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## **Congratulations on purchasing MedCline!**

You are one step closer to finally enjoying a good night's sleep. Whether you purchased MedCline for nighttime acid reflux, shoulder pain, or another ailment, quality sleep plays a vital role in good health, physical and mental well-being, and quality of life. We certainly hope that MedCline brings the relief that you are seeking, as it has for thousands of other satisfied MedCline customers.

Please read through this Comfort Guide to learn how to set up your MedCline, as well as for comfort tips to help you adjust to the new sleep position for maximum comfort and relief.

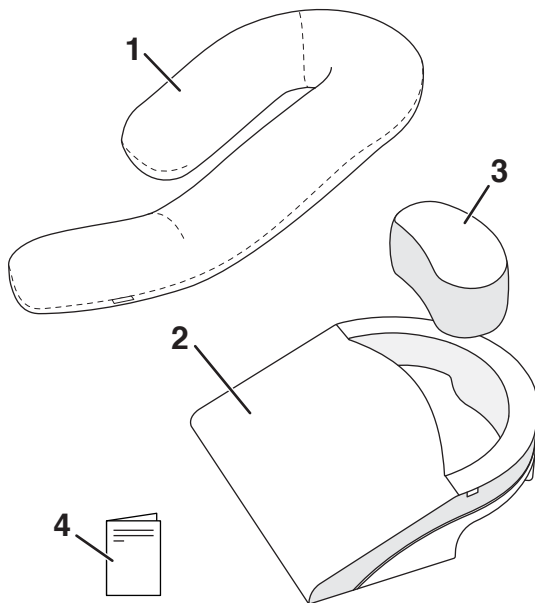
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For more information visit one of our retail stores in Milwaukee, Sheboygan, or West Bend or shop online at [shop.homecaremedical.com](http://shop.homecaremedical.com)

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### **Box Includes:**

1. Body Pillow
2. Incline Wedge
3. Insert Pillow
4. Comfort Guide

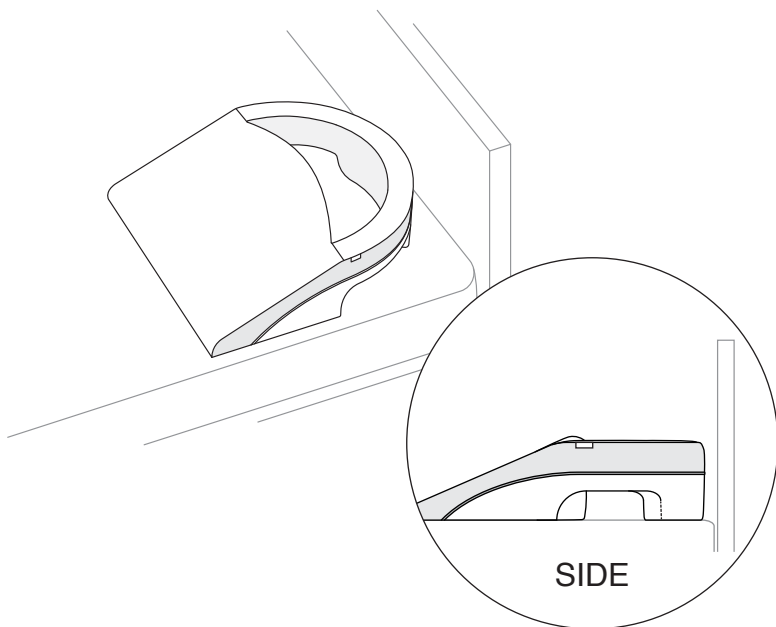


**NOTE:** Foam components have been compressed for shipment. Please allow up to 24 hours after opening for full shape recovery and for natural, new foam smell to dissipate.

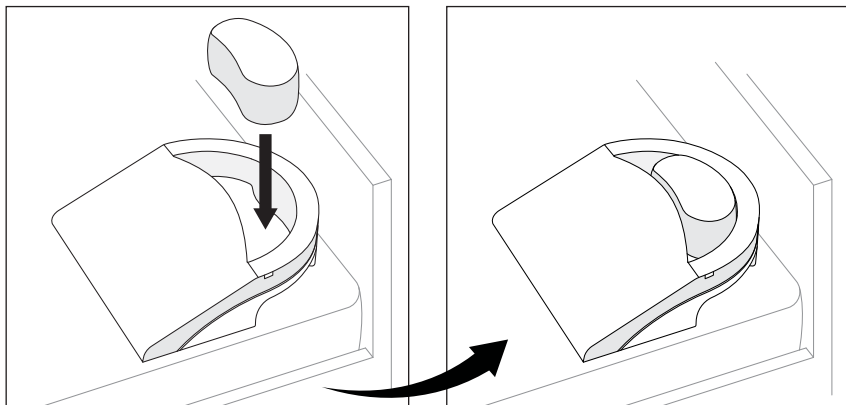
## Setup and Assembly

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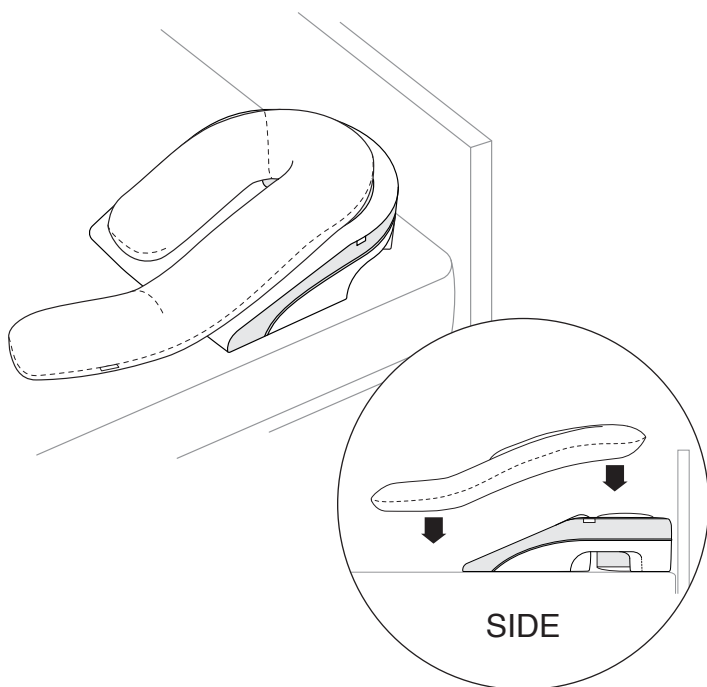
- 1** Place the Incline Wedge on either side of the bed, as illustrated below.



- 2** Place the Insert Pillow into the inner cavity of the Incline Wedge. (Compressed Insert Pillow will require shaking and re-fluffing to regain shape.)

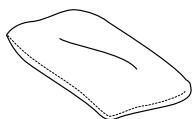


- 3** Place the Body Pillow on top and in the center of the Incline Wedge, as shown.

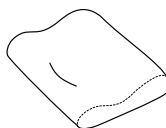


**NOTE:** MedCline can also be used with a variety of pillow types. Some users find that using their own, familiar pillow is a good alternative as they are getting used to the new sleep position.

Standard  
Pillow



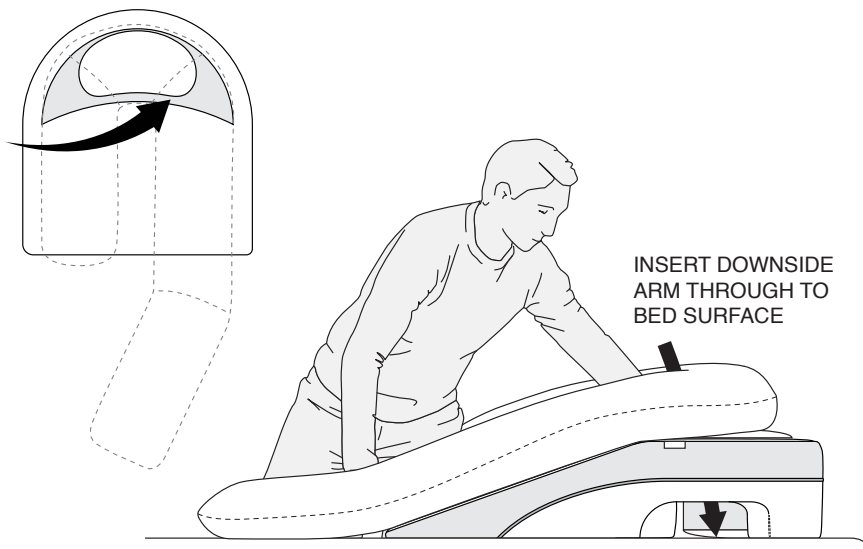
Contour  
Neck Pillow



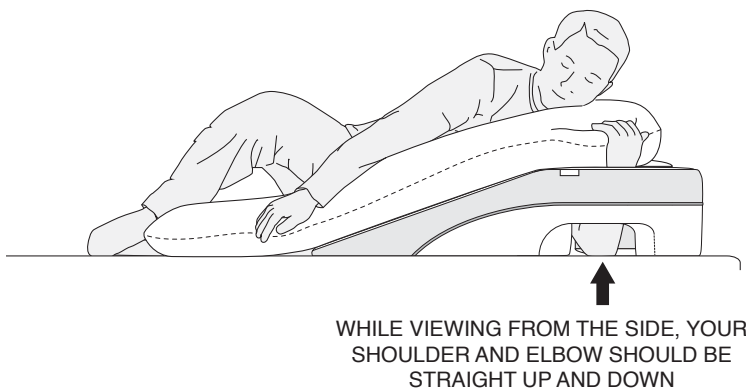
# Proper Positioning

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- 1** Insert your downside arm into the space between the Insert Pillow and the Incline Wedge.

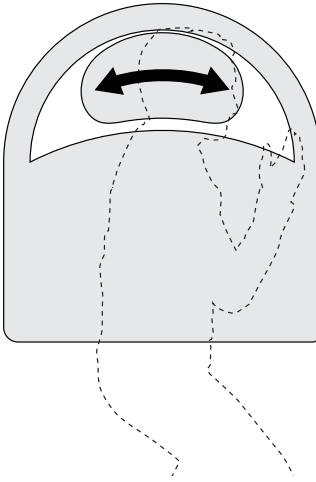


- 2** Lie down while allowing your elbow to descend and ultimately rest on the bed surface. Once your body has settled, your downside arm and shoulder should no longer be supporting your weight.



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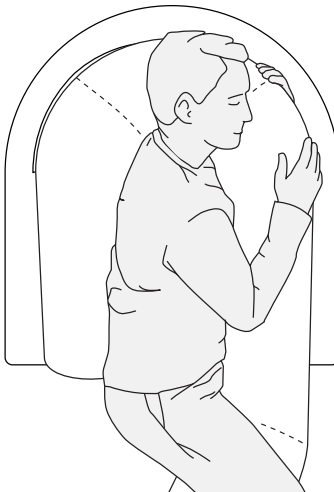
The Insert Pillow is designed to move within the cavity of the Incline Wedge. Move to add support where you need it.



INSERT PILLOW IS  
DESIGNED TO MOVE  
WITHIN THE CAVITY

4

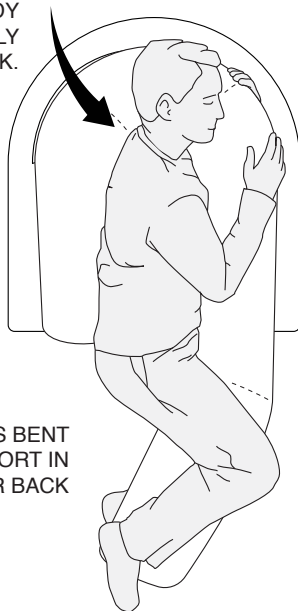
Ensure that your arm is straight down inside the pocket so there is no pressure on your armpit or underside of your downside arm. You may need to scoot up the incline to accomplish this.



SCOOT UP THE WEDGE  
TO RELIEVE ANY  
UNDERARM PRESSURE

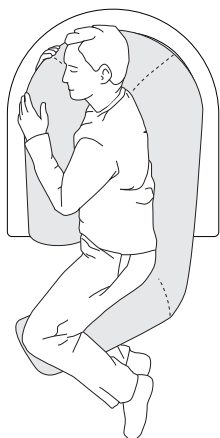
**5** The Body Pillow is adjustable and may need to be fluffed up or flattened out for optimal head and neck comfort. Try various positions until you are comfortable and able to relax.

NECK AND SHOULDER ARE  
TUCKED CLOSE TO BODY  
PILLOW, TO PROPERLY  
SUPPORT HEAD AND NECK.



KEEP HIPS AND KNEES BENT  
TO AVOID DISCOMFORT IN  
THE LOWER BACK

**NOTE:** The long limb of the Body Pillow can be used in front of you or behind you, in both the left-side down and right-side down positions.

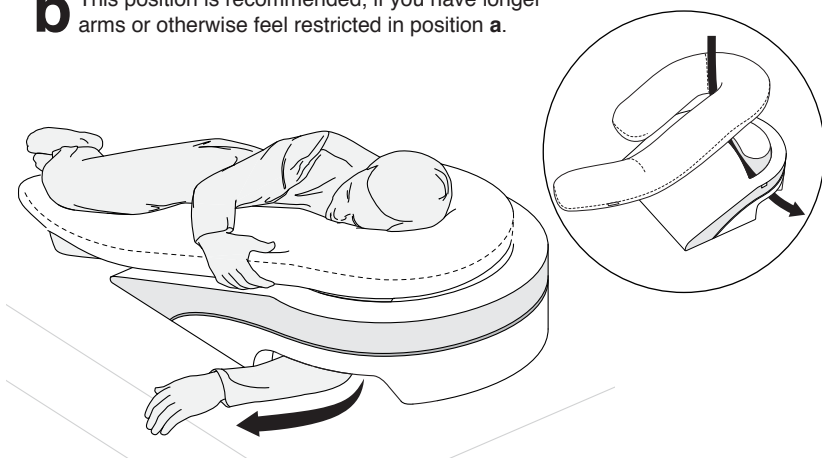


# 6 Find a comfortable position for your hands and arms using either position **a** or **b** shown below:

- a** This position is recommended, if you find yourself sliding down or if your hand falls asleep in position **b**.



- b** This position is recommended, if you have longer arms or otherwise feel restricted in position **a**.



# Use Instructions and Recommendations

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## **EXPERIMENT TO FIND WHAT WORKS BEST FOR YOU:**

Please keep in mind that it is perfectly normal to take time to adjust to the new sleep position created by MedCline. To maximize comfort, feel free to try the Body Pillow with the long limb in front or behind you; with the Body Pillow between our knees or not; with your arm in different positions; or even with different head pillows of varying heights (instead of the Body Pillow). If you would like suggestions, give us a call at 858-605-1747. We offer our 100-night Guarantee to give ample time to find the ideal position that works best for you.

## **ACID REFLUX (GERD) RELIEF TIPS:**

The length of time you need to use MedCline each night may vary. Most reflux episodes occur in the first half of the night, therefore you may only need to use MedCline for the first few hours of the night. Also, it is not necessary to stay in a single position during use. During the night, feel free to change arm positions, switch sides, or otherwise reposition yourself to maintain comfort.

If you suffer from Laryngopharyngeal Reflux (LPR) or “silent reflux”, you may need to use MedCline for an additional amount of time to feel complete relief. Typical LPR symptoms of chronic cough, sinusitis, hoarseness, etc. are resolved after a greater period of time.

## **LEFT vs. RIGHT-SIDE USE:**

MedCline can be used on your left or right side. Those using MedCline for acid reflux (GERD) relief should start by sleeping on the left side. Clinical studies have shown that for most patients, reflux relief is best achieved by sleeping on the left side.

## **OTHER USES:**

MedCline was thoroughly tested with GERD patients, however some additional uses may prove beneficial, depending on your individual circumstances. Please consult your physician, if you are unsure about MedCline use.



## Care Instructions

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- ! Follow label instructions for specific washing and drying recommendations for each component.**

All outer covers are removable and machine washable. The undercovers should be wiped clean with a damp cloth only. The internal portions of the Insert Pillow and the Body Pillow are spot clean only. The foam inside the Incline Wedge cannot be machine washed or dried.

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