

THERAPEUTICA® PILLOW ORTHOPEDIC SLEEPING PILLOW

- Helps restore the natural curve of the neck
- Reduces symptoms of neck pain and stiffness
- Soft, breathable, zip open cover is included
- Contoured head rest keeps head and neck level
- Head cradle provides support and comfort

Therapeutica
by **Core Products**
INTERNATIONAL, INC.



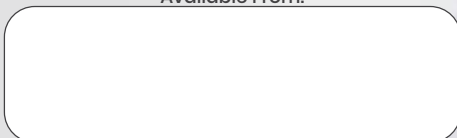
ON YOUR BACK

Unique design supports the upper thoracic spine, cervical spine, and head to increase comfort and reduce pain. It's the most comfortable foam pillow for back sleeping!

ON YOUR SIDE

Raised side panels are contoured to fit comfortable around the shoulders while supporting the neck and head. It's the only foam pillow ergonomically designed for side sleeping!

Available From:



WHY CHOOSE THE THERAPEUTICA PILLOW?

The Therapeutica Sleeping Pillow was created by an ergonomic designer, along with a doctor of chiropractic, for those who sleep best on their back or side. This nonallergenic foam pillow offers comfortable, yet firm, support to help restore the natural curve of the neck.

MOLDED FOAM

The unique nontoxic, nonallergenic, molded foam design includes three distinct areas to help reduce neck pain and stiffness. The gentle incline of the wedge extension supports the upper spine, the firm, cervical contour supports the neck, and the contoured head rest, with airflow channels, helps keep the head level.

CPAP USERS

The unique shaped pillow will benefit CPAP users who sleep on their side. The raised side panels and defined edge help position the head, allowing the mask and hose to drape over the edge of the pillow, making the mask more comfortable while reducing mask leaks and sore spots.

SPECIFICATIONS

Product Selection: Therapeutica® Orthopedic Sleeping Pillow, White
FOM-130 Standard (Firm), PET-1XL
Fom-133 Lite (Less Firm), PET-LRG

Product Weight: Petite: 3 lbs |
Average: 4 lbs | Large & XLarge: 5 lbs

Dimensions:
Petite: 23.5" x 10.75" x 4.75"
Average: 24.75" x 11" x 5.25"
Large: 25.75" x 11" x 6.25"
XLarge: 26.5" x 11.5" x 7"

Materials: Polyurethane foam
Cover: 90% polyester/10% rayon

Case Quantity: Petite & Average: 6 |
Large & XLarge: 4

Case Dimensions:
Petite & Average: 25" x 15" x 24"
Large & XLarge: 24" x 14" x 27"

Case Weight: Petite: 16 lbs |
Average: 19 lbs | Large 15 lbs |
XLarge: 17 lbs

Latex: This product is not made with natural rubber latex

Country of Origin: Made in Canada

California Residents Only:
⚠️WARNING: Cancer and Reproductive Harm – www.P65Warnings.ca.gov

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HOW TO MEASURE

To properly measure yourself for our Therapeutica Sleeping Pillows, use our exclusive measuring guide.

A full size, printable version is available at: <https://www.coreproducts.com/therapeutica-sizing-guide> or a ruler can also be used to take shoulder measurements.

Pillow Size	Shoulder Length
Petite	4 1/4" - 5 1/4"
Average	5 1/4" - 6 1/4"
Large	6 1/4" - 7 1/4"
Extra Large	7 1/4" +

Hold the ruler level and measure from the base of the neck to the outside tip of the bony prominence at the shoulder. NOTE: ignore any muscle mass beyond the bony prominence. Choose one size smaller if you measure between two sizes or sleep on a soft surface such as memory foam or pillow-top mattress.



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SIZING IS IMPORTANT

Proper spinal alignment is key to healthy sleeping. Selecting a properly sized pillow that accommodates shoulder length will increase comfort while sleeping!

Looking at the pictures to the right, it is easy to see how the spine will twist or tilt into positions that can be uncomfortable and hinder a restful sleep if sleeping on the wrong size pillow.

Scan the code below to download a printable, full size version of our exclusive measuring guide.



PRODUCT SELECTION

Standard (Firm):

Petite: FOM-130-PET
Average: FOM-130-AVG
Large: FOM-130-LRG
*XLarge: FOM-130-IXL

LITE (Less Firm):

Petite: FOM-133-PET
Average: FOM-133-AVG
Large: FOM-133-LRG
*XLarge is only available in the Standard (Firm) option.

Our Therapeutica® Pillow is also available in a Travel size option! (See FOM-131)

