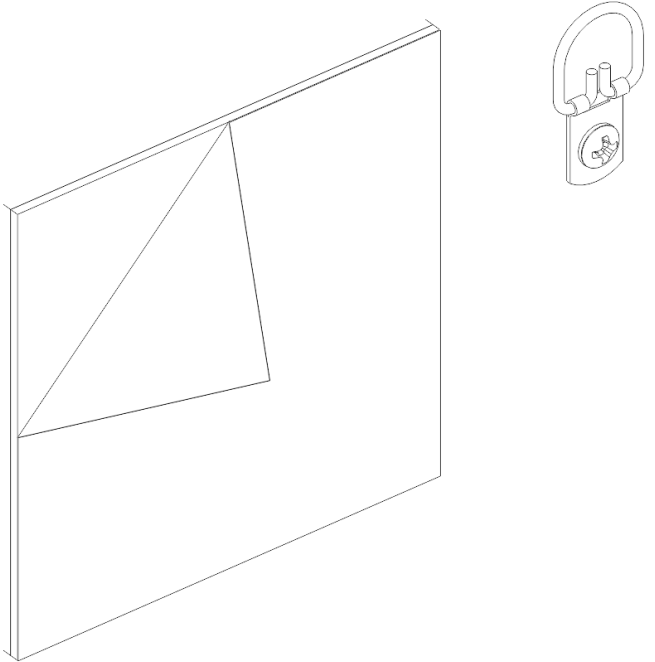Step 1: Clean the area in which you
    will be hanging your new headboard
(If you have the powered version, be sure
to account for plugging in your headboard)

Step 2a (if using D-Rings):
    Install hooks onto the wall
in the proper positions to match
with the D-Rings on the headboard

Step 2b: Peel the backs off of the 5
    Velcro squares on the back of
the headboard

Step 3a (if using D-Rings): Hang the D-Rings
    onto the hooks installed in step 2a

Step 3b: Press the headboard panel onto the
    wall firmly to ensure proper engagement of
the adhesive backing of the Velcro Squares