

## How to Use?

- Once you receive your Nutribuck Buckwheat Pillow do take it out of the outer cover and inspect all elements thoroughly
- Store the spare 500 g of buckwheat hulls carefully for refill or replacement within the original carry case
- Place the pillow on your bed and lie down straight on your back.
- Ensure the pillow is snug below your neck and touches your upper back
- Try and stay in position for a few minutes to judge comfort levels while the pillow settles around your head and neck
- In case you feel the need, you can add or remove some hull to identify a more convenient posture and sleeping angle
- Prefer sleeping on your side? Try the above steps to identify the correct posture



### REMEMBER

- It can take 4-5 days for you to get used to a totally different style of pillow, so please be patient while identify your ideal filling quantity
- Do not sleep on your stomach, it often leads to acidity and indigestion

- Remember to air your pillow during the day. It improves the hulls period of usability
- Wash the pillow regularly to get rid of any odors that might develop over time
- Do not use more than one buckwheat hull pillow below your neck at a time