

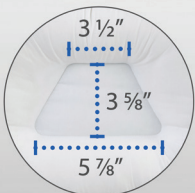
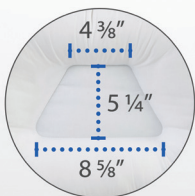
## TRI-CORE® CERVICAL SUPPORT PILLOW

- Raised side areas gently support the head and neck while sleeping on either side
- Two side lobes provide support options for different sized sleepers
- Shaped center gently cradles the head while sleeping on the back



### TRI-CORE® CERVICAL SUPPORT PILLOWS

Trapezoid Center Head Cradle



Available From:



### PROPER SUPPORT

Finding the right pillow is key to getting a comfortable night's rest and to waking feeling refreshed. Our best selling fiber support pillow, the Tri-Core® is ideal for helping to correctly align the spine and support the neck in its natural position for side and back sleepers alike. Our patented design with unique trapezoid center and twin support lobes support the head and neck, making it the highest quality fiber cervical support pillow available.

While sleeping on your back, Tri-Core's center comfortably cradles your head while the lower lobe supports your neck, helping restore the normal curvature of your spine. As you turn to the side, side lobes help support your head and neck in a neutral position, promoting good spinal health.

### NATURAL PAIN RELIEF

Patients suffering from tension headaches, neck injuries and arthritis may benefit from using the Tri-Core Pillow. Maintaining proper sleeping posture can help correct nerve malfunction and promote healing of injuries. The firm support keeps head elevated and can help alleviate blocked airways, a major cause of snoring.

### SPECIFICATIONS

#### Product Selection: Tri-Core® Pillow

FIB-200 Full size, White, Standard/Firm  
 FIB-220 Full size, White, Gentle  
 FIB-2001 Full size, Blue, Standard/Firm  
 FIB-221 Mid-size, White, Standard/Firm  
 FIB-222 Mid-size, White, Gentle  
 FIB-219 Petite size, White, Standard/Firm

#### Product Weight:

FIB-200 & FIB-2001: 2.5 lbs |  
 FIB-220: 2.2 lbs | FIB-221: 1.95 lbs |  
 FIB-222: 1.75 lbs | FIB-219: 1.2 lbs

#### Dimensions:

Full size: 24" x 16" | Mid-size: 22" x 15"  
 Petite size: 19" x 12"

**Materials:** Cover: Polyester/Cotton |  
 Filling: 100% Virgin Polyester

#### Case Quantity:

Full size & Mid-size: 6 | Petite size: 5

#### Case Dimensions:

Full size & Mid-size: 23" x 22" x 16"  
 Petite size: 15" x 14" x 23"

#### Case Weight:

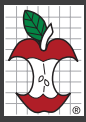
FIB-200 & FIB-2001: 20 lbs |  
 FIB-220: 18 lbs | FIB-221: 16 lbs |  
 FIB-222: 15 lbs | FIB-219: 9 lbs

**Latex:** This product is not made with natural rubber latex

**Country of Origin:** Assembled in the USA of globally sourced materials

California Residents Only:

**WARNING:** Cancer and Reproductive Harm – www.P65Warnings.ca.gov



## TRI-CORE® CERVICAL SUPPORT PILLOW

### ADJUSTMENT PERIOD

Something to keep in mind if you are new to cervical pillows, there is generally an adjustment period when switching to a supportive cervical pillow from your typical soft comfort pillow.

This adjustment period typically takes up to two weeks, depending on use and your individual cervical support needs.



### MAINTAINING OPTIMUM PERFORMANCE

If you feel that you're not moving enough fiber with this technique, you can use your thumbs and gently push inward from the side of the pillow to add or remove support and volume.

Once the desired level of support is achieved, we recommend repeating this process every 1-2 weeks in order to maintain optimum performance.

Available From:



### FLUFFING A CERVICAL PILLOW

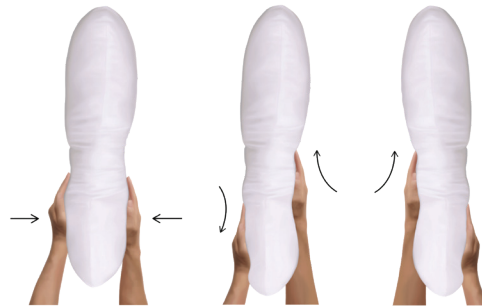
To maintain like new support, our fiber pillows will need occasional fluffing to maintain optimum performance. Fluffing a supportive cervical pillow is easy but a little different from other pillows you may have used.

Reference the diagram and instructions below to customize your pillow to be firmer or softer to match your ideal neck support preferences!



### PILLOW TOO SOFT?

If the neck roll in your pillow is too soft, you can move fiber from the sides of the pillow into the neck roll. This will make the neck roll firmer and more supportive or softer to match your ideal neck support preferences!



### PILLOW TOO FIRM?

If the neck roll in your pillow is too firm, you can easily move fiber away from the neck roll to the sides of the pillow. This will make the neck roll softer and less supportive.

### TO INCREASE THE FIRMNESS OF THE NECK ROLL

1. Start by holding the pillow upright using your legs to secure the pillow.
2. Next, place your hands together on opposite sides of the neck roll, near a corner.
3. Start by pressing your palms together creating a V shape with your hands, slowly alternate your hands while applying pressure at the base of your palms and pushing toward the middle of the cervical roll. This will help move the fiber within the pillow, towards the middle of the neck roll. Repeat on the opposite end of the neck roll.
4. Repeat this process until you reach the firmness you desire.

### TO DECREASE THE FIRMNESS OF THE NECK ROLL

1. Start by holding the pillow upright using your legs to secure the pillow.
2. Next, place your hands together on center of the neck roll.
3. Start by pressing your palms together creating a V shape with your hands, slowly alternate your hands while applying pressure at the base of your palms and pushing toward the corner of the pillow. This will help move the fiber within the pillow towards the edge of the neck roll.
4. Repeat this process until you reach the firmness you desire.