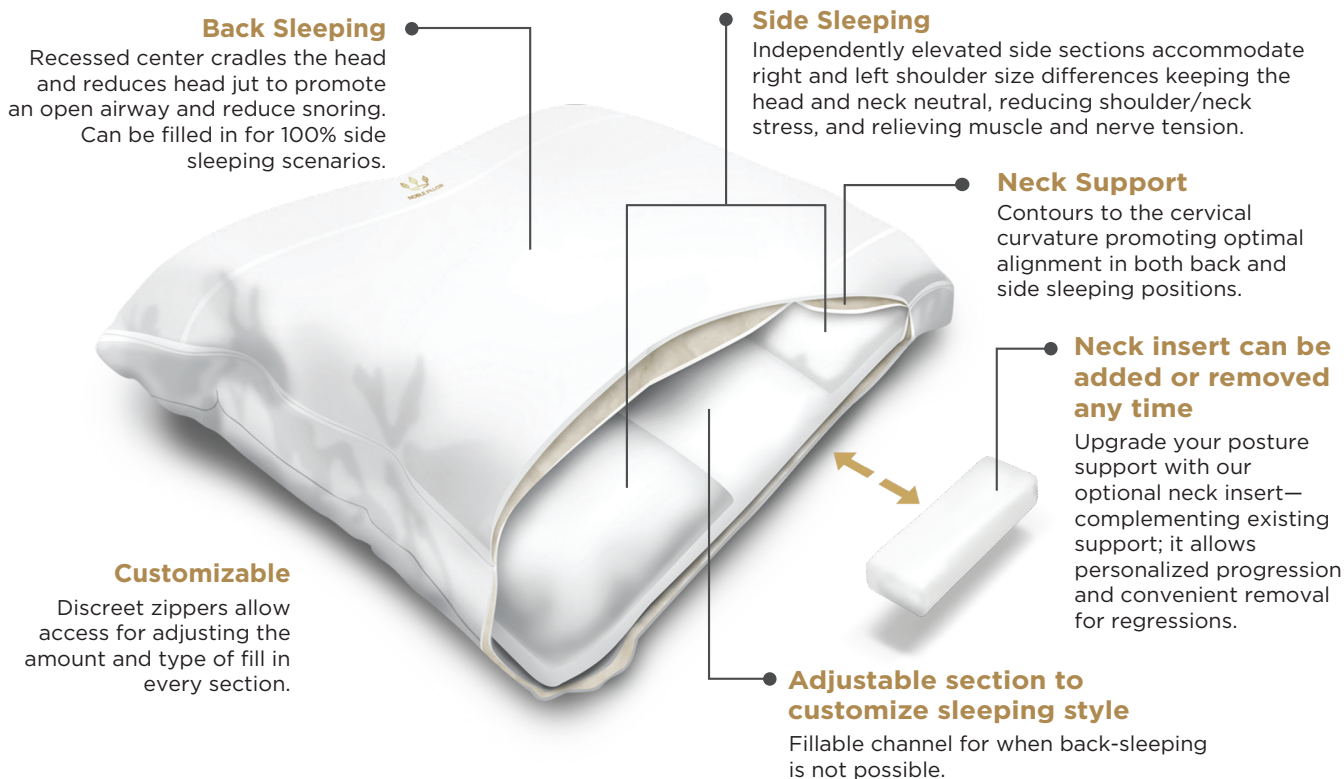


Noble Head Pillow Use & Care Guide




Page 1 Step-by-Step Instructions


 **Follow Along with the online videos (on the Use & Care page): You've Got This!**

Page 2 Utilizing the Pillow Map


 **Identifying Areas for Adjustment**
Let us guide you through the process. We're with you every step of the way.

Page 3-5 Discover Your Sleeping Style

 **Find Your Perfect Match**
Choose the style that best suits you and mark the page for quick reference.

 **For Belly Sleepers**
Dive into the video with extra care. We've put in additional effort to explain your specific needs.

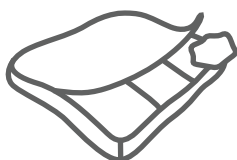
Page 6 Troubleshooting

 **Running into Difficulties?**
Refer to the "Troubleshooting/FAQ" section for solutions that'll get you back on track in no time.

Set up instructions (complete all steps before first use)

Find a day when you have plenty of time to make adjustments; do not spend the first night on it without test runs, as you may want to add or subtract fill from one or more sections.

1



Step 1: Fluff/Spread the fill in every section (Videos on website)

Remove the pillowcase. Unzip the outer pillow and lay it and the inner core flat. Evenly distribute the fill in each section of the outer pillow and core by picking apart the fill inside and spreading it around. (note: it is unnecessary to take the fill out of the pillow). Put the pillow and case back together.

2



Step 2: Assess your sleep posture and comfort level on your bed (See Fig.1)

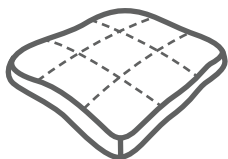
The top of the pillow and the pillowcase are marked by the crown logo.

Back Sleeping - Lay your head in the center and pull the neck support (sections 3 +4) into the curvature of your neck. Pull the corners of the pillow to the shoulders.

Side Sleeping - Lay on the left or right side sleeping zones with the neck support pulled firmly to the shoulder. If you do not spend any time on your back, you can fill in the center (section 8) and will not have to move out of the middle.

Use Fig.1 as well as your level of comfort to assess. You can go by feel, use a mirror or selfie mode on your device, set a timer on your phone, or have someone else take a picture or offer feedback.

3

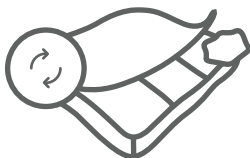


Step 3: Adjust the pillow based on your assessment (See Fig.2)

Find and use the appropriate graphic for your sleeping style (combination, back only, or side sleeping only) on pages 3,4, or 5 for instruction on which sections need more/less fill according to your assessment and comfort. Use the Pillow Map (Fig.2) to assist.

Put a towel down, and prop the pillow with the zipper end up. Use the telescopic tool for the neck support or hard-to-reach areas. Store unneeded fill in the provided bag for later.

4



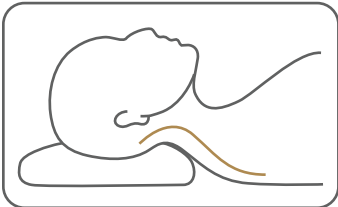
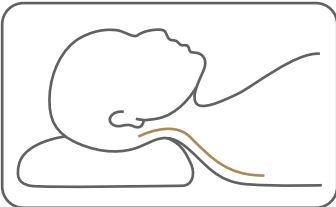
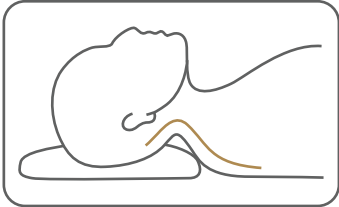
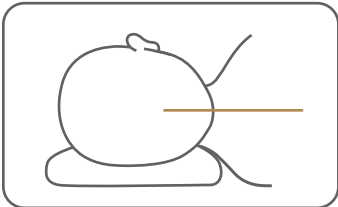
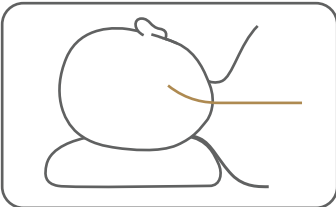
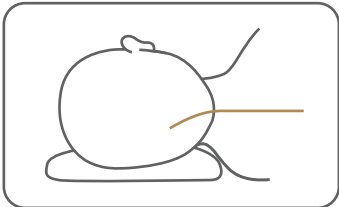
Step 4: Refluff/Spread the fill and repeat as needed

After adjusting, re-fluff and disperse the fill evenly before reassessing. Continue adjusting until your desired level of comfort is achieved. Take a nap, meditate, or just rest for a few minutes to test the pillow before spending an entire night on it. Repeat monthly or after major changes like weight/shape change. Pillowcases are not prewashed and should be washed per the care instructions.

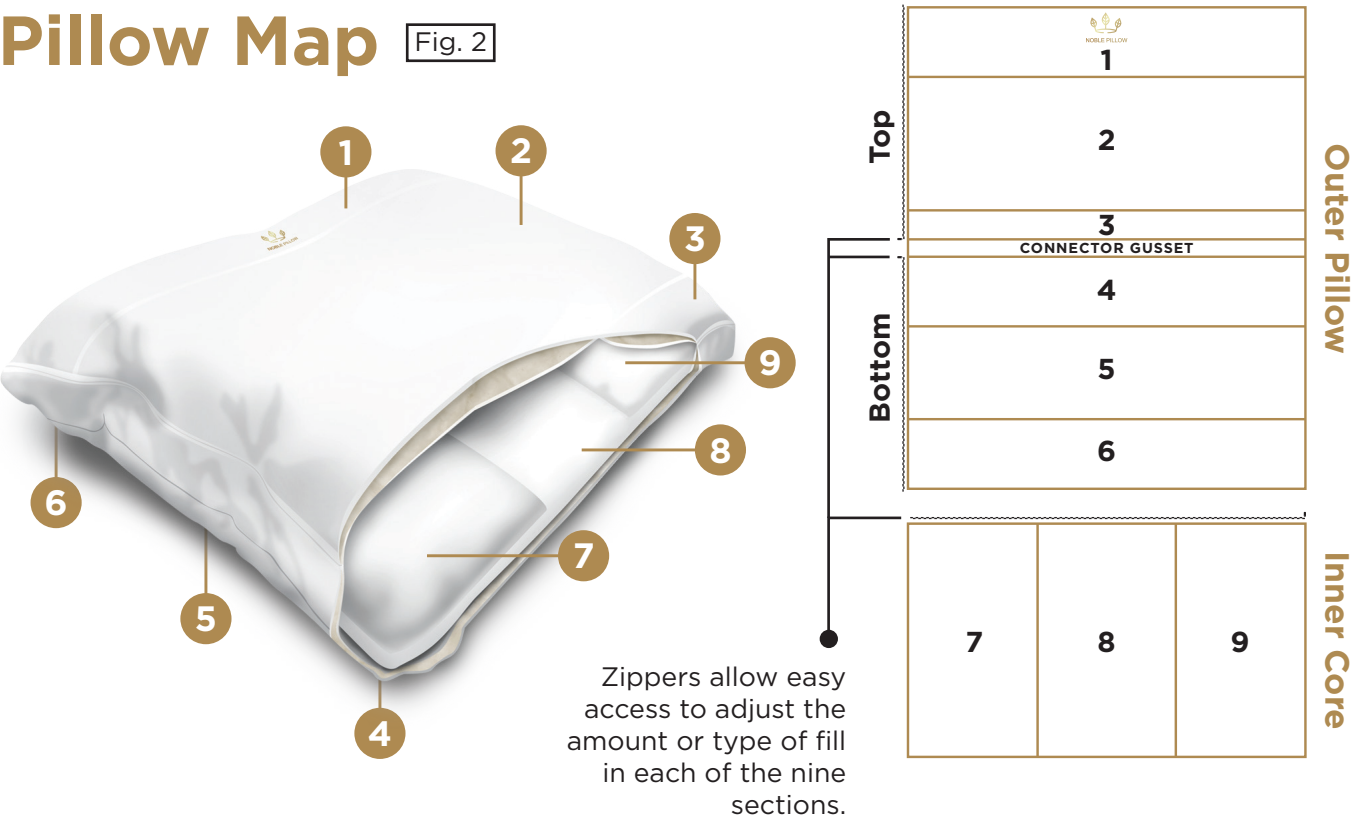
Noble pillowcases are specially designed to fit your pillow correctly. Use only gusseted pillowcases. The pillow will not work as intended with a conventional pillowcase. Wash the pillowcase before first use.



Neck Alignment Fig. 1

	NEUTRAL ALIGNMENT	PILLOW HIGH	PILLOW LOW
BACK SLEEPING	 <p>Neck Supported with Normal Cervical Curvature</p>	 <p>Loss of Normal Cervical Curvature</p>	 <p>Exaggerates Cervical Curvature and can cause snoring</p>
SIDE SLEEPING	 <p>Neck Supported with Normal Cervical Curvature</p>	 <p>Angles Neck Upward</p>	 <p>Angles Neck Downward</p>

Pillow Map Fig. 2



Combination Sleeping

Top of Head Zone (Controls Head Tilt)

Start with section 1, then section 6 if needed.

- If your head tilts too forward, remove fill.
- If your head tilts backward, add fill.

Middle Head Zone (Controls Overall Head Height)

To lower head height and feel more neck support, remove fill from section 2. **It's ok to remove ALL the filling from the middle section.**

- To lower head height without feeling more neck support, remove fill from section 5.
- To increase head height and feel less neck support, add fill to section 2.
- To increase head height without feeling less neck support, add fill to section 5.

Neck Zone (Controls Neck Support)

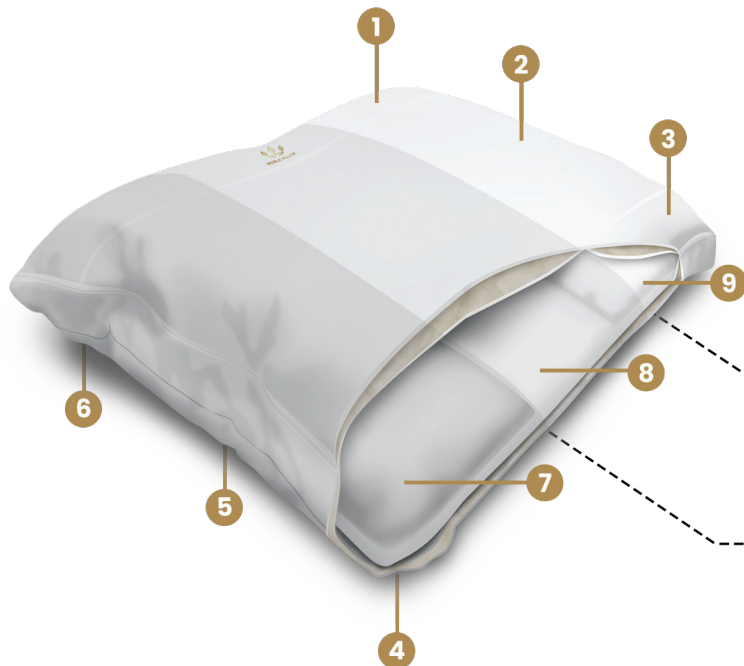
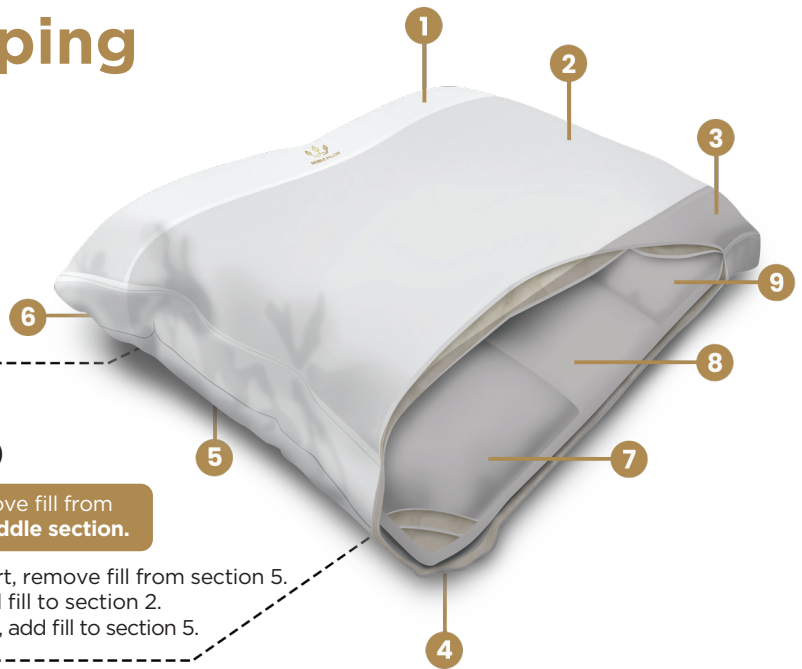
For less neck support:

- Start by removing fill from section 3 and then section 4 if needed.

For more neck support:

Try any of these options to your preference.

- Add fill to section 4.
- Add fill to section 3. Careful not to overstuff section 3 may cause the neck support to be too firm for comfort.
- Remove fill from section 2 (add fill to section 5 if head height becomes too low).
- Fill the provided neck insert with your desired filling, then insert it into Section 8.



Left Side-Sleeping Zone

Use section 9 to make higher or lower.

Back Sleeping Zone

A light layer can be added to section 8 to finetune comfort level or make less of a cradling effect.

Right Side-Sleeping Zone

Use section 7 to make higher or lower.



Back Sleeping Only

Top of Head Zone (Controls Head Tilt)

Start with section 1, then section 6 if needed.

- If your head tilts too forward, remove fill.
- If your head tilts backward, add fill.

Middle Head Zone (Controls Overall Head Height)

To lower head height and feel more neck support, remove fill from section 2. **It's ok to remove ALL the filling from the middle section.**

- To lower head height without feeling more neck support, remove fill from section 5.
- To increase head height and feel less neck support, add fill to section 2.
- To increase head height without feeling less neck support, add fill to section 5.

Neck Zone (Controls Neck Support)

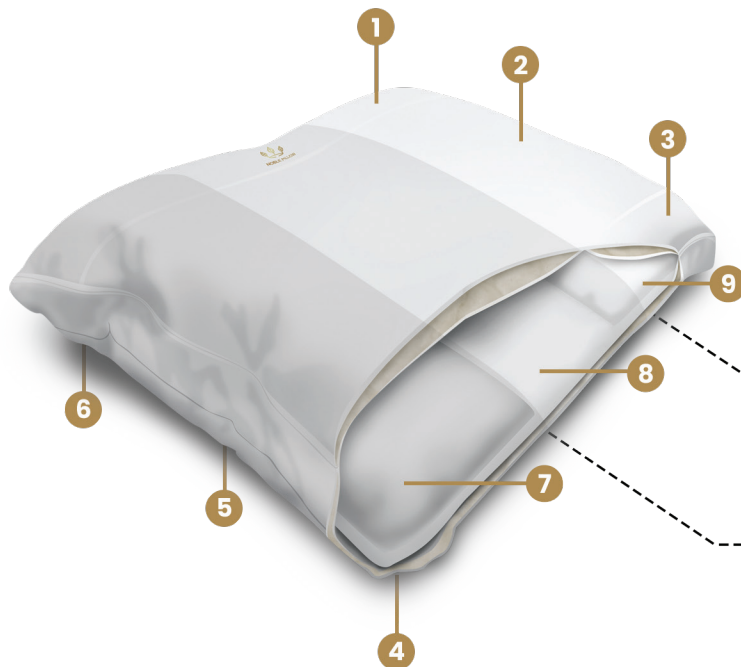
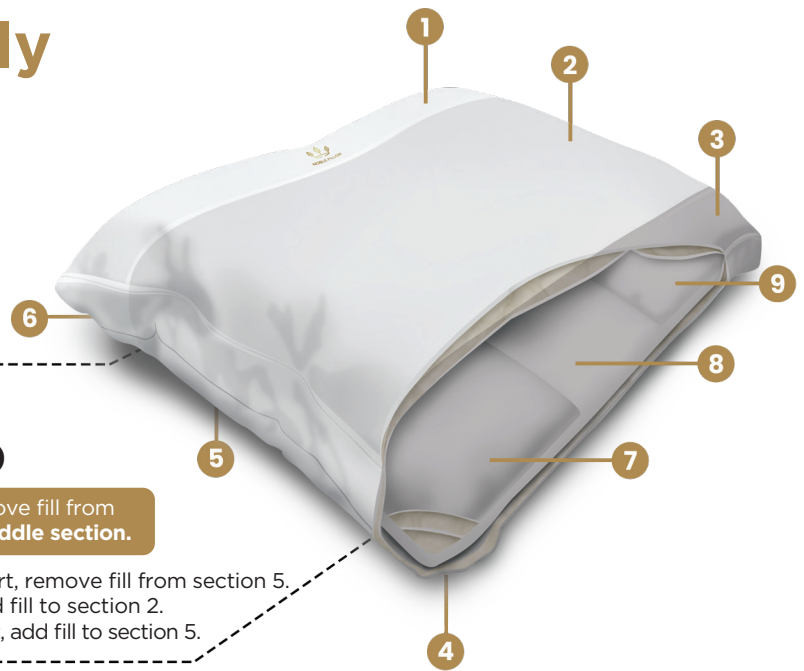
For less neck support:

- Start by removing fill from section 3 and then section 4 if needed.

For more neck support:

Try any of these options to your preference.

- Add fill to section 4.
- Add fill to section 3. Careful not to overstuff section 3 may cause the neck support to be too firm for comfort.
- Remove fill from section 2 (add fill to section 5 if head height becomes too low).
- Fill the provided neck insert with your desired filling, then insert it into Section 8.



Left Side Zone

- Add fill to sections 7 & 9 for more head cradling.
- Remove fill to sections 7 & 9 for less cradling and less pressure on ears.

Back Sleeping Zone

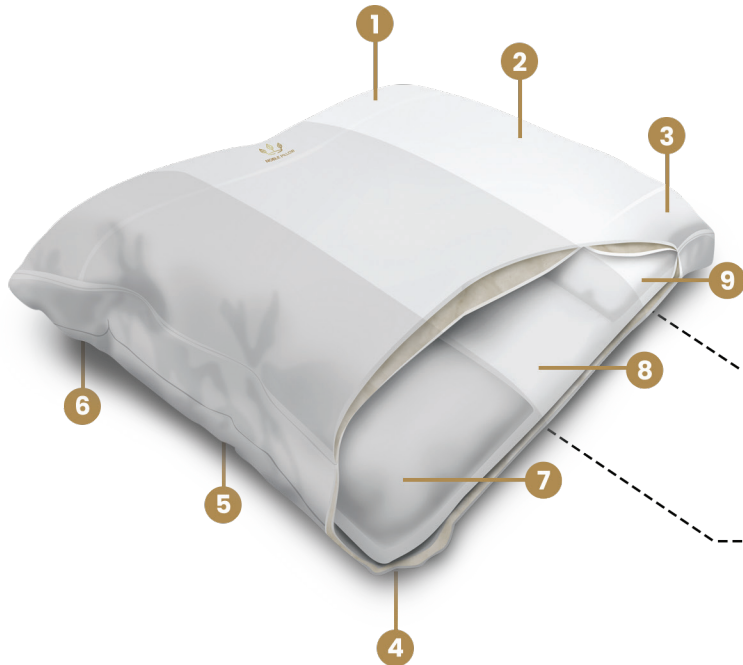
- Add a different fill type to section 8 for more/less softness.
- Add fill to section 8 for head elevation or less cradling.
- Empty section 8 for max cradling.

Right Side Zone

- Add fill to sections 7 & 9 for more head cradling.
- Remove fill to sections 7 & 9 for less cradling and less pressure on ears.

Side Sleeping Only

Adjust Sections 7, 8 & 9 first



Left Side Zone

For left-side sleeping, add fill to section 9 for more loft or remove if the head is too high.

Center Zone

Set height to the dominant or injured sleeping side.

Right Side Zone

For right-side sleeping, add fill to section 7 for more loft or remove if the head is too high.

Top of Head Zone (Fine-tunes head tilt)

Start with section 1, then section 6 if needed.

- If your head tilts too forward, remove fill.
- If your head tilts backward, add fill.

Middle Head Zone (Fine-tunes neck support and comfort sensations)

To feel more neck support remove fill from section 2. **It's ok to remove ALL the filling from the middle section.**

- To feel less neck support, add fill to section 2.

Neck Zone (Controls Neck Support)

For less neck support:

- Start by removing fill from section 3 and then section 4 if needed.

For more neck support:

Try any of these options to your preference.

- Add fill to section 4.
- Add fill to section 3. Careful not to overstuff section 3 may cause the neck support to be too firm for comfort.
- Remove fill from section 2 (add fill to section 5 if head height becomes too low).



Troubleshooting/FAQ

Why is there maintenance involved?

In order to provide a non-toxic corrective pillow that can be adjusted to every joint, there will be some need for care. The better care you take of your pillow, the better your pillow takes care of you.

Reconnect with your purpose and affirm that your body deserves that extra attention. Consider framing it as your personal sleep workout—a reminder of the importance you place on self-improvement.

The pillow is too soft

- Add fill to any section that you feel is lacking support/firmness
- One or more sections may be replaced with a firmer fill type.
- If you are still in your trial period, you can request additional fill or exchange the pillow for one with a different fill type. We have more options not listed on the website.

The pillow is too firm

- Make sure you follow the fluffing instructions.
- Only use a gusseted case. Follow the pillowcase washing/drying instructions; if it shrinks, it will compress and stiffen the pillow.
- Try removing the filling from stiff areas.
- Don't hesitate to contact us if you need a different fill type.

A neutral posture is not comfortable

- Make sure you have tried removing 100% of the fill from section 2.
- You may need more time to transition. Start with a head/neck posture that is comfortable. Then, add or remove one handful at a time, spread out over a tolerable timeframe as you acclimate. Don't force "perfect posture" too quickly.
- Certain situations like GERDS, surgery, or sleep apnea may require different elevations; consult your health specialist.

The pillow is too large/small

Exchange for a different size.

I Want to feel more neck support

- Make sure you have tried removing 100% of the fill from section 2.
- Be sure to follow directions for your sleeping style on pages 3,4 or 5 first.
- When pulling the neck support into position, include the base support (section 4); you may need to pull from underneath the bottom of the pillow. (This is most commonly the solution.)
- Use the neck insert in section 8, and fill it with your preferred fill type.
- In some cases, the pillow may be rotated or flipped over. The pillowcase can be put on to line up with the new orientation. (pillowcase may be repositioned for new orientation)

Snoring/trouble breathing

- Check to see if the head is tilted too far back or forward (too much cervical flexion or extension.)
- Check to see if the head is too high or too low under the head itself.
- Convert the pillow to side-sleeping only.
- You may need to elevate your bed. Consult your healthcare provider.

*Snoring and certain types of sleep apnea can also be caused by alcohol, overeating, or eating too close to bedtime.

The fill moves around

Our pillow incorporates zoned construction, precisely balancing structural support in specific areas to facilitate optimal contouring within anatomical zones. A certain degree of fill shifting is both natural and advantageous. However, should you find the fill movement excessive for your preferences, we kindly invite you to contact us for effective solutions to address your concerns.

Adjusting the fill is hard/messy

Lay a towel down. Position the pillow by supporting it with the zipper ends up, either against a chair, wall, or couch. Alternatively, you can secure it by clipping it to a drying rack or attaching it to an easel or dry-erase board. Ensure to utilize the included "claw" specifically for the neck roll area.

Troubleshooting/FAQ

The pillowcase doesn't fit

- Follow the care instructions to avoid shrinkage unless you intend to keep your pillow loft low and you feel your case is baggy; in this instance, you may shrink to fit.
- Additional cotton or silk cases can be found online for your convenience.
- Contact us for custom sizes.

I can't get used to the natural fibers/clumpy

- A bamboo pillow-topper smooths out the texture.
- Switch the stuffing out with CertiPur-US certified memory foam or other soft fill.
- Contact us for other options not listed on our website.

I have pain/discomfort with the pillow

While most customers experience immediate relief, individual circumstances, conditions, or postures may require a longer adaptation. Adjusting to the pillow can take time due to these factors. Discomfort is common when correcting poor posture or addressing long-standing issues. If the pain persists or intensifies, it's crucial to take a break or ease up. You can add or remove fill from the pillow to find a balance between comfort and "ideal posture." Respect the transitional period as your body adjusts, and if necessary, request an extended trial period to acclimate. Contact us for expert tips on posture and adjustments.

My pillow stopped working/feeling good

- Be sure you perform maintenance and frequent fluffing, especially if it feels flat.
- Reassess. Maybe you changed, especially after travel, prolonged sitting, or positive postural improvements.

How to sleep on your side

- Rest your upper arm on the side of your body or support it with an extra pillow, while avoiding hugging a pillow or encouraging excessive internal rotation.
- Maintain a tucked chin; avoid jutting your head forward.
- Avoid tucking your lower arm under the pillow. Aim for the elbow and shoulder to be as close to a comfortable 90-degree angle as possible.

Side sleeper only, and the pillow doesn't seem set right

Make sure you follow the directions to convert the pillow for your sleeping style on page 5. The pillow comes set to a combination style by default. Add fill to section 8 of the core to remove the recessed area.

I don't see my question addressed here

Check our website for updates, or contact us via the contact page. For your convenience, scan our website QR code below.

We're Here to Help

Need Assistance? Get in Touch

If you're ever unsure, please feel free to reach out. We're here to assist you every step of the way. Your well-being is our top priority.

USE & CARE
www.noblepillow.com



Need Help? Contact Us
support@noblepillow.com

