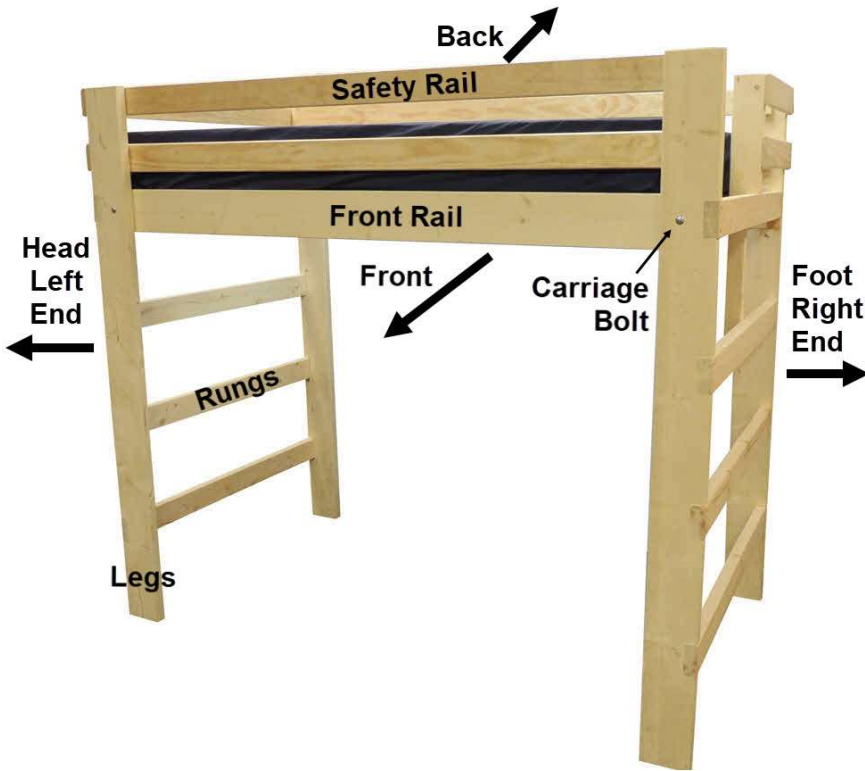


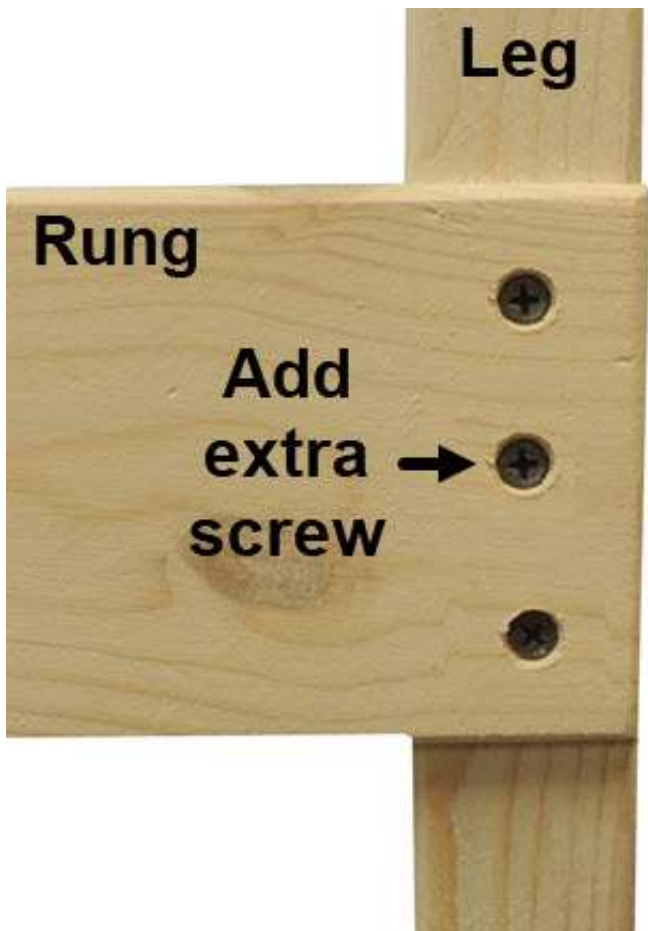
How to Prevent the Bed from Rocking or Squeaking 01/25/23



If the bed rocks a little when climbing up, how can I make it sturdier? After the wood glue has dried for about 2-3 hours, the bed should be tight and not rock in any direction more than 1/4". If it does rock, try the following.

Did you use a cordless drill/? Make sure your drive the screws nice and tight, but do not strip the wood. With the 1-1/2" thick wood, the top of the screw should be recessed about 1/8" to make a tight fit. Try un-screwing them very slowly one at a time and re-tighten slowly. If you use a regular electric drill, make sure it has an adjustable chuck to adjust the tension on the screws, without an adjustable chuck, a regular drill will strip the screws into the wood. If you do strip the wood, you can fill the hole with a little wood glue and wood toothpicks and give it time to dry, then reinstall the screw.

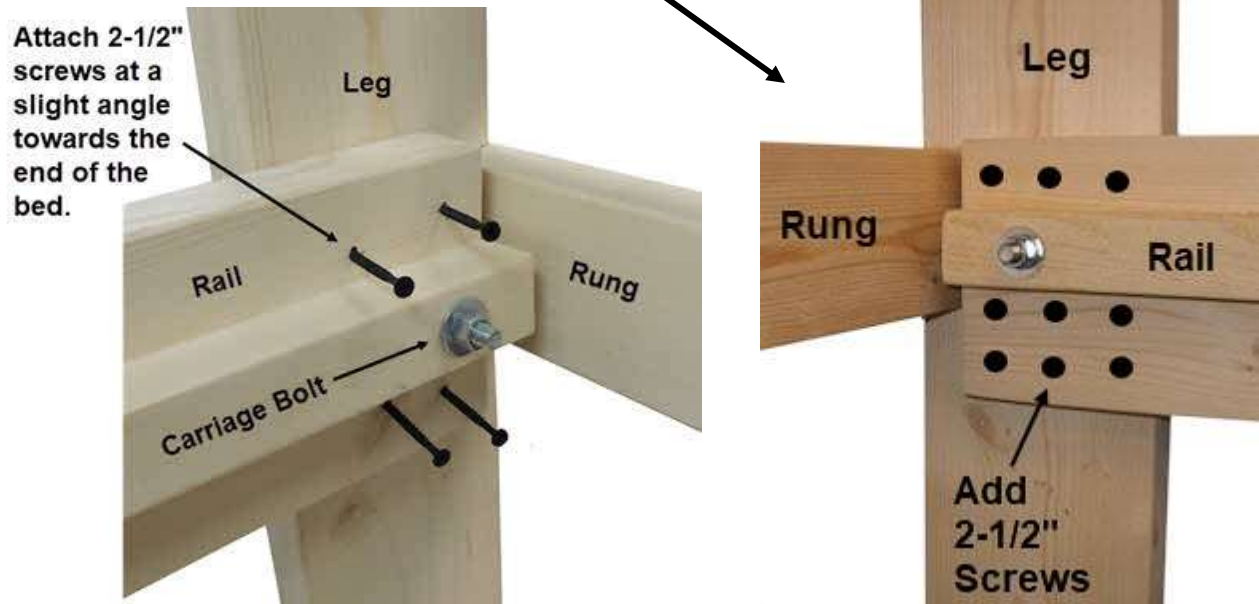
If the bed rocks more than 1/4", what direction does it move? When standing at the front rail (the long side see first diagram) does it move front to back or left to right (head to foot)?



If it moves front to back then the rungs are moving inside the notched legs. Did you coat the inside of the notches with the wood glue we provided? Remember, the wood glue will take about 2 hours to dry. Do not use or put any pressure on the ladder rungs while the glue is drying. Once the glue sets, the rungs and legs will become basically one piece and there should be no movement between them. Try adding a third screw to the rungs in-between the two existing screws. If you have a small drill bit, use it to drill a pilot hole first to prevent the wood from splitting. Insert a 2-1/2" screw and drive it into the wood slowly.

If the bed moves left to right (head to foot) then the screws in the front and back rails should be checked. You may add additional screws to the front and back rails, spacing them roughly 2" apart. Also, drive the new screws at a slight angle, angled screws provides better support. The carriage bolt should be tight and the rounded end should be recessed about 1/16" into the wood.

Make sure you have installed the screws around the carriage bolts. The carriage bolt is primarily used to support the weight and the screws provide the stability. The second image below is an example of the rail with more screws to further stabilize the left to right movement.



Other things to look for:

Is the floor level? If the floor is not level then the bed will not be level and could rock. Many older homes and apartments have floors that sag towards the middle of the room. You may need to place spacers under the legs if the floor is not level. You may use felt pads with an adhesive back under the legs as spacers.

Are you on carpet? The pad under carpet floors is thick and can be a little spongy and cause slight movement.

Have you set up and taken down the bed multiple times? For college students who set them up and take them down yearly the screw holes may become elongated and the screws may not hold as well. When this occurs you can fill the hole with a little wood glue and wood toothpicks and give it time to dry, then reinstall the screw.

How to Prevent the Bed from Squeaking

Squeaking sounds when moving around in bed is typically caused by the mattress rubbing on the bed slats or solid platform. Remove the mattress to see if the problem goes away. You can prevent the squeaking by placing something soft underneath the mattress.