, transformer, and cords. If any liquid is spilled nearby, unplug the chair immediately and contact a qualified service technician.
- Never immerse any part of the chair in water or other liquids.
- Plug the chair directly into a wall outlet. Do not use extension cords or power adapters.
- Position all cords away from foot traffic and moving parts to prevent tripping, pinching, or crushing.
- If you notice frayed wires, sparks, or unusual sounds, unplug the chair immediately and contact a qualified technician.
- Replace backup **9-volt batteries every year**, even if not used. Leaking batteries can damage electrical parts. Batteries must be replaced after single use.
- Do not open or attempt to repair electrical components yourself. Opening parts or exposure to moisture will void the warranty and can result in electric shock.

3. SAFETY WARNINGS



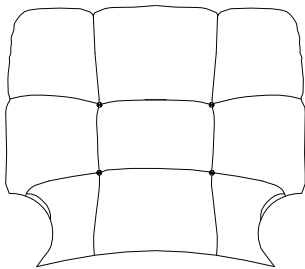
WARNING: CHILD SAFETY

- If children are present, unplug the chair from the wall when not in use.
- Children must never play on, operate, or sit in the chair.
- Keep packaging materials, including plastic bags, out of reach of children. They can cause suffocation.

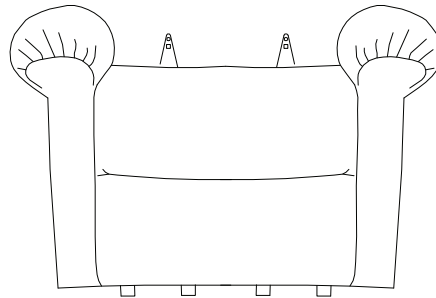
Before you begin, choose a **level, clean area** with enough space to fully recline the chair. Lay a soft blanket on the floor to protect your chair and your floor.

Parts Included

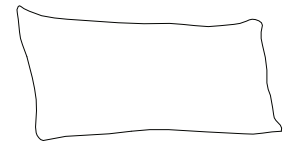
- Chair Base
- Backrest
- Waist (Bolster) Pillow
- Remote Control (pre-assembled)



Backrest



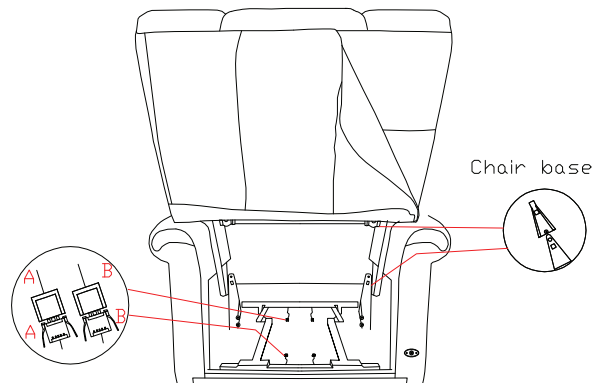
Chair Base



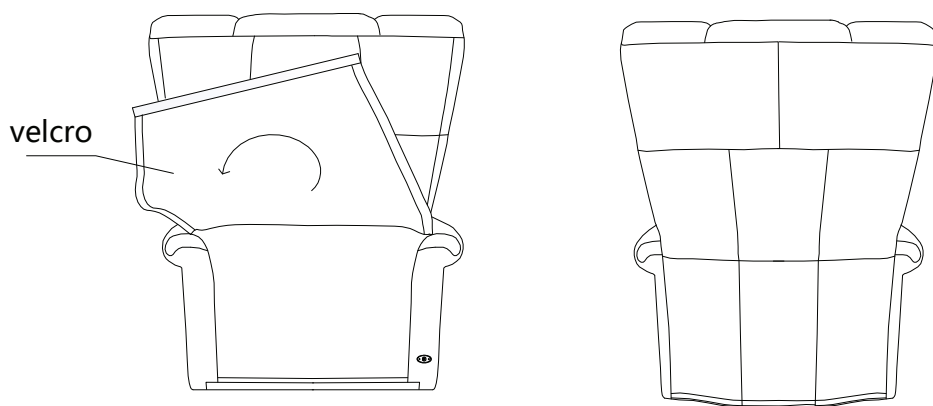
Bolster Pillow

Step-by-Step Setup

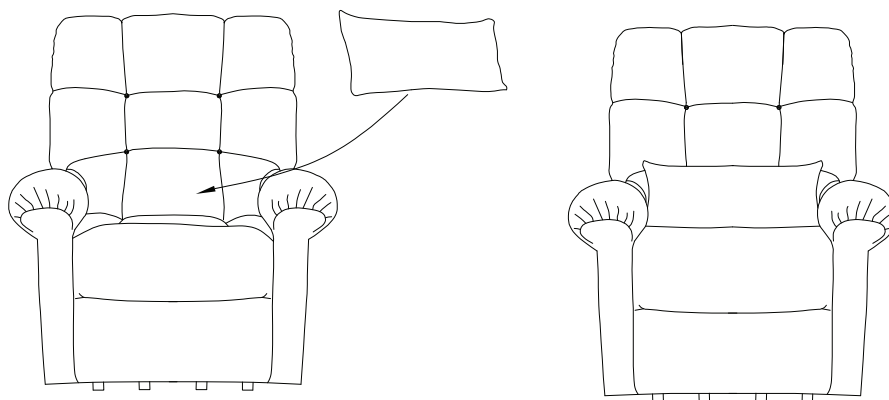
1. Connect the backrest by aligning the backrest brackets with the base, then push down firmly until you hear a click. This means the pieces are securely locked.



2. Match the colored power cable connectors from the backrest and base. Connect color to color.
3. Smooth the Velcro fabric under the chair for a clean fit.



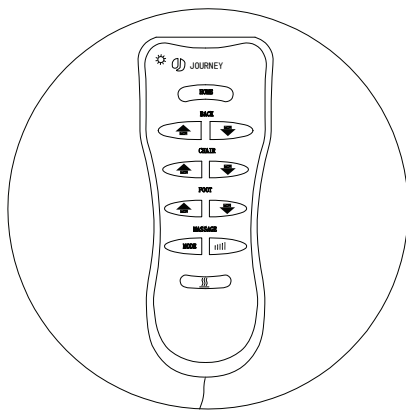
4. Place the bolster/waist pillow behind your lower back for added support.



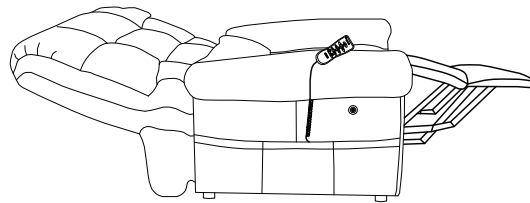
5. HOW TO OPERATE THE PERFECT SLEEP CHAIR

1. Locate the power cord at the back of the seat cushion and plug it into a grounded wall outlet.
2. Your hand controller is in the side pocket. Ensure cords are untangled and clear of moving parts before plugging the chair in.
3. Use the hand controller to select your desired settings for lift, recline, heat, and massage.


Note: The USB charging port is located along the armrest.



Hand Controller



Full Recline

Button Title	Functionality
Home	Returns chair to a seated position
Back ↑	Raises back
Back ↓	Reclines back
Chair ↑	Raises seat and back towards standing
Chair ↓	Lowers seat and back towards flat
Foot ↑	Raises footrest
Foot ↓	Lowers footrest
Mode	Press 1x for PULSE (Blue) Press 2x for WAVE (Green) Press 3x for CONSTANT (Red) Press 4x to turn OFF
Intensity 	Low (Blue) Medium (Green) High (Red)
Heat 	Press 1x for LOW (Green) Press 2x for High (Red)

6. USING YOUR PERFECT SLEEP CHAIR

Your Perfect Sleep Chair offers a wide range of positions to help you relax, sleep, or rise with ease. The simple hand control allows you to stop the chair at your perfect position by releasing the button.

- **Lift Function:** Helps you stand up gently and safely.
- **Recline & Lay Flat:** Adjusts smoothly from upright to fully flat.
- **Heat and Massage:** Select heat (high or low) and vibration levels for custom comfort.

Tip: Position your Perfect Sleep Chair a safe distance from the wall (at least 18 inches) to avoid contact when fully reclined.

Taking a few minutes each month will help your Perfect Sleep Chair remain safe and comfortable for years to come.

- Wipe surfaces gently with a soft, damp cloth. Avoid harsh cleaners.
- Keep electrical parts dry and free of dust. The Perfect Sleep Chair is for indoor use only.
- Check cords and connectors for fraying or looseness.
- Periodically check all screws and fasteners for tightness, wear, and corrosion. If any of these are present, unplug the chair and contact your provider. **Warning: Be careful of pinch points and sharp metal parts (wear gloves).**
- Replace backup batteries after one use or yearly if not used.
- If anything seems damaged or not working correctly, stop using the chair and contact your authorized dealer or Journey Health & Lifestyle Customer Service right away.

Three Year Parts Warranty

Journey Health & Lifestyle warrants the frame, lift mechanism, recline mechanism, and electrical parts of this chair against defects to original purchaser only, for a period of three years from the date of original purchase shipped. Labor to replace these parts is covered for one year on all models. We shall not be responsible or obligated to pay for any costs or expenses for examination of any warranted parts nor is Journey Health & Lifestyle to pay cost for transportation, handling and packaging of the parts or components.

Terms Applicable to Warranty

We will, at our option, repair and/or replace the defective parts and/or components provided that the warranty parts have not been subject to misuse, abuse or improper service by the consumer, have not been damaged in transit or handling and/or have not been altered or repaired by unauthorized representatives. This warranty does not include costs for unnecessary service calls, i. e., in-home service calls solely for the purpose of educating the consumer about the product, or finding an unsatisfactory power connection, etc. Exceeding the weight capacity of the chair will void the warranty. Fabric shading cannot be guaranteed for replacement parts or replacement chairs.

The Perfect Sleep Chair weight capacity is 375 lbs.

Warranty Exclusion

Journey Health & Lifestyle does not provide warranty for the batteries. Batteries are a consumable item that can drain, even without use, over time.

In the event that the product does not conform to this warranty at any time while this warranty is in effect, we will correct the defect in conformity with this warranty. THE WARRANTY SET FORTH ABOVE IS THE SOLE AND ENTIRE WARRANTY PERTAINING TO THE PRODUCT AND IS IN LIEU OF AND EXCLUDES ALL OTHER WARRANTIES OF ANY NATURE WHATSOEVER, WHETHER EXPRESSED, IMPLIED, OR ARISING BY OPERATION OF LAW INCLUDING, BUT NOT LIMITED TO ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. THIS WARRANTY DOES NOT COVER OR PROVIDE FOR THE REIMBURSEMENT OR PAYMENT OF INCIDENTAL OR CONSEQUENTIAL DAMAGES.

Some states do not allow this exclusion or limitation of incidental damages so the above limitation or exclusion may not apply to you.

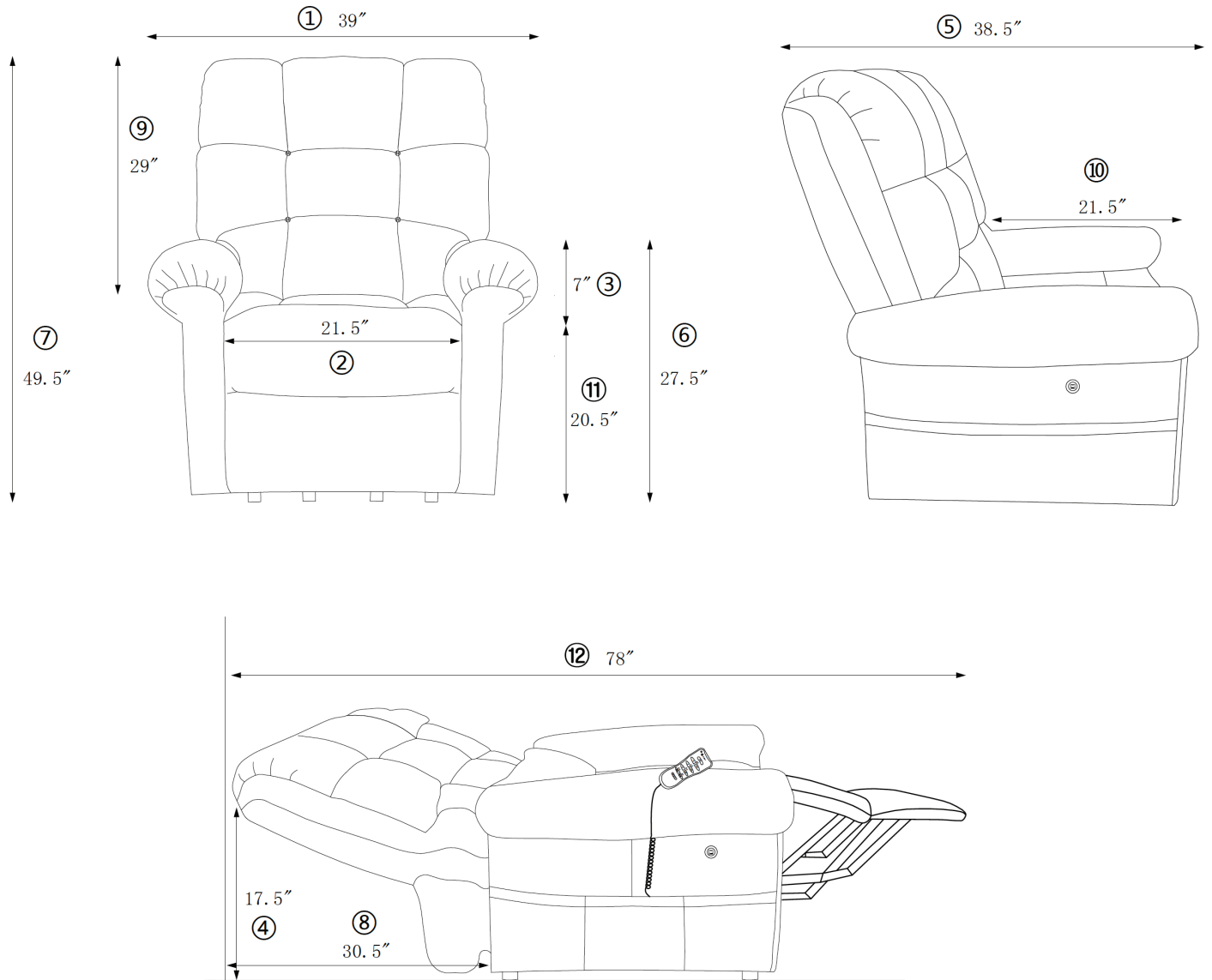
Journey Health & Lifestyle shall not be liable for any incidental or consequential damage or loss not contained in this Warranty.

This Warranty gives you specific legal rights, and you may also have other rights, which may vary from state to state.

All Warranty claims must be approved by Journey Health & Lifestyle before any service is performed.

Warranty is valid in all 50 U.S. states.

9. DIMENSIONS



- 1. Overall Width — 39"
- 2. Seat Width — 21.5"
- 3. Arm Height from Seat — 7"
- 4. Back Height to Floor — 17.5"
- 5. Overall Depth — 38.5"
- 6. Arm Height to Floor — 27.5"

- 7. Overall Chair Height — 49.5"
- 8. Distance to Wall — 30.5"
- 9. Top of Back to Seat — 29"
- 10. Seat Depth — 21.5"
- 11. Seat to Floor Height — 20.5"
- 12. Full Recline — 78"

Please fill in your Perfect Sleep Chair information below. This information will be useful in the event that you should ever need to contact Customer Service concerning your chair.

Date of Purchase _____

Model _____

Serial Number _____



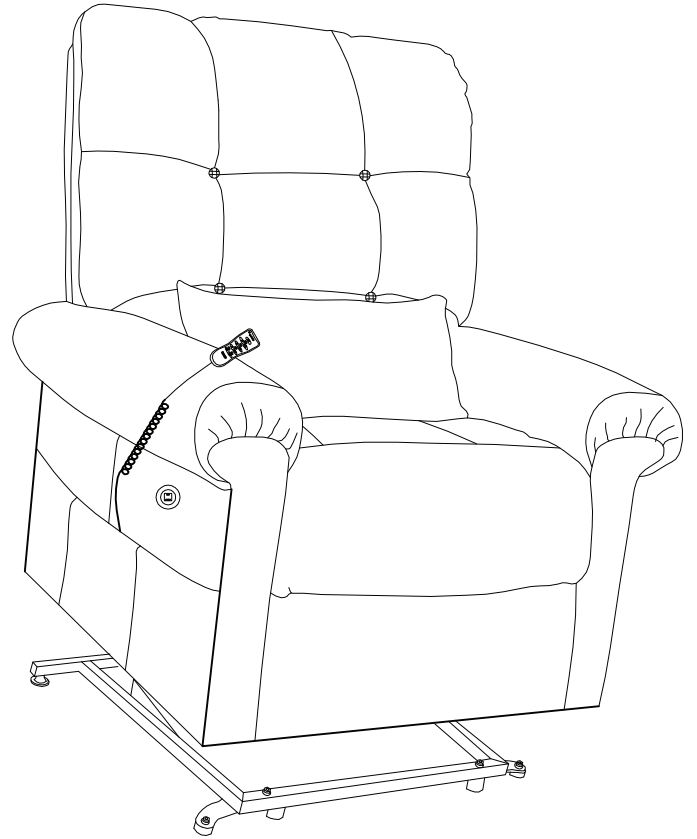
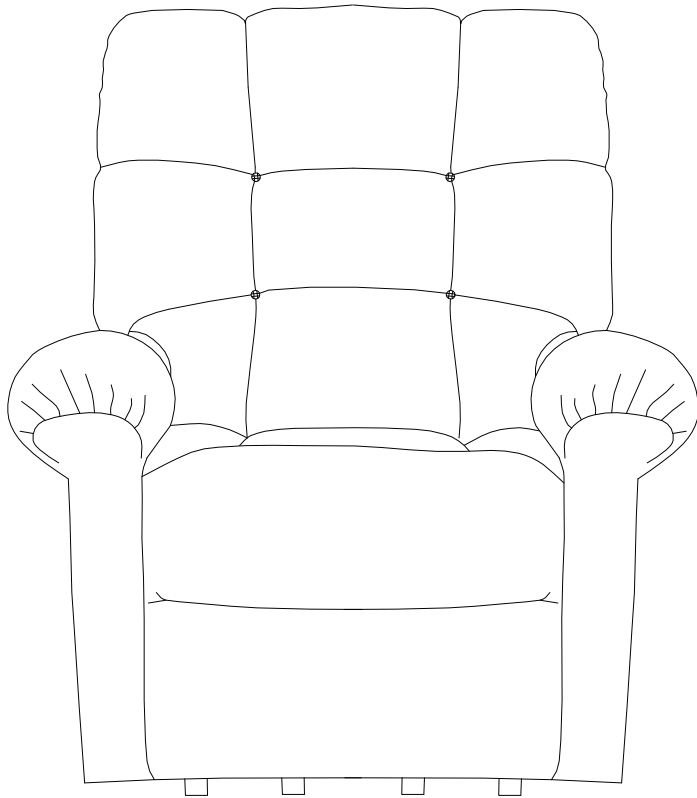
6800 Paragon Place, Ste. 520
Richmond, VA 23230
1-800-958-8324
www.shopjourney.com

CAUTION

Do not allow children to play on this mechanized furniture or operate the mechanism.

Be careful when lowering the leg rest, because it folds down on closing such that a small child or pet could be injured if underneath.

Always leave chair in a sitting position. Keep hands and feet clear of mechanism. Only the occupant should operate it.



journey
**perfect
sleep chair®**

If you have any questions, call us at our toll free number:

1-800-958-8324