



# Air-Core® Cervical Pillow

The Industry's #1 Fiber Support Pillow is now Adjustable

- ➔ Adjustability with a simple squeeze of a pump
- ➔ Can reduce the time needed to adjust to a support pillow
- ➔ Supports your neck in its natural position
- ➔ Designed for side and back sleepers



## Adjustable Air Support

Get all the benefits of our Tri-Core® Pillow with convenient air pump adjustability. Give yourself the support you need with a simple squeeze of the pump. Now you can reduce or eliminate the time needed to adjust to a cervical pillow.

## Trapezoid Center

The unique, trapezoid-shaped center, combined with twin support lobes, gently cradle your head to support your neck and help restore its normal curvature. The adjustable air lobe is paired with a fiber lobe, which offers traditional support. Each lobe provides a different level of support.

## Back and Side Sleeping

The Air-Core is designed for back and side sleepers. The raised side sections provide the support you need while

sleeping on your side. As you roll to your back, the center lets your head nestle for the greatest comfort and support.

## Natural Pain Relief

Tension headaches, pain from neck injuries and arthritis are a few of the conditions that can be helped by the proper sleeping posture attained from the Air-Core Pillow. Airway blockage, a major cause of snoring, also can be helped.

Most people experience an increase in sleeping comfort within a couple of days of using this pillow. Others may require up to two weeks before the neck and back muscles adjust to their proper position.

## Specifications

### Product Selection:

#FIB-204: Air-Core® Cervical Pillow

### Dimensions:

Air-Core® Cervical Pillow : 24" x 16"

**Case Weight:** 20 lbs.

**Case Dimensions:** 23" x 22" x 16"

### Case Quantity:

Air-Core® Cervical Pillow: 20

### Product Weight:

Air-Core® Cervical Pillow: 2.75 lbs.

available from:




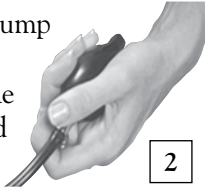


# Air-Core® Cervical Pillow

## Instructions

Use as directed by your doctor. You may place this pillow in a pillowcase, if desired. For back sleeping, start by using the air bladder lobe with a little air. After several weeks, gradually increase the amount of air or turn the pillow around and use the wider lobe, if needed. For side sleeping, use the raised sides.

## To Inflate Air Bladder

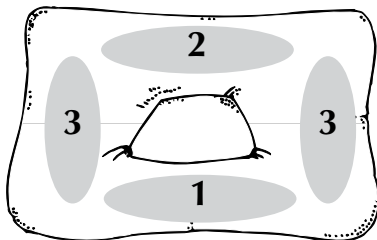
- 1** Push the button in until the air bladder is empty. 
- 2** Squeeze the hand pump (no more than 25 pumps) to inflate the pillow to the desired support level. Do not overinflate. 
- 3** To deflate, push the button until bladder is empty.

## Back Sleeping

- Supports your neck in its natural position.
- Provides adjustable support from narrow, air bladder lobe (1), extra support from wider, fiber lobe (2).

## Side Sleeping:

- Provides side sleeping comfort from either side (3).

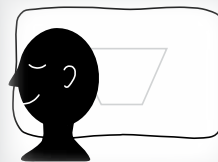


## Gives Proper Sleeping Support Supports Your Neck in its Natural Position

The unique center of this pillow is designed to cradle your head to provide the maximum support for your neck. This design helps relieve tension headaches, muscle and joint strains, arthritis discomforts and whiplash injuries, and helps maintain or resume the natural cervical curve of your neck while at rest. Most people experience an increase in sleeping comfort within a couple days. Others, however, may require up to two weeks before the muscles of your neck and back adjust to their proper position.

### Why the shaped center?

The shaped center provides maximum comfort and flexibility. When sleeping on your back, the center cradles your head to support your neck in its most natural position. As you roll from your back to one side, the pillow again properly supports your neck.



The sides of the pillow are recommended for side sleeping. The neck is gently held in a comfortable position on the raised section of the pillow. As you roll to your back, the center lets your head nestle for the greatest comfort and appropriate support.

