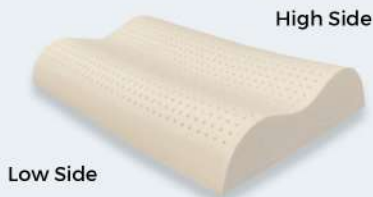


Unpacking

- Your contour pillow will come with both pieces of latex inside the cover
- You may want to pull on the cover slightly to better align with the latex
- The cover may come loose - machine warm wash for a more snug fit

What height setting should I choose?

- Most sleepers will suit the low side with the extra layer inside.
- If you need it higher, rotate it to the high side.
- However, if you solely sleep on your front/back, you may want to try it without the layer first.
- We suggest trying each height setting for at least 2 nights.
- Generally, side sleepers or those with broader shoulders will suit a higher setting - but front or back sleepers or those with slimmer shoulders will suit a lower setting.



High Side

Low Side

Reassembling the Pillow



1. Set Up

- Place the cover in front of you, with the zip facing up and closest to you
- Place the pillow upside down, with the high-side closest to you

2. Insert Latex

- Insert the latex pieces
- Try to align the far corners of the latex with the far corners of the cover first
- Reach inside to gently pull on the cover and the latex
- Keep adjusting the latex until it all fits snug inside the cover



3. Zip it up

- Carefully zip up the pillow
- If need be, pull on the edges of the cover to make any final adjustments

Warranty & Care

- 10-year warranty against sagging
- Spot clean cover with mild soap. Machine wash on warm only. Tip: while it is still damp, stretch out the cover by hand to reduce shrinkage and make it easier to reassemble the pillow after!
- Keep out of direct sunlight, this will deteriorate the latex quicker and would void the warranty