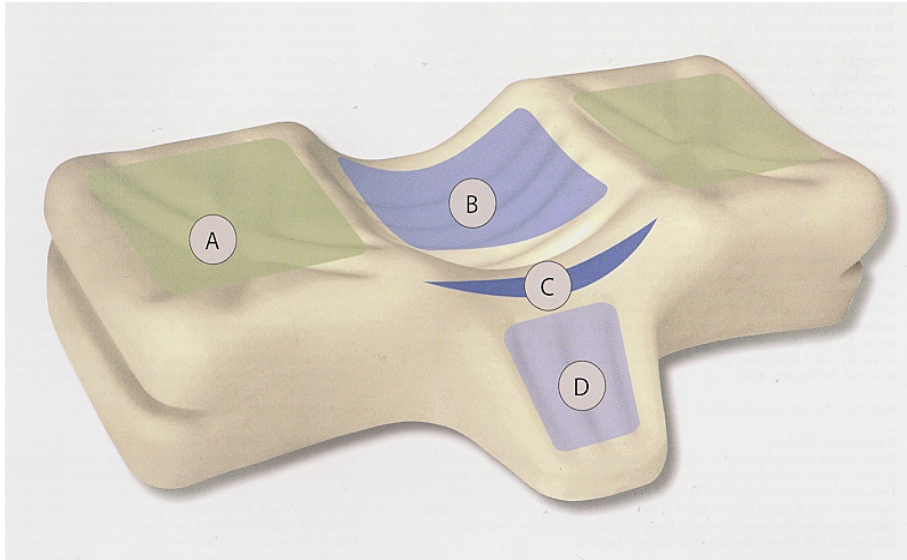


NeckSolutions Therapy Neck Pillow



The Therapeutic Neck Pillow is a supportive sleeping pillow designed to provide therapy while you sleep!

- Helps restore the natural curve of the neck
- Reduces neck pain symptoms and supports upper back
- Custom zippered cover included



A	Contoured head rest keeps head and neck level
B	Head cradle provides support and comfort
C	Cervical contour supports natural curve of the neck
D	Wedge extension supports upper thoracic spine

If you have been sleeping for years on a pillow that did not provide the correct support for your head, neck and upper back, you may notice immediate relief and comfort, or it may take some time to get used to the Therapy Neck Pillow. It may take a couple nights or a couple weeks, depending on how bad your posture and/or neck condition is; the worse it is, the longer it may take, but you are on your way to better sleeping comfort, more restful sleep and better spinal health, as your head, neck and upper back get adjusted.

The center portion is for back sleeping only. The two elevated sides are for left and right side sleeping only. As you change positions in a conscious manner, you are automatically adjusted to the correct posture.

Available in 5 sizes to fit everyone from a child 6 years and over to adult - large or small.

Instructions For Use:

	<p>Back Sleeping: Gently lay head in center cradle (B) with neck supported by the cervical contour (C) and upper back supported by the wedge extension (D).</p>
	<p>Side Sleeping: Use the raised side panel to gently lay head into the contoured head rest (A) to accommodate for shoulder height. Allow your shoulder to relax into the rounded shoulder section to prevent over stretching.</p>

Measuring For Correct Size:

Have Someone Assist You
Measure From Edge Of Neck
To Edge Of Arm Bone



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Kids: -----	up to 4¼"
Petite: -----	4¼" - 5¼"
Average: -----	5¼" - 6¼"
Large: -----	6¼" - 7¼"
X-Large: -----	7¼" - Plus

Between Sizes? Choose Smaller!

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Measure with a ruler at the edge of the neck in a straight line out to the end of the shoulder bone. Have someone help you or use a mirror to assist. This measures the shoulder width and the back sleeping part is automatically sized to this measurement.

Cleaning The Pillow:

Do not soak the pillow. The pillow foam can be sponged off lightly with a mild non-fragrance disinfectant soap, such as liquid hand soap or a mild dishwashing liquid.

The zippered cover is a polycotton blend with cotton on the top and poly blend on sides. It can be washed, however, it should be air dried to avoid shrinkage. You may place a standard pillow cover over it, but you should leave the custom cover on. It is best used with the custom cover and [replacement custom covers are available](#).

More Information, Videos & Ordering:



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