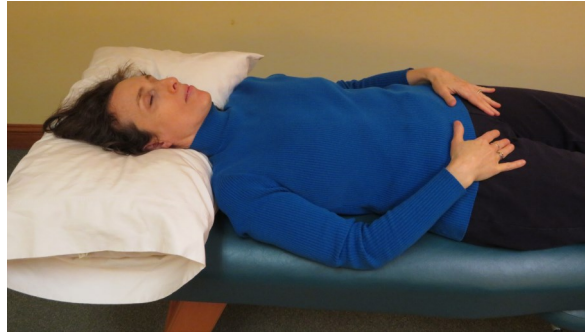


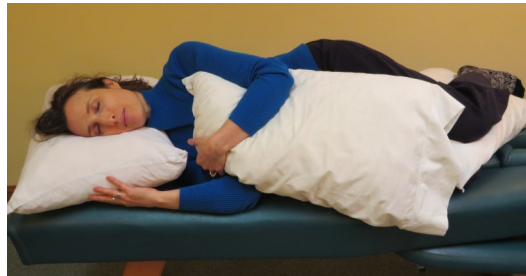
## Sleeping Positions with Support Pillows

We use and sell the “My Pillow” because after years of searching it is the most customizable and comfortable pillow we could find. It comes in 4 sizes (A, B, C and D) and we have all four as demos in the office so let us know if you want to try them out.



Back Sleeping: If you are primarily a back sleeper the B or C size is best.

Because it is filled with shredded foam you can use your fingers to “dig a hole” like you are digging in the sand to make a “nest” for your head and still have support under your neck.



Side Sleeping: If you are primarily a side sleeper the C or D is best for your under your head. Your spine to be straight and head not tilted. C is best if you go switch between back and side.

A large pillow at your chest will support your upper arm and the medium pillow between your knees AND ankles keeps both legs parallel to your hip joints.



Stomach Sleeping: Use a large pillow under both your chest and shoulder and hip and bent leg. The other arm is behind you and your head is at the edge of the pillow and slightly angled down so you don't have to turn your head as far. This protects your neck.