

COMPLETE Sleeprrr

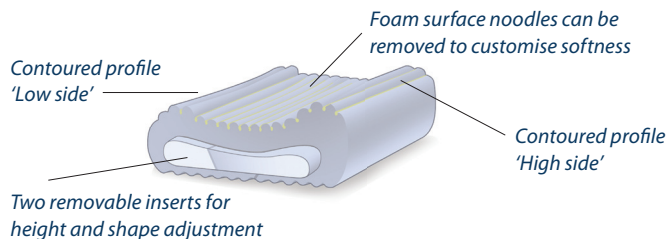
ADJUSTABLE

User tips and guidelines

This *CompleteSleeprrr* allows you to fully customise it to suit your own comfort and support requirements. It includes a breathable air mesh cover that gives easy access to the pillow internals for custom adjustment. You can also place a standard/traditional shaped pillow case over the top of this air mesh cover.

Choose your side

The pillow features 'higher' and 'lower' contoured profiled sides so you can choose the side that suits your frame size best.



Adjusting the height and slope for natural spinal alignment

Two uniquely shaped inserts can be removed allowing you to adjust the height and slope of your pillow. These options also help you prevent your pillow from being too high or too low. Having a pillow too high or too low can cause your neck to bend while sleeping. This can create pressure points that can cause neck pain and other associated conditions. These adjustment options help you ensure your neck is straight and correctly aligned whether you are sleeping on your side or your back.



Encourages spinal alignment for side and back sleepers

Guidelines to adjusting your *CompleteSleeprrr* pillow

Below are some popular configurations that are designed to help you find a set up that suits your needs.



With both inserts intact, the pillow is suited for average and above size framed users and is ideal for side sleepers.



To remove the inserts peel back the pillow underside and take out the desired insert, re-close after removal. Store inserts in a dark/dry place for future use.



For users who prefer a lower far side simply leave one insert in. This can be done under each of the profiled sides (high or low), and for different height options using either size insert.



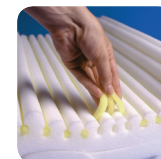
With both inserts out, this pillow set up is ideal for users with smaller frames.



The pillow's contour shape and the removal of both inserts also provide an ideal configuration for back sleepers.

Customising the feel of your pillow

The *CompleteSleeprrr* features 16 foam noodles that lie within it's foam surface. Removing them alters the pillow's density changing how it feels.



For a softer feel simply peel out the foam 'noodles' that are within the channels. If you do remove some or all of them to enhance the initial softness, store them for possible later use after natural softening of the pillow has occurred. Each channel can also take up to three supporting 'noodles' together, so you can also create firmer areas if needed.

Luxurious totally adjustable pillow

Congratulations for choosing the *CompleteSleeprrr* adjustable pillow.

CompleteSleeprrr Origins

Originally invented in Australia the *CompleteSleeprrr* has become the No.1 orthopaedic pillow supplied by health professionals worldwide. Helping thousands of people get a better night's sleep and help alleviate neck and back pain, the pillow's breakthrough patented design allows you to customize and adjust your pillow's height and feel to suit your own postural and comfort needs. A pillow tailor made just for you!

Made in the UK for Luxury Quality and Comfort

The World's Best Pillow? We take huge pride in manufacturing the *CompleteSleeprrr* pillow in the UK. That is why for unrivalled comfort and superior quality the *CompleteSleeprrr* is crafted using the finest grades of Visco Elastic Memory Foam (UK memory foam that is internationally recognized as the finest in the world).

Originally created for the North American space programme (NASA), Visco Elastic Memory Foam is a temperature-sensitive material that responds to your body's warmth. As it adjusts to your body heat, it literally moulds and shapes to your individual neck and head shape contours providing ultimate comfort and pressure relieving support.



Pillow Science – The *CompleteSleeprrr*'s Open Cell Structure

Unlike ordinary memory foam pillows the *CompleteSleeprrr* is CNC carved from a single block of foam rather than injection moulded. Standard injection moulded foam creates a seal on the pillow's surface that can trap air within the internal foam cells. This can result in the foam overheating and feeling hot to lie on when the trapped air heats up from the user's body temperature. Carving the *CompleteSleeprrr* from a single foam block allows the pillow's sponge like cell structure to be open to the atmosphere, allowing air to circulate for a naturally cooler feel and healthier night's sleep.

Added benefits of the *CompleteSleeprrr*

- ✓ Adjustable Higher' and 'lower' sides offer individualised support for side or back sleeping.
- ✓ Anatomically shaped and height adjustable for correct spinal alignment, no matter what your body shape or size.
- ✓ Unique design encourages open airways which can enhance breathing and minimize snoring.
- ✓ Scalloped under-edges allow your shoulder (when side sleeping) to slip snugly under the pillow for close-knit fit.
- ✓ Designed to help alleviate and avoid neck and shoulder stress, pain and muscle stiffness.
- ✓ Foam 'noodles' in the corefoam surface can be removed to make for an even softer feeling pillow, or used to create firmer areas for targeted support.
- ✓ Easy to clean and non-allergic.

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Foam Inner: All-new 100% open cell 'breathing' urethane foam especially treated to inhibit allergies. Any discoloration of foam through exposure to natural light is perfectly normal and will not affect performance or foam longevity.

Air Mesh Cover: Removable polyester Air mesh cover. Place your own pillow case over the top of this cover.

CARE FOR YOUR PILLOW

Foam Inner: Do not immerse in water. Dab clean with a solution of warm water and mild detergent. Do not machine wash. Do not tumble dry. Dry flat away from direct sunlight.

Cover: Normal wash and dry. (To avoid damage to the foam from constant removal of cover, leave cover permanently on the pillow once you have configured it to suit your comfort needs).