



How to Get Up to the Top Bunk of a Bunk Bed

Bunk beds are great to use, especially in a small room. The children can pick out where they want to sleep. Usually the older child gets to use the top bunk, because it might be difficult for a smaller child to climb to the top.



Steps

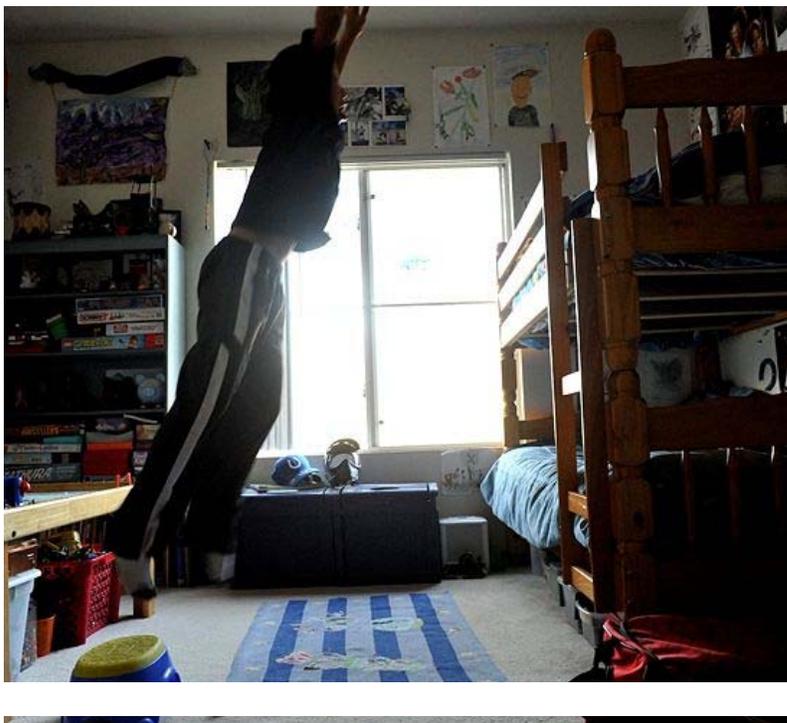
- 1 **Use the ladder.** The standard way is by climbing up the ladder, which is usually provided. As you reach the top, put your hands on the bed. As your feet reach the top of your ladder you should end up in a crawling position.



- 2 **Use the bottom bunk.** Another way people get up to the top bunk (especially teenagers) is by stepping onto the bottom bunk, and then either climbing or jumping up to the top bunk. You need to have fairly good upper-body strength for this though.



- 3 **Jump.** Some people even get up to the top bunk by standing a few feet from the bunk bed, running over to it, and vaulting up into the top bunk over the rails.



Tips

- When setting up the bunk, press it up against a wall so you can't over-shoot and fall off. Instead you'll hit the wall, and only get a headache. Falling head-first off a bunk can break your neck!
- When making the bed pull the sheets, blankets, quilt, etc. down the edges of the top bunk

mattress when standing on the floor; it is much easier than trying to sit on it and make the bed!

- Always make sure the barriers are around the top bunk. Not only do they stop the sleeper from falling out but they also keep all those stuffed animals, toys and books from spilling over the side! Great for kids with stuffed animals coming from everywhere.
- Some bunk beds don't have ladders and the sides are fully blocked in, or an open side is against a wall and the rest is enclosed. The head/footboards will be continuous "rungs" about the size of 2x4s. Put your hands on the highest one you can reach, step up, and treat the first few rungs like those on an extension ladder. When you can, put your hands over, push on the mattress (your butt should be at about a 45 degree angle) and walk in. To get down, kneel sideways, swing one leg over, get it secure on the step, put your other leg over (this feels bad but only for a minute) and go down it like a ladder.

Warnings

- It is safer to have a young child sleep in the lower bunk, because they might fall from the top while sleeping.
- Be careful if you decide to jump up to or down from the top bunk; you could hit the wood (ouch!) or fall and hurt yourself.
- If a child has a [bed-wetting](#) issue, it is recommended they sleep on the bottom, so they can get to the toilet quickly and the sheets can be changed quickly [at night](#).
- Jumping on the bed may cause it to break.

Related wikiHows

- [How to Make up a Bed Neatly](#)
- [How to Find a Theme to Decorate a Small Bedroom](#)