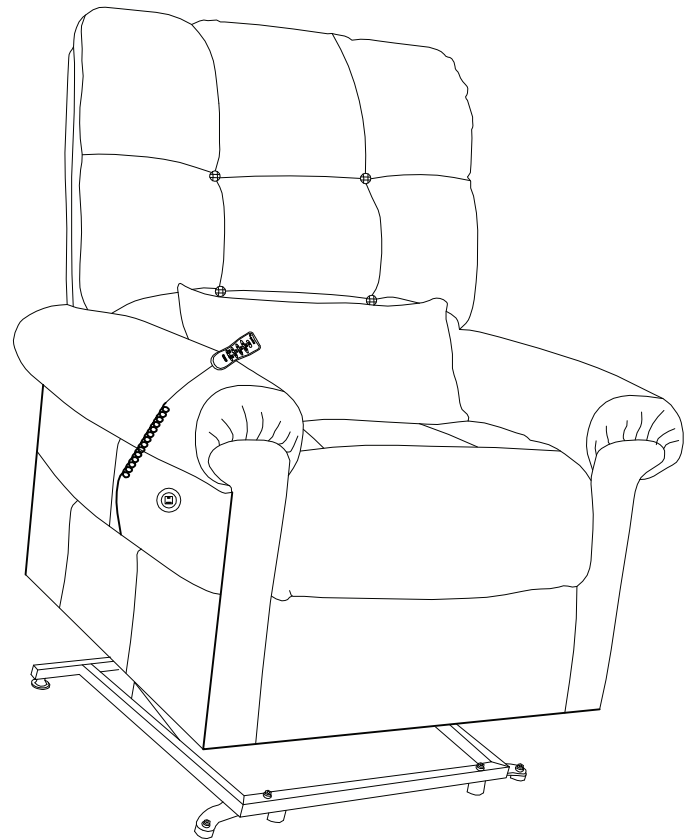
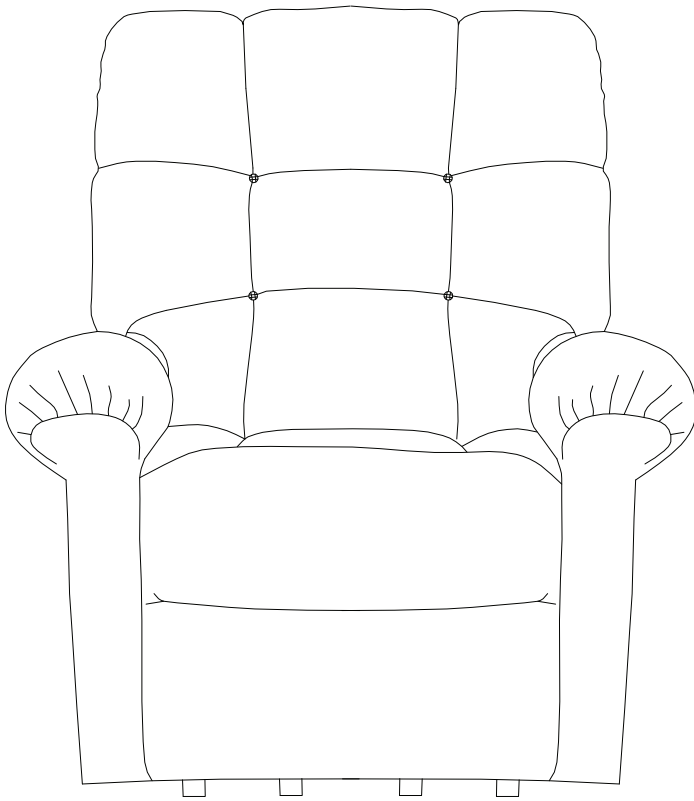


journey perfect sleep chair®

PRODUCT MANUAL



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HEALTH & LIFESTYLE®

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Revision Date: March 2026

Welcome to Your Perfect Sleep Chair®

Thank you for choosing the **Perfect Sleep Chair®**. 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.

MANDATORY

READ THIS MANUAL FIRST BEFORE INSTALLING OR OPERATING YOUR POWER LIFT AND RECLINE CHAIR.

Your power lift and recline chair has been engineered from the leg levelers up to provide the ultimate in strength and reliability. Great care has been taken to provide you with total comfort and safety. Journey Health & Lifestyle thoroughly inspects and tests each unit prior to shipment.

WARNING



Your Journey power lift chair is a medical device. Therefore, you are required to exercise caution when operating it to ensure your personal safety and that of others around you. The following are rules for the safe operation of your Journey power lift chair.



Care should be taken in the unpacking of this unit, so as not to cause injury to persons or damage to the unit. Dispose of all plastic bags and covers, as they can be a smothering hazard to small children.



Do not allow children or pets near the chair while the chair is operating.



Do not allow children to play with or operate the chair at any time.



Hand control should be unplugged and placed out of the reach of children when the chair is not in use.



Do not flop down into the chair when getting into it, or while it is in its lift position. Flopping down into the chair will damage it and could cause personal injury.



Do not allow anyone to sit on your lap, or on the arm of the chair, or on the footrest while in or operating the chair, as it may cause tipping and could result in personal injury.



Do not place fingers or hands between the seat cushion and the inside arm of the chair while sitting in the chair or when the chair is in operation or plugged into a power source.



Do not retrieve fallen objects from inside or under the chair while the chair is plugged into a power source.



Do not operate the chair if there are any persons, pets or other obstructions under or in front of the footrest, under the chair or behind the chair.



Do not position yourself, child and/or pet too high on the chair while the chair back is reclined. This can cause a tip over hazard. Make sure you are properly fitted for the lift chair prior to operating the chair.



Do not smoke while operating, sitting or resting in the chair.



To reduce risk of electrical shock, do not immerse any of the electrical components into a liquid, or spill any liquids onto electrical components. Do not open any of the electrical components. There are no serviceable parts.



Warranty will be void if any of the electrical components are opened by other than a qualified service person.



Make sure the chair is placed at the specified distance from a wall/ corner (page 8). Failure to do so can damage the chair and will void the warranty.



Do not use any type of electrical extension cord to plug your chair into an electrical outlet. Make sure that all electrical products and their wires are positioned away from your chair as the metal lift frame mechanism could crush them and create a fire hazard and/or may cause personal injury.



Do not operate your lift chair while intoxicated or taking medications that impair your mental or physical abilities to operate the chair safely. Consult with your doctor about any medications you are taking that may affect the safe operation of the chair.



Do not operate this product if you have any medical conditions that result in limited, debilitating mental or physical capacity. You should consult your doctor before using this product.



Consult with your physician regarding using the Trendelenburg position.



Placing the lift chair in the center of a room or too far away from a wall will create a tripping hazard, because the power wires for the lift chair will be crossing main traffic areas in the residence.



Leakage from the 9 VDC backup batteries can result in property damage. Periodically inspect and replace the batteries. Read the "Battery Back Up System" and "Care and Maintenance" sections in this manual.



If the lift chair user is unconscious or sleeping the hand control may inadvertently become activated in a way that may force the user out of the chair.



Should you ever encounter a problem with the operation of your power lift chair, discontinue all use of the product upon discovery of the problem. Contact the provider from whom you purchased your chair to arrange service.



Exceeding the stated weight limit listed in this manual can result in instability of the lift chair, causing a potential tip over hazard.



Consult the owner's manual of the chair and a physician to determine if you are capable of moving or lifting the chair, as this will cause serious injury if not done properly.



Verify that all objects including hands and fingers are not between the arm of the chair and the open compartment before closing the compartment as this will result in property damage or serious injury.



This is an electrical device and will be impacted by any power failure.



To operate this chair properly, you must read and understand the intended use of the product, and overall operation of the chair as misuse, or lack of proper training may lead to serious injury.



Use extreme care when unpacking, assembling, and disassembling of this unit, so as not to cause injury to persons or damage to the unit.

Transformer With Li-Ion Battery Backup



Refer to the manual supplied with the transformer with Li-ion battery backup for proper installation, use, and warnings.

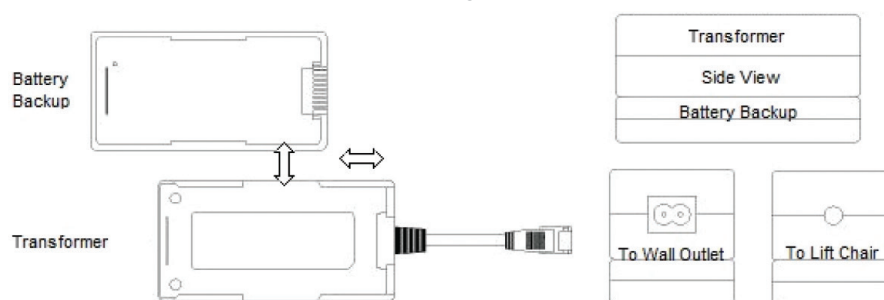
To Assemble:

Align the Li-ion battery backup and transformer as shown below, and slide both halves in opposite directions to connect them together.

To Disassemble:

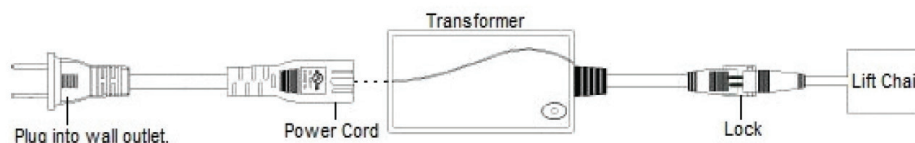
Slide the Li-ion battery backup and transformer in opposite directions, and separate them

Note: The Li-ion battery backup will provide energy when power from the wall outlet is not available as an emergency power source.



Installation:

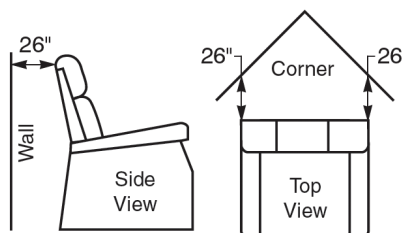
1. Extend the power wire from the lift chair under the back cross rail.
2. Connect it to the transformer and close the lock to secure as shown below.
3. Plug the transformer power cord into the transformer.
4. Plug the opposite end of the power cord into wall outlet.



5. Place the chair in the desired position in the room, keeping it 26" away from the wall. If placing the chair into a corner, keep it 26" from the wall as shown.

Distance required from the wall when reclined:

Wall: 26 inches – Corner: 26 inches



6. Adjust the leg levelers on the bottom of the chair if necessary to level the chair. Some high pile carpets can obstruct the footrest operation by rubbing against it. Raise the levelers to a height above the pile.

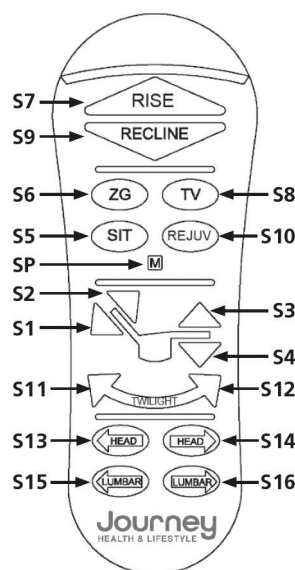
WARNING: Improper assembly, installation, and/or use can cause damage and/or shorten the life of the device.

1. **Getting into your lift chair.** While standing next to your chair, press button (S7) and raise the chair to a height you can sit against. This height will vary from person to person depending on the individual's needs. Raise the chair high enough so you do not have to flop down into the chair. **Flopping down into the chair will damage it and could cause personal injury.** Press button (S5). As the chair continues downward, adjust yourself into a position that is comfortable to you. Continue holding button (S5) until chair is in the seated position (chair firmly on the floor), then release the button. You can also press buttons (S6, S8, S9, S10) and the chair will move to those positions.
2. **Getting out of your chair.** Press button (S7) and raise the chair to a height that enables you to easily stand. Release the button. Return the chair to the seated position (S5) (chair firmly on the floor) after getting out of the chair, so children, pets or obstructions do not get under the chair. Repeat no. 1 when you want to sit down.

Micro Adjustments

1. **To recline the back of the chair,** press button (S1) and hold until the back reaches the desired position. Then release the button.
2. **To bring the back of the chair to an upright position,** press button (S2) and hold until the back reaches the desired position. Then release the button.
3. **To raise the foot rest and seat,** press button (S3) and hold until the foot rest reaches the desired position. Then release the button.
4. **To lower the foot rest and seat,** press button (S4) and hold until the footrest closes. Then release the button.

Note: The motors are set to shut off when they reach their fully extended or fully retracted position if the selected button is not released. If you should go past your desired position, select the button to bring you back to your desired position. You can repeat the process as often as you like.



Cradle Adjustments

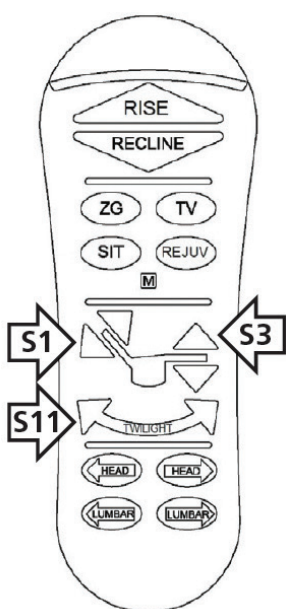
1. **To move the cradle (away from wall) up and out.** Press (S12) and hold it until the cradle reaches a position suitable for you, then release the button.
2. **To move the cradle (towards the wall) down and in.** Press (S11) and hold it until the cradle reaches a position suitable for you, then release the button.

Headrest Adjustments

1. To move the head rest up and out. Press button (S14) and hold it until the head rest reaches a position suitable for you, then release the button.
2. To move the head rest down and in. Press button (S13) and hold it until the head rest reaches a position suitable for you, then release the button.

Lumbar Adjustments

1. To move the lumbar out. Press button (S16) and hold it until the lumbar reaches a position suitable for you, then release the button.
2. To move the lumbar in. Press button (S15) and hold it until the lumbar reaches a position suitable for you, then release the button.



Initial Hand Control Setup

This setup is required to ensure proper operation of your lift chair's control system.

ZK3100-C5M Setup/Reset Procedure:

Press and hold all three buttons (S1) Backrest down, (S3) Footrest up, and (S11) TWILIGHT in simultaneously (see photo) until the chair stops moving. Continue to hold all three buttons simultaneously for an additional three seconds.



Final Setup/ Reset Position

- The control system relies on sensors and memory to function properly.
- From time to time, the control system may need to be reset.
- This may be due to normal circumstances such as disconnecting power abruptly, power surges, or electrical outages.
- If the movement of the chair does not feel correct, resetting the system may resolve the issue.

Troubleshooting

The setup of the chair requires the steps to be conducted as stated. If the chair does not operate correctly one of the following may have occurred:

- The incorrect buttons were used during setup.
- The buttons were released prior to the chair reaching the final setup position.
- Power disconnected or lost during setup.

The position of the chair when using the setup procedure will not affect operations. If any of these issues occurred and the chair does not seem to operate correctly, please repeat the Setup Procedure.

Programming the Memory Buttons S5, S6, S8 and S10

Press one of the preprogrammed buttons (S5, S6, S8, S10) and hold until the chair stops. Press buttons (S1 thru S4, S11 and S12) to micro adjust those positions to suit your needs. Use the following procedure to reprogram (S5, S6, S8, S10) buttons after you have the chair in your desired position.

Press and hold program button (SP). The back light goes off while pressed.

1. In about 3 seconds the backlight will start flashing (one flash)
2. Within 5 seconds, press one of the memory buttons (S5, S6, S8, S10) to save the position to the button pressed. The back light will return to non-flashing position indicating that the new position is stored.

If a programmable memory button is not pressed within 5 seconds, or a nonprogrammable button is pressed, then the programming sequence is aborted and you will need to repeat steps 1 to 3 above. You may reprogram the memory buttons as often as you like.

Factory Reset

Resets all the programmed buttons (S5, S6, S8 and S10) back to the factory settings.

1. Press and hold program button (SP). The backlight goes off while button is pressed.
2. In about 4 seconds the backlight will start flashing.
3. Within 5 seconds, press button (S1). The backlight will change to non-flashing.
4. Within another 5 seconds, press button (S4). Factory reset is done.

If button (S1) is not pressed within 5 seconds, or a different button is pressed, then the programming sequence is aborted and you'll need to repeat steps 1 to 4 above.

Hand Control Disable

Hand control disable, disables all functions on the hand control.

1. To disable, press and hold the program button (SP) for 4 seconds until the backlight starts flashing. Then press button (S7).
2. To enable, press and hold the program button (SP) for 4 seconds until the backlight starts flashing. Then press button (S7).

Function Lock

Should you ever want to limit the button function of your hand control, you can use the function lock feature to disable all button function except for buttons (S7 and S9).

1. To lock function, press and hold the program button (SP) for 4 seconds until the backlight starts flashing.
2. Press button (S1), press button (S2), press button (S3), press button (S6).
3. To unlock function, press and hold the program button (SP) for 4 seconds until the backlight starts flashing.
4. Press button (S1), press button (S2), press button (S3), press button (S6).

Lights Out Feature:

This feature will automatically shut off the backlight on the hand control after a specified period of inactivity (approximately 15 seconds).

To activate the "Lights Out Feature", follow the procedure below.

1. Press and hold the (SP) button "M", until the backlight starts flashing.
2. Press the key sequence: (S1) Backrest down, (S2) Backrest up, and (S5) SIT.

To turn off the "Lights Out Feature", repeat steps 1 – 2.

MAXICOMFORT™ WITH TWILIGHT POSITIONING Patented Twilight Technology



Up



TV



TV in Twilight



Lounge



Lounge Reclined



Zero Gravity



Rejuvenate



Trendelenburg

Chair arm removed for demonstration purposes.



Smart Tek™ (Power Indication)

Your power lift chair is equipped with a back lit hand control. This light illuminates green when any button on the hand control is pressed indicating power to the hand control.

Your power lift chair also comes with a power indicator light on the transformer and on the power cord connecting the motor to the transformer. The lights illuminate green constantly, indicating power from the outlet to the transformer and the motor. The lights have been provided to help you identify electrical disconnects, should they occur, and to help your provider to diagnose electrical problems, should they occur.

Should the chair not operate and the lights are out, check all electrical connections to the chair. Make sure everything is plugged in properly and there is power to the outlet into which the chair is plugged (see installation on page 8 for electrical connections). **Should you ever encounter a problem with the operation of your power lift chair and the lights are on, such as mechanical problems or one light is out, discontinue all use of the product upon discovery of the problem.** Contact the provider from whom you purchased your chair. They will be able to resolve problems and take care of proper factory service if needed. You will need to be prepared to answer some basic questions about your power lift chair, such as model and serial number. The model and serial number are located on the back of the hand control and the rear of the lift frame. Your provider will ask you questions about your power indicator lights, such as which one is out. Prior to calling your provider, check all the electrical connections to the chair. Make sure everything is plugged in properly and there is power to the outlet into which the chair is plugged (see installation on page 7 for electrical connections).

Journey Health & Lifestyle, through its authorized distributor/service organization, warrants this chair to original consumer only, against defects in material or workmanship as follows:

LIFETIME WARRANTY

Journey Health & Lifestyle warrants for the lifetime of the chair by the original consumer to repair or replace at their option the wood frame and metal parts. Labor to replace these parts is subsidized on all models for three years.

Journey Health & Lifestyle shall not be responsible or obligated to pay for any cost or expense for examination of any warranted parts nor is Journey Health & Lifestyle to pay for costs for transportation, handling and packaging of the parts or components.

THREE YEAR PARTS WARRANTY

Journey Health & Lifestyle warrants the electrical parts of this chair against defects to original consumer only, for a period of three years from the date of original purchase by a consumer. Labor to replace these parts is subsidized for one year on all models.

Journey Health & Lifestyle 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.

LIMITED WARRANTY FOURTH THROUGH SEVENTH YEAR

During the period beginning with the expiration of the full three year parts warranty offered above and continuing through the seventh year after date of original purchase by a consumer, Journey Health & Lifestyle will warrant the electrical parts on the following pro-rated basis. Year 4 earns a 35% discount off suggested retail price. Year 5 earns a 25% discount, year 6 a 15% discount and year 7 a 5% discount. By way of example, a part costing \$100.00 that needs replacement in year 4 would cost \$65.00. Journey Health & Lifestyle shall not be responsible or obligated to pay for any costs or expense for examination and/or service of any warranted part or to pay for costs of transportation, handling and packaging of the chair and/or parts or components.

TERMS APPLICABLE TO WARRANTY

Journey Health & Lifestyle will, at its 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, Journey Health & Lifestyle will correct the defect in conformity with the Consumer Limited

Lifetime and Seven Year Warranty. THE LIMITED LIFETIME AND SEVEN YEAR 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.

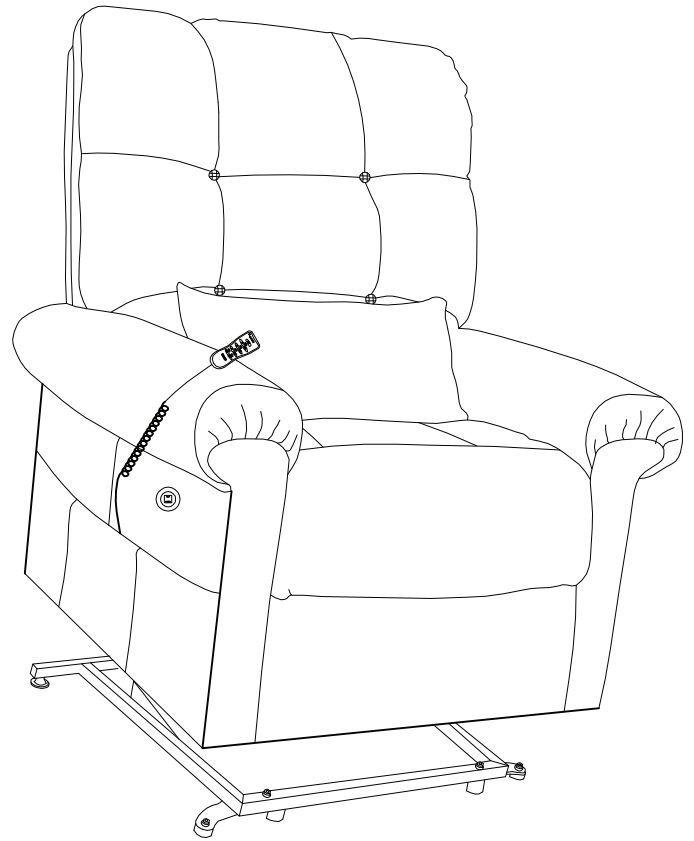
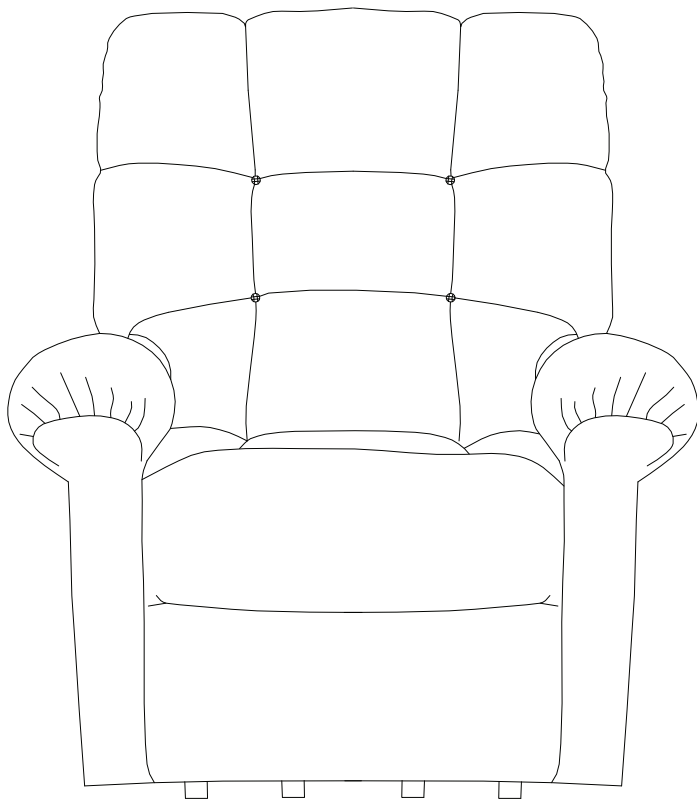
Warranty is valid in all 50 states, Canadian Provinces and Puerto Rico.

Your lift chair will require routine maintenance checks. You can perform some of these checks, while others may require assistance from a provider. By following these maintenance checks, you can make sure your lift chair gives you years of trouble-free operation. If you have any questions or concerns regarding your lift chair's care and maintenance, contact your provider.

1. Before cleaning your lift chair, consult your provider for the proper types of cleaner and cleaning methods.
2. Keep all electrical components free from moisture and liquid spills. Intended for indoor use only.
3. Periodically inspect all wiring harnesses to make sure they are not cut, damaged, frayed, or disconnected. If damage of any type is present, unplug the lift chair and contact your provider.
4. Periodically check all fasteners for tightness, wear, and corrosion. If any of these are present, unplug the lift chair and contact your provider.



Warning: Be careful of pinch points and sharp metal parts (wear gloves).



journey perfect sleepchair®

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

1-800-958-8324