

# CARING FOR YOUR PILLOW

## STEP ONE

### PILLOW PROTECTOR

*YES - you really need a pillow protector! They prevent most of the dead skin cells, dust mites, & other allergens from invading your pillow. Wash them once a week.*

## STEP TWO

### WASH FREQUENTLY

*Wash your pillow every few months. Wash two pillows at a time to help balance the washing machine. Use a delicate cycle, warm water & an extra rinse cycle. Use very little detergent & never add bleach or softener.*

## STEP THREE

### DRY THOROUGHLY

*Machine dry your pillows individually, at a medium temperature. After the first cycle, pull apart any clumps. Set it on tumble dry for the second cycle.*

## STEP FOUR

### KNOW WHEN TO FOLD

*A high quality pillow will last at least 5 years. Fold your pillow in half. If it doesn't spring back into shape, it's no longer sleepworthy.*