

# SleepMat

## INSTRUCTIONS FOR USE

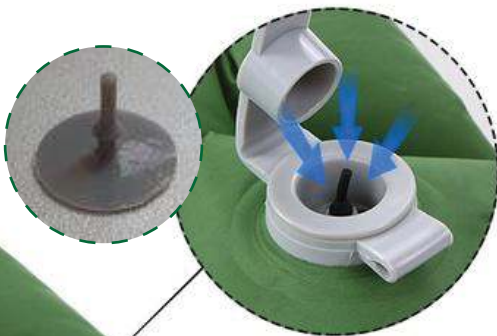
### 1.

For inflating the pillow open the double plug on the lower part of the pillow and pull out the T-shaped silicone cap from it.

Then close the lower part of the plug (the upper part remains open) and start inflating the pillow.

### 2.

To do this, press on the plug with your foot - step on the middle part of the plug each time by covering the plug with your foot, as this pushes the air forward into the mat. When you reach the fullness that will be most comfortable for you, close the top of the plug and the mat will be ready to use.



### 3.

After use, open the plug completely and the air will be expelled automatically.