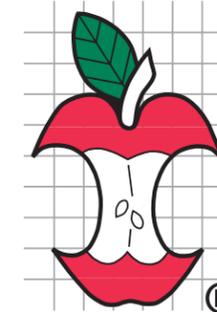


# Mid-Size Core Memory Pillow™



*Conforms to the unique shape of your head and neck*



DOCTOR  
RECOMMENDED



- Provides comfort for accommodation needs.
- Helps to stabilize an existing condition.
- Responds to body heat to better conform to the unique shape of your head and neck.
- 19"x12", 48cm x 31cm with 3", 8cm and 4", 10cm lobes.



**ACCOMMODATE**  
Relieves pain or discomfort by conforming to and stabilizing an existing condition. Provides comfort, but does little to correct the condition.

#190  
MID-SIZE  
(19" x 12" 48cm x 31cm)



Please Recycle this Bag.  
This bag contains recycled plastic.

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Made in China


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# Instructions

Use as directed by your doctor. You may place this pillow in a laundered pillowcase.

This foam pillow helps stabilize existing conditions and provide comfort for special sleeping needs. If you haven't slept on a cervical pillow, your body may require some time to adapt.



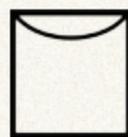
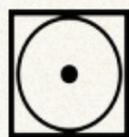
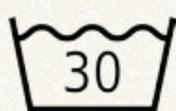
Initially, begin using the pillow with the lobes down, sleeping on the flat side. This allows your body to more gradually adjust to a cervical pillow. After several weeks,

turn the pillow over, with the lobes up, and sleep on the side that provides the best support while still being comfortable. The different sized lobes offer two levels of support.



## To Clean

Pillowcase - wash in cool, soapy water. Tumble or line dry. Launder frequently.



Pillow - Wipe foam with a damp cloth; air dry.

