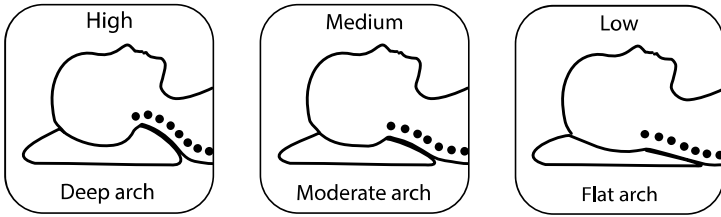
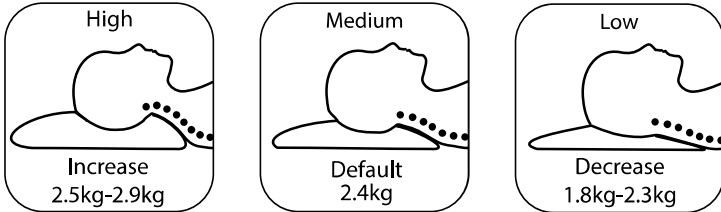


## Setting up

1. Identify the right type of contour for our neck.



2. Adjusting amount of husk to the desire weight.



Avoid windy area.

Use a cup to estimate the amount you need to add or remove.

Unzipped the bamboo outer cover. There is a smaller zipped opening on the inner pillow. Make sure the husk is settled down and the zip opening is facing upwards.

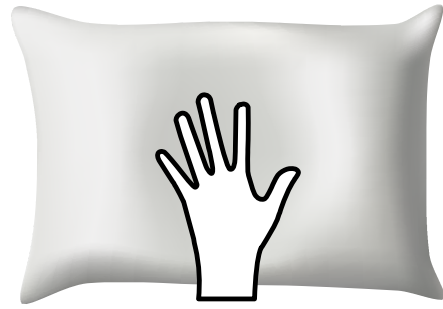
High - Increase the amount of husk with our refill pack (Sold separately from [WWW.LEHUSK.COM.SG](http://WWW.LEHUSK.COM.SG)). Pour in cup by cup from the refill pack to your desire weight.

Medium - Which is default weight, suits most people. Adjust accordingly.

Low - Pour out cup by cup to a zip-lock bag to your desire weight. Keep the zip lock bag of husk in a dry place for future use if needed.

Put back the bamboo outer cover when done.

3. Preparing for sleep.



Shake to even out the pillow.

Pat and shift the centre to simulate the shape of our head. This is the only step you need before sleep to achieve quality rest.

Once the bean sprout husk settled, it will firm up to support your posture all night.

## Product care

You may wash the bamboo outer cover.

Do not wash inner pillow with bean sprout husk filled.

Avoid water/moisture.

Sun-dry the inner pillow with bean sprout husk filled once every few months.

Stop using if the inner cotton cover is damage.

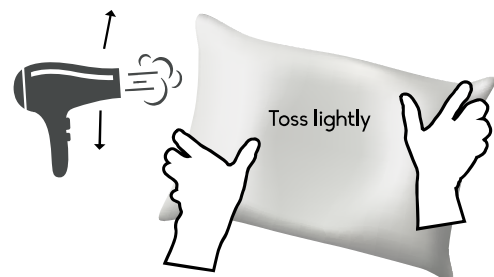
Stop using if the bamboo outer cover is damage.

In case pillow gets wet, you may use hair dryer to dry the pillow.

Toss the pillow lightly to dry faster.

Do not blow at the same spot for too long to avoid over-heating.

Do not unzip the inner case while using hair dryer.



ENJOY A GOOD REST TONIGHT.