

Instructions (even our short ones) are generally boring, but please read them, and just maybe you will find something useful. Also, we think they are required by law, so here it goes:

Check out your pillow and you will see that each side feels different. When the hiccapop logo is right-side up, the memory foam layer is on top. It is layered over a firm support base for moms early in pregnancy who may like softer support. When the hiccapop logo is upside down, the top is firmer for when your tummy grows and needs that extra support. But honestly, there is no right or wrong, so just have fun trying it in different ways.

#hiccahint 1: SOLS (sleep on left side). This aids blood flow to your baby, which makes your baby smarter so he or she can go to a better college and make lots of money to buy you a vacation home in Hawaii in 30 years. And did we mention that side sleeping also reduces swelling in your feet, legs and hands? Most importantly SOLS.

#hiccahint 2: We're no one trick pony. Try using your hiccapop between your legs as support while sleeping, or behind your back for support if sitting in a chair or the car. We're here to make your life a little bit better, no matter where you are.

Lastly, if you want to wash your hiccapop pillow, just remove the foam core and throw the cover in the wash. Even though it is a super soft material, it is surprisingly durable.

That is it. We told you it would be a short set of instructions.

[#SOLS](#) [#lovehiccapop](#)