



Change the Way You Sleep



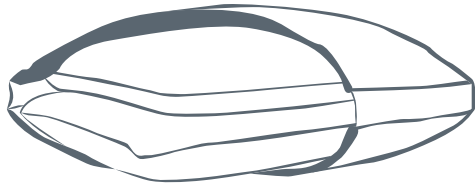
# Your SleepNow Pillow is Here!

Quality sleep improves everything; from your overall health to your productivity at work.

SleepNow's innovative technology has been designed to guarantee a perfect night's sleep.

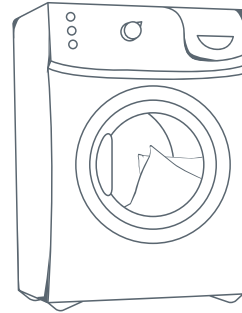
# Getting Started

*Before you can start sleeping, you need to follow a few quick steps to set your pillow up properly*



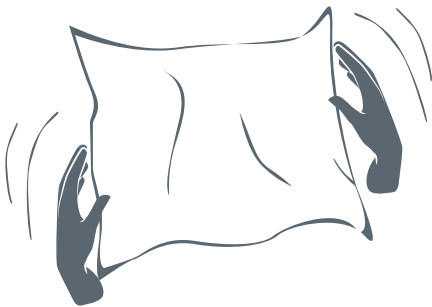
1

Remove your SleepNow pillow from the vacuum-sealed plastic. Be careful not to damage the pillow. Unzip the pillow and remove the two inserts.



2

Put all three pieces into the dryer separately. Tumble dry on the lowest heat for 10-15 minutes. The movement will make sure the pillows and inserts expand to their full size.



3

If you do not have a dryer available, hand-fluff inner pillows and outer cover for 2-3 minutes.



4

Put one or both inner pillows into the cover, depending on your preference, and zip. Slip your SleepNow pillow into its pillowcase. Enjoy your own personal cloud!

# 3-in-1



Find the Right Fit

## Adjusting Your Pillow

The SleepNow pillow has a unique 3 in 1 design.

Adjust your pillow, find the setting that's  
just right for your sleeping style, body-type,  
and personal preference.



Soft



Leave the smallest insert inside and remove the larger insert. This is ideal for smaller individuals, stomach sleepers, and if you run hot at night. For stomach sleepers if your pillow is raised too high, over time it could cut off your circulation and cause serious injury to your neck.

## Medium



Leave the larger insert inside and remove the small insert. This set up is preferred by back sleepers and people with medium to largish builds. We also recommend trying this configuration if you experience neck or upper back and shoulder problems.

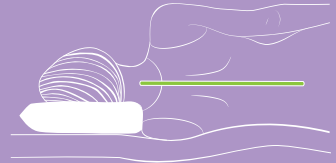
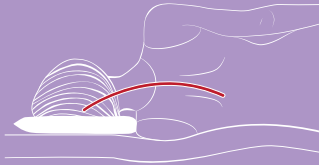
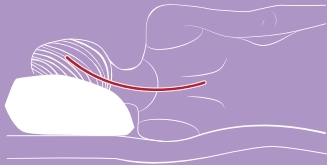
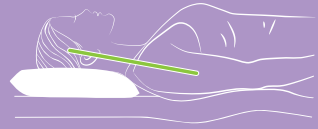
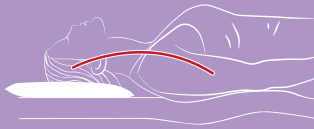
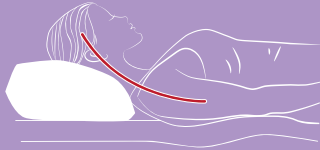
Firm



Leave both inserts inside. Perfect for side sleepers and people with a big and tall build. Also give this setup a try if you have experienced side neck pain, shoulder pain or back pain. The extra height from both inserts gives more support, better elevation, and can improve your posture.

# Why the SleepNow Works

*The SleepNow design lets you adjust your pillow to the perfect height no matter your size or sleep position.*



✗ Incorrect

✗ Incorrect

✓ Correct

## Not All Pillows Are Created Equal.

SleepNow is hypoallergenic, cooling, cruelty-free, with adjustable firmness, soft and easy to clean...

SleepNow is made with a unique pillow in pillow design, you can rest assured you will always be getting the proper support for your neck, shoulders, and back. This advanced sleep technology is customizable to all body types and any sleep positions!

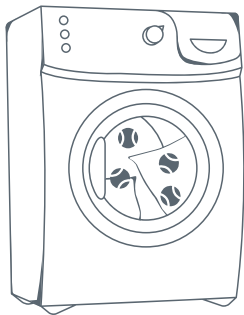
# Care Instructions

Your SleepNow  
pillow is completely  
machine washable.



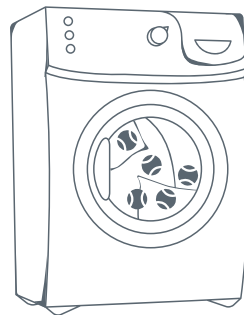
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First remove the inserts from the outer case. Place them in the washing machine separately. Wash in cold water using a mild detergent.



2

Tumble dry on low or no heat with dryer balls (or clean tennis balls).



3

Repeat step 2 until pillows are completely dry.



## We Are Here For You

If you have questions about your SleepNow pillow, need something else to help you sleep, or we can help in any way give us a call.

1-888-201-0028

or

[support@sleepnowpillow.com](mailto:support@sleepnowpillow.com)

**100 Night Guaranteed:** Sleep on it for 100 nights.  
If you don't love it, we will give you a full refund.

[sleepnowpillow.com](http://sleepnowpillow.com)