Get a peaceful night’s sleep

The Water Displacement Panel quiets the sound of the water giving you a peaceful night’s sleep. It also provides you with mild support by allowing the water to better conform to the shape of your neck, helping to reduce headaches and snoring.

Washing Instructions:

- **Pillow:** Soak in lukewarm water using mild detergent (and bleach, if desired). Continue to press or flush water through until clean. Rinse in clear water removing detergent and soil. Press out excess water. Machine dry at medium heat with three tennis balls or a soft pair of shoes to fluff.

- **Comfort Chamber:** Wipe clean with a damp cloth. Air dry. Periodically rinse with bleach water to maintain maximum freshness.

### How to Fill Your Core Deluxe Water Pillow

1. Lay removable water chamber on a flat surface. Pull open the plug.
2. Insert a funnel into the plug opening.
3. Pour desired amount of water into the water chamber. See filling chart (right). Close plug. Continue with steps 4-8 to remove air pockets.
4. Lay water chamber on flat surface with plug closest to you. Place both hands at opposite end of the water chamber. Press down gently and slide hands along the water chamber toward you.
5. Slowly pull hands around the oval-shaped displacement panel.
6. Continue pulling toward you with gentle pressure, joining hands at plug.
7. Once all air has been moved toward the plug, gently lift up corner of water chamber. Carefully open plug and release air.
8. Close plug.

### Choose Your Support Level

- Fill your Core Deluxe Water Pillow with warm tap water.
- Hold water chamber vertically to use the guide along the edge and choose the level of support and comfort you need. Too soft? Add more water. Too firm? Remove water.
- Add a drop of bleach to chamber to cleanse water.
- Change water periodically to maintain freshness.