## How to take a Lapnap







Unlock & extend rods



Insert rods into pillow sleeves



Adjust pillow height



Set lap position



Lock



Lapnap!

The body support system is designed to flex and literally push back when you apply minimal forward, downward pressure. This action keeps Lapnap secure in your preferred position.

You may find it most comfortable to rest the support rods on your lap or on the seat between your legs.

Adjust the pillow to the height you want your head to rest at and position the lap rods where it's most comfortable.

You can face center, or rest your head to either side.

The pillow rods are flexible, so you can create a wider space to cushion your face.

While you're settling into position, gently hug Lapnap.

Once comfortably settled, you can choose whether to keep hugging or go hands free.

