

## D-CORE® CERVICAL SUPPORT PILLOW

- Helps relieve tension, headaches, neck spasms and snoring
- Raised side areas gently support your head and neck while sleeping on either side
- Two neck lobes provide different support options
- The shaped center gently cradles the head while sleeping on your back



### PROPER SLEEPING SUPPORT

The D-Core® pillow helps provide you with proper cervical support at an economical price. The patented “D” shaped center gently supports your head and neck during sleep.

### WHY THE SHAPED CENTER?

The shaped center provides maximum comfort and flexibility. When sleeping on your back, the center cradles your head to support your neck in its most natural position. As you roll from your back to one side, the pillow again properly supports your neck. The sides of the pillow are recommended for side sleeping.

### HEAD & NECK SUPPORT

By supporting your head and neck in a proper sleeping posture, the D-Core Pillow can help relieve pain from neck injuries and prevent airway blockage (a major cause of snoring). Most people experience an increase in sleeping comfort within a couple of days. Others may require up to two weeks before the neck and back muscles adjust to their proper position.

### SPECIFICATIONS



Available From:



**Product Selection: D-Core® Pillow**  
FIB-240 Full size, White, Standard/Firm  
FIB-241 Mid-size, White, Standard/Firm

**Product Weight:**  
Full size: 2.7 lbs | Mid-size: 2.1 lbs

**Dimensions:**  
Full size: 24" x 16" | Mid-size: 22" x 15"

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

**Patent Number:** 5,088,141

**Case Quantity:** 6

**Case Dimensions:** 24" x 22" x 16"

**Case Weight:**  
Full size: 22 lbs | Mid-size: 16 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



## D-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

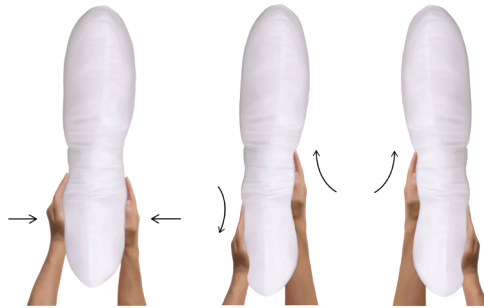
To maintain like new support, our fiber pillows will need occasional fluffing to maintain optimum performance. Fluffing a supportive cervical pillow is easy but a little different from other pillows you may have used.

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.