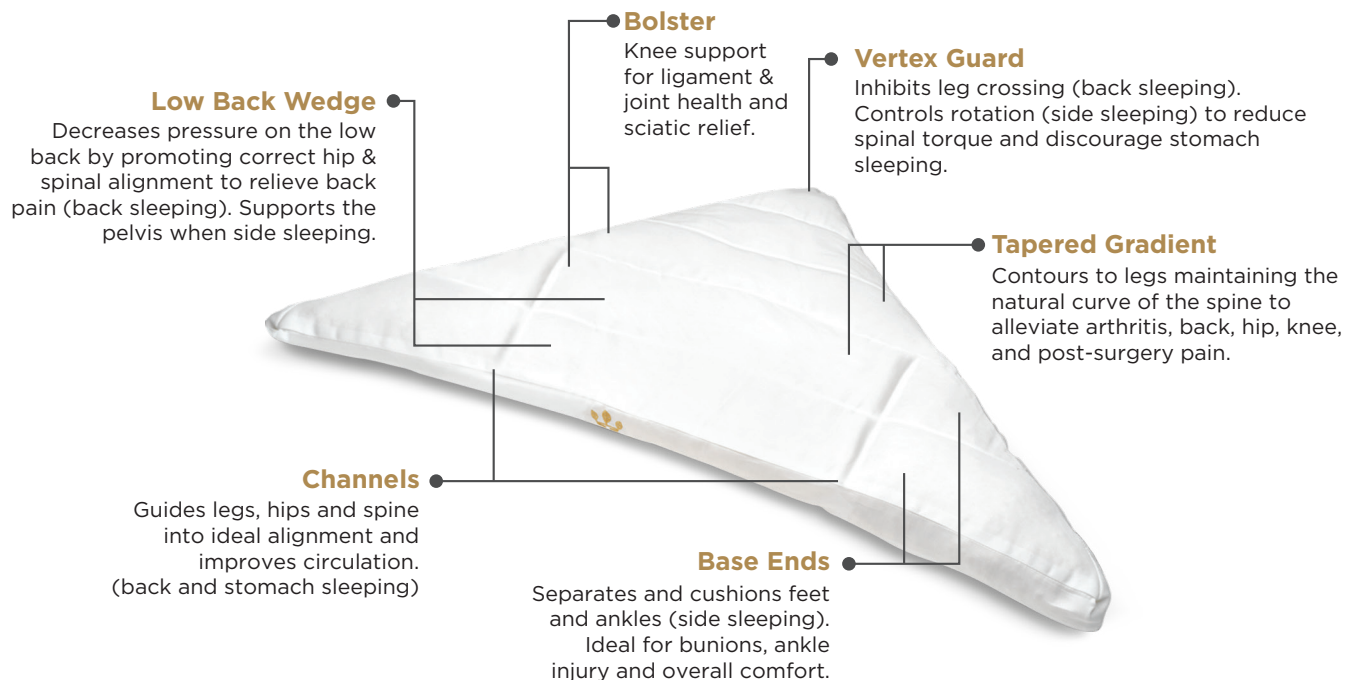


Lower Body Pillow Use & Care Guide




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.

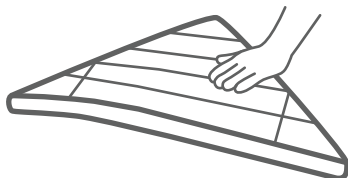
 **For Combination Sleepers**
Please refer to pages 3 and 4.

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)

1



Step 1: Fluff/Spread the fill in every section. (Video on the website. See QR code on the back of these instructions.)

Remove the pillowcase. Fluff the pillow by picking apart the fill inside and distributing evenly in each compartment. This should be done through the fabric; you do not need to remove the filling. Repeat to rejuvenate the loft as needed.

2

Step 2: Assess your comfort level on your bed.

Put the case back on and lay down. Assess your comfort level in the sleeping positions you will be using. Follow the adjusting details on pages 3 and/or 4 of this manual for optimal alignment. (Note: Depending on your individual circumstances, the most comfortable set-up for you may not look exactly like the figures depicted.)



Back Sleeping

Pull the base of the pillow up to the gluteal fold (where the thighs meet the buttocks) and the thighs resting on or near the vertical seams. You may move the pillow down from the gluteal fold if it is more comfortable, or you can adjust the desired sections to better accommodate your preference.



Side Sleeping

Straddle the pillow with your legs while on your side, keeping one end of the pillow between the groin and the other between your feet. Bending your knees toward your chest will help reduce pressure on the low back. You may straighten or bend your knees as you see fit, though we do not recommend fully straightening your legs. When shifting to your other side, squeeze the pillow between your legs and use your abdominal muscles as you turn over.

3



Step 3: Wash the pillowcase.

Remove the pillowcase and wash per the care instruction label to avoid shrinking the fabric. Too much shrinking may cause the pillow to feel stiffer than it otherwise would.



Back Sleeping

Fig. 1

Side Sleeping

Optimal Support

Normal spinal curvature is maintained with cushioned support for the knees and pelvis.



Too Much Support

Prolonged hyperflexion of the knees and hips. (only recommended in rare cases by a physician.)



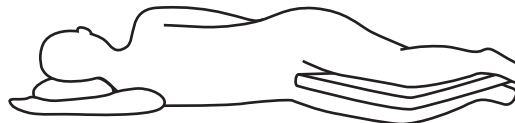
Too Little Support

Prolonged hyperextension of the knee joint and excessive curvature of the low back.



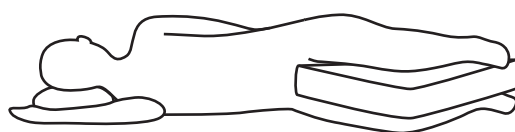
Optimal Support

Hips, knees, and ankles are in proper alignment for optimal comfort and injury prevention.



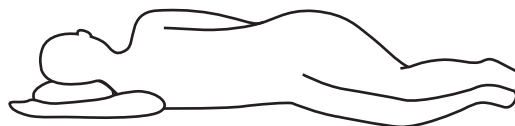
Too Much Support

Prolonged opening of the hips overstretch ligaments and shorten hip rotator muscles.



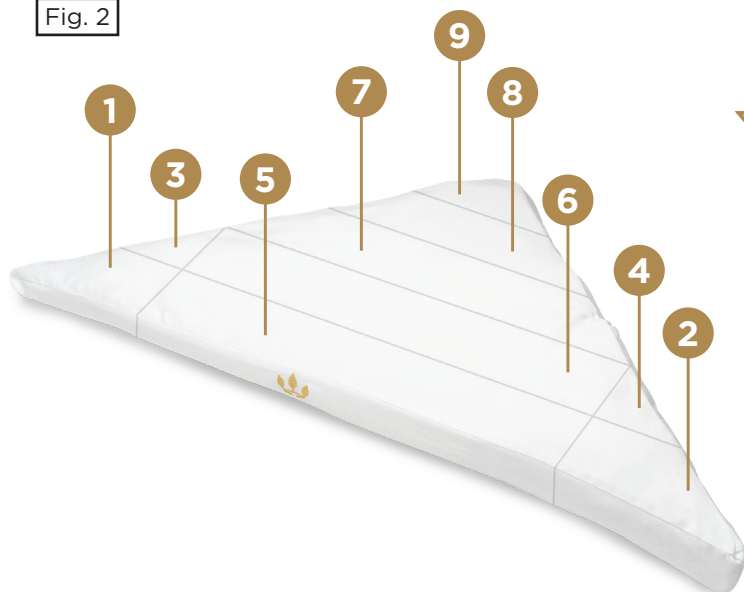
Too Little Support

Misalignment and asymmetrical leg angles lead to torque on the back and overstretched ligaments in the hips.

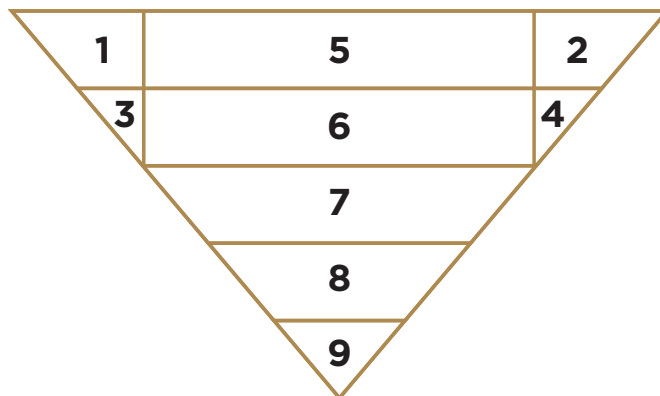


Pillow Map

Fig. 2



Reversible to work whichever side is up



Back Sleeping

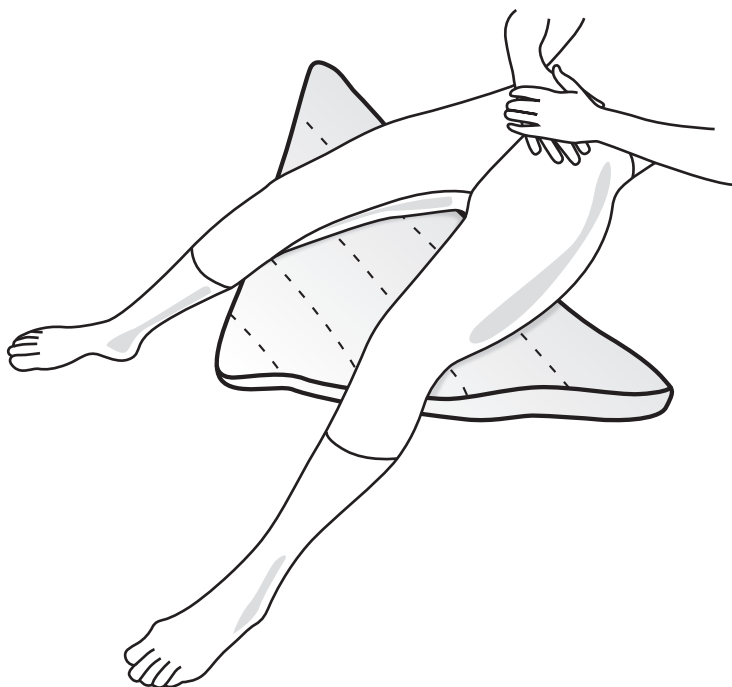
Position the crown side (long side) facing behind you.

Legs fall on or near the channels to guide legs and hips into ideal alignment and improve circulation. (some outward rotation is acceptable)



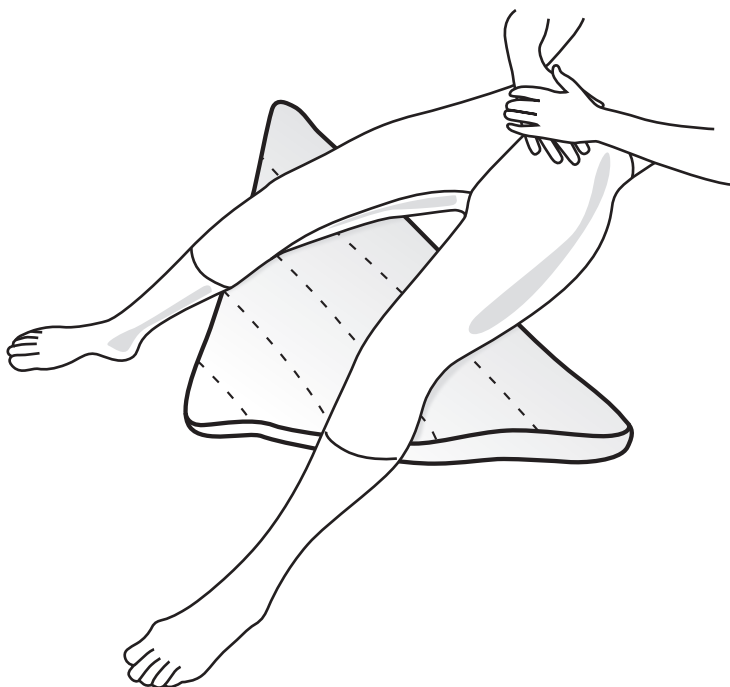
Standard Position

Decreases anterior pelvic tilt for lumbar length.



Optional Mid-Thigh

If no hip tilt is desired.



Adjust "Wedge Effect"

Add or remove fill from section 5 (and 6 if needed) to alter the support near the buttocks for low back relief. (Access sections 5 and 6 through the inside of sections 1,2,3 and 4.)

Adjust "Bolster Effect"

Add or Remove fill from sections 6,7, and/or 8 if needed to alter knee support. (Access section 6 through the inside of sections 3 and 4.)



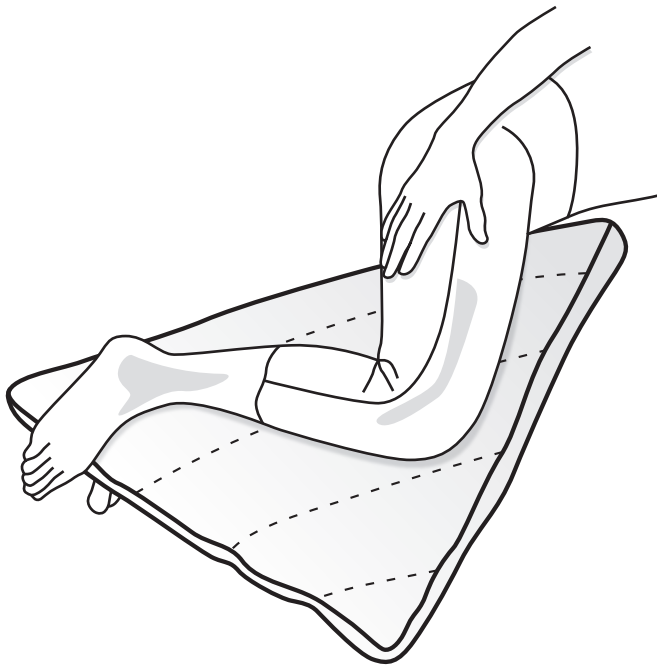


Side Sleeping

Move one corner of the crown logo side up to the pelvic region and the other end down between the feet. The crown faces behind you and the tip (vertex) points in front of the knees. To switch sides, maintain the pillow's position as you rotate to face the opposite side.

Standard Position

Knees bent to take pressure off the low back.



Optional Less Leg Bend

(note: Typically, fully straightened legs are not recommended for long periods.)



Knee Support

Start by adding or removing fill from section 7 (then sections 6 and 8 if needed) to adjust the spacing between the legs. (Access section 6 through the inside of sections 3 and 4.)

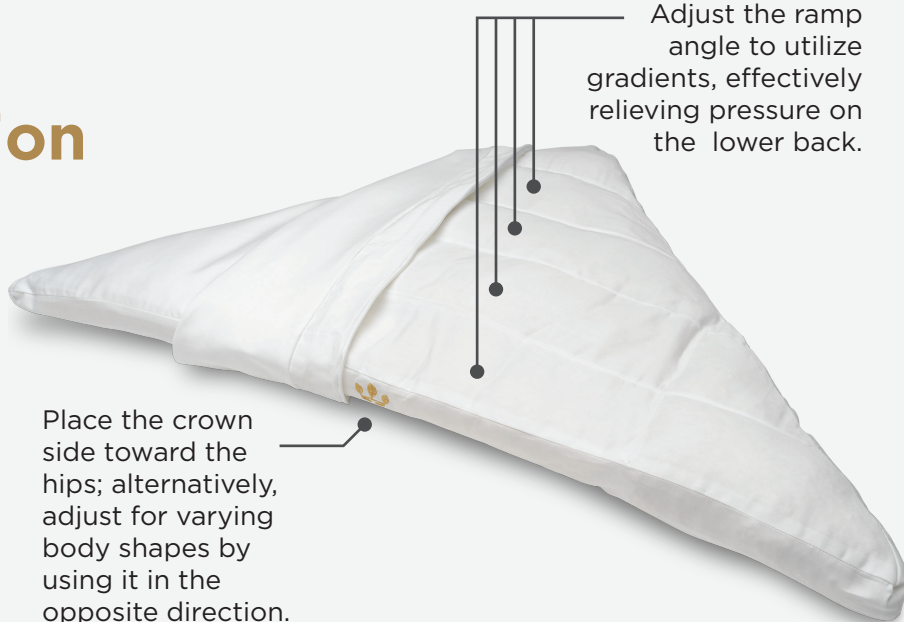
Feet Support

Add or remove fill in sections 1,2,3, and 4 to alter the amount of cushion between the feet and ankles.

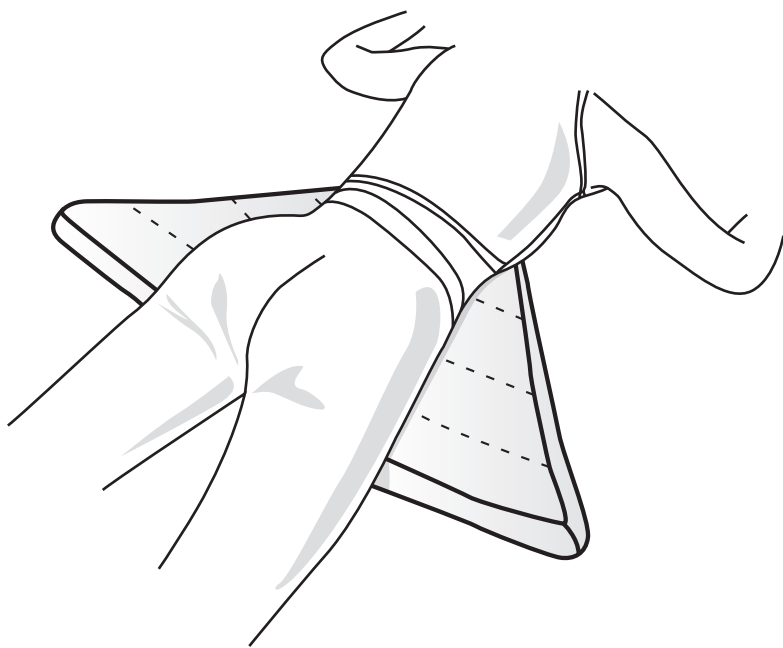
Belly Sleeping: How to Transition Away

Tips for Transitioning:

- Use the Lower Body Pillow to facilitate the shift away from belly sleeping.
- Try spending a few minutes each night on your side until you can increase your time.
- Experiment with pillow placement for added comfort during the transition.

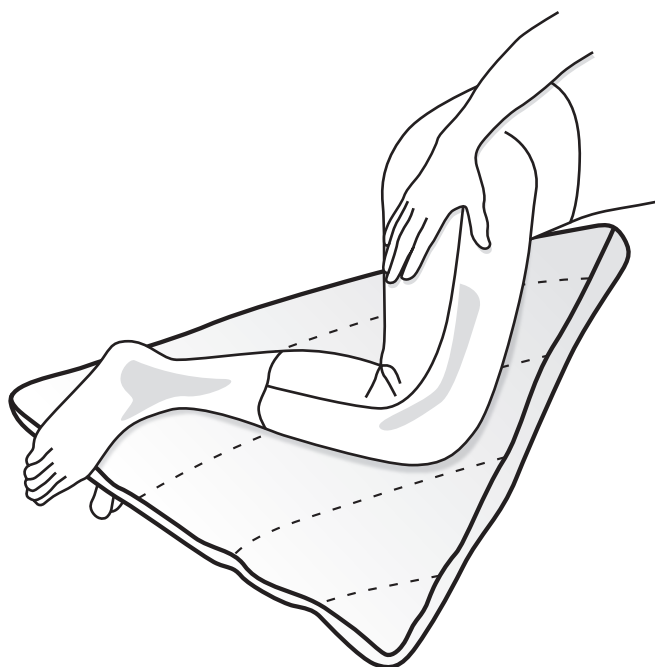


Belly Sleeping - A Common Comfort Choice



The Benefits of the Lower Body Pillow:
When using the Lower Body Pillow for belly sleeping, position the vertex up towards the chest for optimal support.

Side Sleeping - A Healthier Alternative



During side sleeping, the vertex acts as a stopper, preventing rolling onto the stomach. The extra material is purposeful, not wasted space.



Troubleshooting/FAQ

Why is there maintenance involved

In order to provide a non-toxic 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 value you place on self-care.

The pillow is too large/ too small

- Utilize all nine adjustable compartments to add or remove fill.
- Exchange for a different size.

If the pillow is too firm

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

If 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 firmer fill.
- If you are still in your trial period, you can exchange your pillow for a new one with a different fill type.
- Fluff less often.

What is the easiest way to adjust section 5

- To add fill, push fill from section 1 into section 5 (add additional fill from the bag you received if you need even more loft). Then refill section 1.
- To remove fill, set the fill from section 1 to the side. Use your fingers or the claw-like tool to pull fill out until the desired height. Replace fill to section 1.

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.

Troubleshooting/FAQ

I don't have a neutral posture

- You may need more time to transition. One handful at a time spread out over a tolerable time frame. Don't force "perfect posture" too quickly.
- Certain situations may require different elevation; consult your health specialist.

The pillowcase doesn't fit

- Be sure to 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.
- Extra cotton or silk cases are available online.

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

- A bamboo pillow-topper smooths out the texture.
- Exchange for an all CertiPur-US certified memory foam version.

Need even more loft

Contact us for add-on layers.

I don't see my question addressed here

Check our website for updates, or contact us with your question via the contact page on our website.

**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



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FOR MORE
INFORMATION

Need Help? Contact Us

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