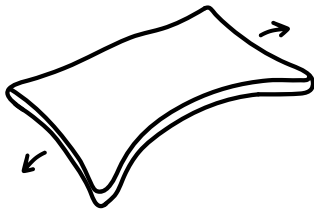


# Getting Started



1. Take the compressed pillow out from the box and remove the plastic wrapping carefully. (DO NOT USE ANY SHARP ITEM TO OPEN THE PLASTIC WRAPPING!)



2. Grab the ends of the pillow and push them gently in and out to distribute the fillings. Hit it gently, turn it over and give it a shake several times.



3. Place the pillow in a flat and well-ventilated area and let the pillow expand for 24 hours to its original shape before using it.

## TROUBLESHOOTING

**THE PILLOW LOOKS DEFLATED OR IT'S TOO SOFT**

The pillow has been compressed for a long time so let it recover to its original shape for at least 24 hours. You can also add some foam filling to customize it to your preferred height

**THE INDUSTRIAL SMELL COMING FROM THE PILLOW**

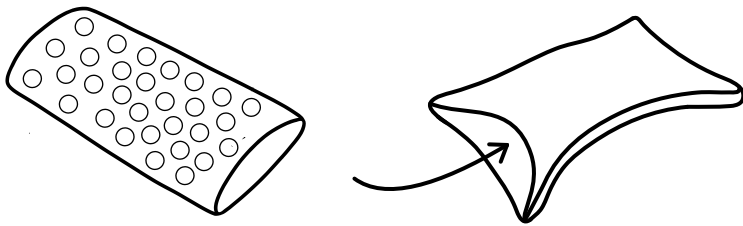
The pillow has been stored for a long time so let the pillow ventilate for at least 24 hours in a well-ventilated area before using

# How to Adjust your Pillow

Our adjustable pillow is designed to fit your unique body and sleeping position. Our pillow includes an extra memory foam filling bag that you can use to customize your pillow.

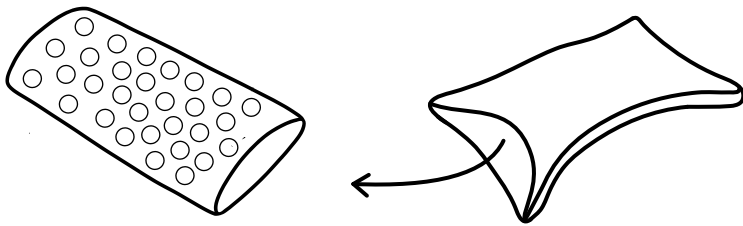
## For Firm Pillow

Take some foam filling from the additional bag and put it inside the pillow



## For Soft Pillow

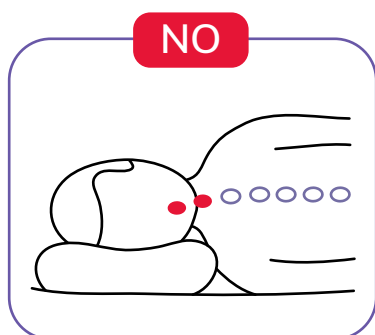
Take some foam filling from the pillow to make it softer



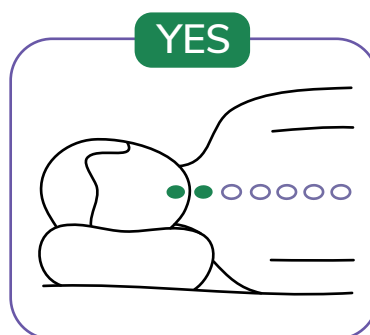
## For Medium Loft Pillow

Our pillow is delivered to you in a medium loft height, but you can do small adjustments to remove the current filling in the pillow to make it's softer or add some filling to make it firm

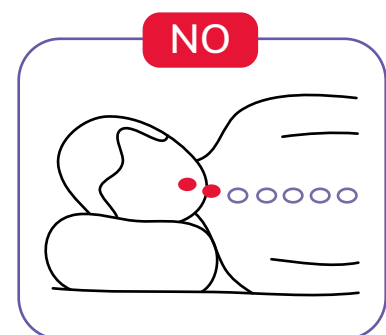
# Check your alignment



Add some filling



ENJOY!



Remove some filling