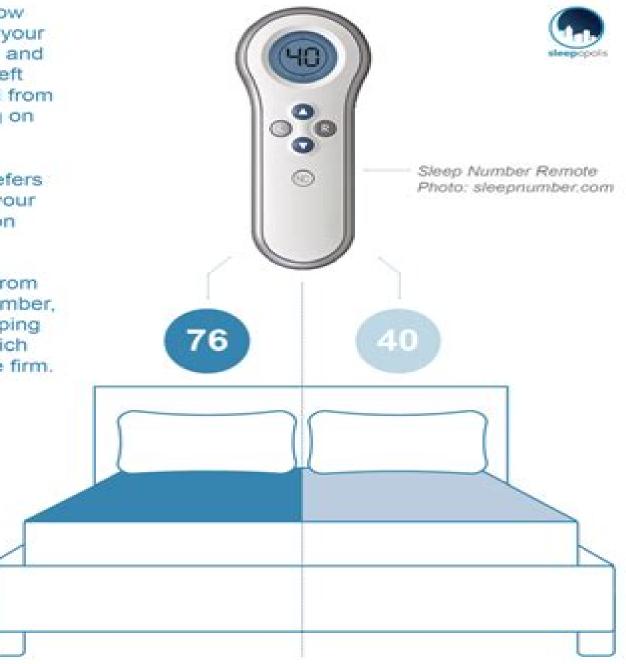
Up and down arrows allow you to adjust the bed to your desired number. The "L" and "R" buttons refer to the left and right side of the bed from the perspective of laying on your back.

The "Sleep Number" refers to the level of firmness your bed will be, depending on your preference.

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