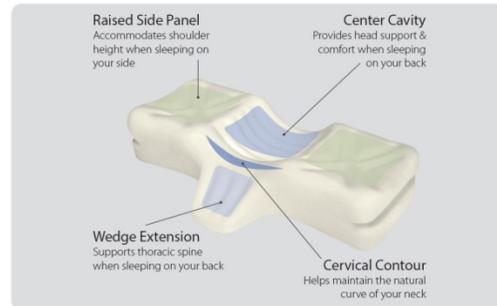
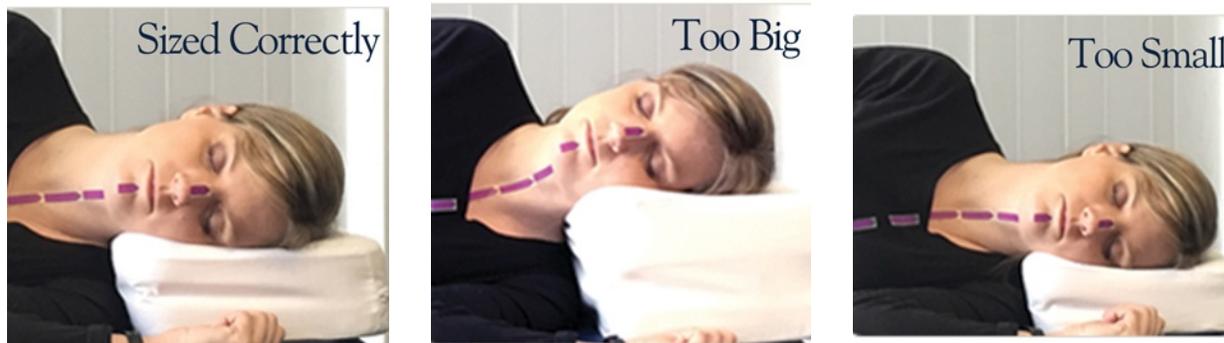


Therapeutica Pillow FAQ

Each component of the Therapeutica Pillow was thoughtfully designed to help correct the cervical curve and support the neck in a neutral position.



WHY IS THE SIZING SO IMPORTANT? Measuring to find the correct size Therapeutica Sleeping Pillow is critical for proper fit. Sleeping on the incorrect size of this pillow may cause increased neck pain, headaches, shoulder, and upper back pain. When the pillow fits correctly, the line from the nose, chin, and neck are in alignment which means the spine is properly supported. Shoulder length and mattress firmness are both considerations when selecting your pillow size.



WHAT IS THE PILLOW MADE FROM? The Therapeutica Sleeping Pillow is constructed of a non-allergenic, non-toxic foam that will not lose its shape or resiliency. All Therapeutica pillows come with a fitted zippered pillow cover made of a polyester/cotton blend, and it's machine washable.

WHY IS THE FOAM SO FIRM? The pillow must be firm to provide therapeutic benefits. The Therapeutica pillow is firmest when it is brand new. As it is used, the cell structure of the foam will soften and provide comfortable resiliency. This pillow is NOT a plush general comfort pillow. If you feel the pillow is too firm, you can accelerate the break-in process by inserting the pillow into a case and stepping up and down repeatedly on the pillow. This will soften the cell structure much more quickly.

HOW DO I ADJUST TO MY PILLOW? IMPORTANT! Your body may need to adjust to the product over a period of several weeks. If you overuse it immediately, it may increase your neck pain. Most users find that if they slowly ease their way into the correction provided by a cervical pillow, they achieve the best results.

You may need to alternate between this product and your current pillow while your body adjusts. Wautier Wellness recommends beginning each night of sleep with the Therapeutica Sleeping Pillow, while keeping your usual pillow within reach beside the bed. If you wake in the night with some discomfort, simply swap the pillows. You may need to continue to do this for several weeks until your body adjusts.