



# Noble Maternity Pillow Use & Care Guide



**Anatomically designed, adjustable sections offer individual customization and adaptability for all stages of pregnancy.**

## Pelvic Support

Relieves discomfort related to the pubic symphysis.

## Tapered Gradient

Supports the low back, hips, and legs to help ease discomfort associated with pregnancy. Improves circulation, reducing varicose veins, achy and heavy legs.

## Zippers on both sides

Customization of each section allows for a tailored fit to your specific shape and differences in upper to lower leg. Fill type and amount can be customized to promote recommended pregnancy sleeping position and unique preferences.

## Base/Nursing Pillow

Add additional height as the baby grows. Adapts to become a nursing pillow postnatal.

## Page 1 Step-by-Step Instructions



**Follow our detailed instructions for setup—access online videos on the Use & Care page for visual guidance. Refer to the other LBP Use & Care guide if you're in early pregnancy or postpartum. Remember to return during Phase 2, usually after 25 weeks—consult a healthcare professional for guidance. 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.

## Backside Troubleshooting



### Running into Difficulties?

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

**The Noble Maternity Pillow consists of two independent pillows that slip into the included cover and are used together or separately in specific pregnancy and postnatal care phases.**

#### Phase 1

If you are back sleeping or stacking legs while side sleeping, you may remove the regular lower body pillow and use it independently (use the additional LBP use & care guide). Save the base pillow for phases 2 and 3.

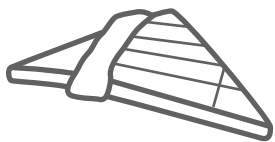
#### Phase 2

Side-only sleeping with the top leg in front and off of the bottom leg. The addition of the base pillow achieves this recommended position. This helps to increase nutrients to the placenta and baby while relieving the increased stressors on you. May be advised as early as 25 weeks. Since this time period may vary, consult with your specialist.

#### Phase 3

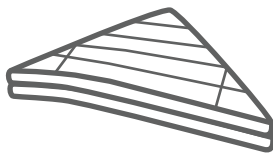
Post-pregnancy, the pillows may be removed from the cover and used independently to support you and your baby. New mothers love using the regular lower body pillow for back and/or side support, and the base makes a perfect nursing pillow. In addition, your pillow can be stacked on the base to provide additional height during feedings if needed.

#### Set up:



1

Remove cases (the base pillow does not have a case).



3

Reassemble the pillow and lay with it.



5

Wash the pillowcase per care instructions.



2

Fluff the pillows by picking apart the fill inside and distributing evenly. This can be done through the fabric; you do not need to remove the filling. (Repeat to rejuvenate loft/plush as needed)



4

Assess your comfort and follow the adjusting details on the next page for the complete maternity system. For the separate pillow, use the attached flyer.



**Usually, sleeping on the left side is widely recommended; this will be shown in the pillow map adjustment text below—however, the pillow works on either side.**

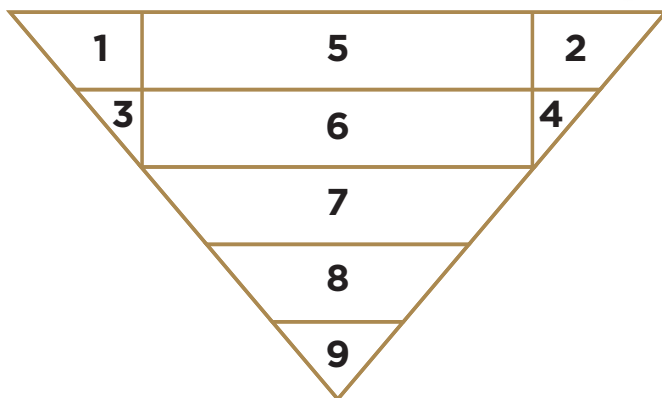
You can interchange sections 1 & 3 with 2 & 4 for right-side sleeping. If you are back sleeping or stacking legs while side sleeping, you may remove the regular lower body pillow and use it independently (Use the attached LBP instructional flyer). Come back to these instructions when you are in phase 2.

## Pillow Map

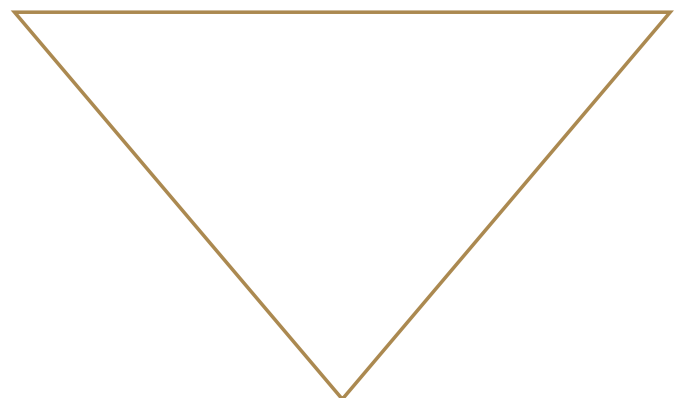


**Pillow filler may be added to or removed from both pillows for a customized experience. The base pillow will increase or decrease overall height—sections 1-9 on the regular pillow fine tunes each specific area. Post-natal, the base pillow becomes the nursing pillow.**

- Use sections 1+3 for more or less pubic support
- Use sections 2+4 for more or less foot support
- Use sections 5-8 to customize the inner thigh, knee, and lower leg area
- Section 9 aids in bracing to keep proper pillow positioning



**Regular Lower Body Pillow**



**Base/Nursing Pillow**

# Troubleshooting/FAQ

## Why are there two manuals

- This guide caters to the later stages of pregnancy, emphasizing side sleeping with the recommended top leg elevation or for those seeking additional support. The alternate manual addresses the adjustment of the internal pillow and standalone use, suitable for early stages of pregnancy or postpartum comfort.

## Why is there an extra pillowcase on the enclosed pillow

- The included cotton case for the standard LBP is intended for standalone use during early pregnancy or postpartum; however, when using the complete unit, feel free to either remove the case for future use or leave it on as desired.
- If you received a bamboo cover, it can be used on the regular lower body pillow for extra comfort or as a nursing cover postnatal.

## 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.
- Contact us if you need a custom size.

## Pillow is too soft

- Add more stuffing; start with the base pillow.
- Contact us for a firmer fill type or alternative solutions.
- Fluff less.

## Pillow is too firm

- Make sure you follow the fluffing instructions.
- Follow the washing/drying instructions; if the pillowcase shrinks from improper washing, it will compress and make the pillow stiff. If this happens, more cases are available online.
- Try removing the filling from stiff areas.
- If you need softer fills, don't hesitate to contact us.

## 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 progression through pregnancy phases.

**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](http://www.noblepillow.com)



**Need Help? Contact Us**  
[support@noblepillow.com](mailto:support@noblepillow.com)

