In the above pictures, note that the steel bed spring can be inserted into the posts at residential height or at a higher height. The higher height will allow your items to be placed under the bed for space saving. Note that the spring has two hooks on each end that insert over the steel rods on the steel channel embedded in the wood end (picture below).

When changing your bed height or configuration, it is important to disengage both hooks on each end of the spring. If both ends are not disengaged, damage to your bed may occur. Note that lifting up on the spring while one foot is on the lower cross rail disengages the spring. Sometimes it requires an upward tapping under the corner connection to dislodge the spring hooks from the steel rods.

Safety guard rails are highly recommended for ALL spring heights. To attach the guard rail, slide the mattress so the guard rail can lay flat on the spring. Engage the two brackets of the guard rail to the spring and raise it to the vertical position. The mattress can now be repositioned and will hold the guard rail in its upright position.