

READ ME FIRST!

Core Products would like to help you make a successful transition to using your TRI-CORE® ULTIMATE cervical support pillow no matter where you sleep - bed, couch, dog house... we promise not to judge.

BACK SLEEPING - Fig 1

Determine the level of support desired:

Place the pillow on your sleeping surface. Position the smallest roll (A) under your neck and lie on the pillow for 5-10 min. Repeat this process by rotating the pillow and trying the remaining three support rolls (B, C, D). When you find your ultimate comfort level, note the letter (A, B, C, or D) on the tag to ensure proper placement of the pillow when sleeping.

SIDE SLEEPING - Fig 2

Determine the height desired:

This pillow's large side sleeping areas feature two different heights. To determine which height is most comfortable, place the pillow on your sleeping surface. Lay down on the side sleeping area with the lower side (A, C) nearest your shoulder. If you prefer a higher side area, rotate the pillow so the taller side (B, D) is nearest your shoulder. Allow time for your body to adjust to its new sleeping posture.

Adjusting to the pillow: It may take some time for your body to adjust to sleeping on this pillow, especially if you are new to sleeping on an orthopedic pillow. During the adjustment period (or if you begin to experience neck discomfort) reduce the amount of support by using a smaller neck roll, or your previous pillow, until you sleep comfortably.

After the adjustment period: Once your body has adjusted to sleeping on this orthopedic pillow, you may wish to increase the amount of neck support or cervical correction by rotating the pillow to the next larger neck roll. You may require additional time to adjust to the increased support.

FIG 1
Least Aggressive Support



Most Aggressive Support

FIG 2



HEIGHT
2.5 inches
6 cm



HEIGHT
4 inches
10 cm

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Core Products
INTERNATIONAL, INC.

OVER →

one of a kind
warranty
social media

READ ME FIRST!

congratulations

YOU'VE MADE A SIGNIFICANT INVESTMENT IN YOUR SLEEPING HEALTH!

Did you know your pillow is as unique as you are?

During the manufacturing of your pillow, little bubbles are created as the foam expands to create its shape; think of these bubbles like freckles. And, just like freckles, sizes and shapes of the bubbles will vary throughout the pillow. No two pillows will be exactly alike! You may also notice your pillow will yellow over time due to light exposure. One thing you can be sure of, the bubbles and color do not affect the performance of your pillow.



Industry best, 10-year warranty!



We want to make sure your pillow continues to help make you more comfortable for years to come; that's why we are providing an industry best, 10-year warranty! Your pillow is guaranteed not to lose its shape or resiliency for ten years. If you have any issues with your pillow please contact Customer Service, our friendly representatives will be happy to help you out!

Remember that it may take some time to adjust to this cervical pillow and immediate overuse may increase discomfort or neck pain. Those who slowly ease their way into orthopedic correction, by alternating between this pillow and their current pillow, achieve the best results.

Want to learn more about this pillow, visit www.coreproducts.com/ultimate-pillow.

Want to learn more about our products? Follow us on Facebook, Instagram, Twitter, and YouTube!



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OVER →

back sleeping
side sleeping
adjustment period