

GETTING USED TO YOUR PILLOW

It takes about 1-2 weeks to adjust to your new Dr. Marink's Pillow. After all, you've probably been sleeping on a pillow for years that caused your head and neck to be pushed out of alignment and now you have to get used to sleeping in proper alignment. Once you do, you'll be so happy!

During this time, you may find that you need to adjust the thickness of your pillow slightly to maximize comfort. That's okay! Just add or remove spacers in 1/4" increments until you feel complete comfort.

Don't throw those spacers away!

Over time, your bed's firmness may change, you may buy a new bed, or you may change the position you sleep in. But that doesn't mean you need a new pillow! Hold onto any extra spacers that come with your Dr. Marink's Pillow and readjust your pillow if anything affects your pillow comfort. Just as in the initial set up, add or remove spacers in 1/4" increments until you find the perfect pillow thickness.

**Make a note of your ideal pillow thickness so you won't forget
(hold onto these instructions along with your extra pillow spacers)**

Back sleeper spacers used (A) _____

CARING FOR YOUR DR. MARINK'S PILLOW

There's nothing special you need to do to care for your Dr. Marink's Pillow. The pillow will retain its shape for years and will not get flat or lumpy. The protective cover can easily be removed and washed as needed. Do **NOT** wash the pillow foam. You do not need a special pillowcase - your Dr. Marink's Back Sleeper Pillow fits into any standard size pillowcase.

QUESTIONS?

Visit our website at www.drmarinks.com for more information or call us at +1.201.909.0502 and we'll answer any questions you may have!

Thank you for purchasing **DR. MARINK'S** Back Sleeper Pillow



DRMARINKS.COM

MANUFACTURED BY | DR. MARINKS | 107 S. FARVIEW AVENUE SUITE C | PARAMUS, NEW JERSEY 07652



*The pillow of your dreams...
for the sleep you deserve.*

*You're just 10 minutes away
from the best sleep of your life!*



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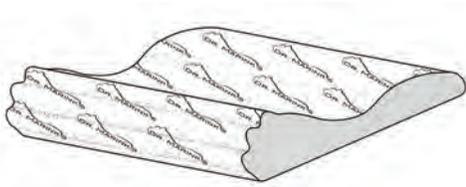
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Congratulations on your new Dr. Marink's Pillow!

This pillow will provide you with many restful nights, but before you use it we want to make sure your pillow is sized precisely for you and your bed.

Read on to find out how to customize your patented, anatomically designed pillow with our unique spacer system so you'll enjoy ultra premium comfort.

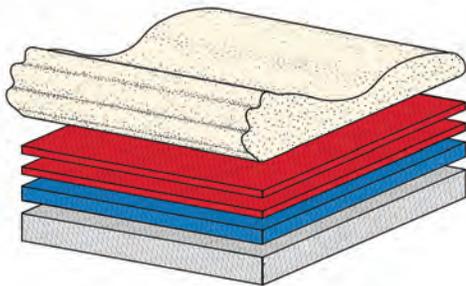
WHAT'S INCLUDED WITH YOUR DR. MARINK'S BACK SLEEPER PILLOW



1 - Dr. Marink's Back Sleeper Pillow

1 - Protective Pillow Cover

BACK SLEEPER SPACERS (A)



- 2 - RED spacers (1/4")
- 1 - BLUE spacers (1/2")
- 1 - WHITE spacers (1")

A

Spacers are color coded to help you customize your pillow set up. Please refer to the **Spacer Thickness Guide** to the right for spacer height combinations.

Make sure spacers are oriented to the pillow's design when inserted and with the thickest spacers used on the bottom.

SPACER THICKNESS GUIDE	
ADD SPACERS IN THIS ORDER FROM TOP TO BOTTOM	
THICKNESS	SPACER(S) TO USE
1/4"	1 RED
1/2"	1 BLUE
3/4"	1 BLUE + 1 RED
1"	1 WHITE
1 1/4"	1 WHITE + 1 RED
1 1/2"	1 WHITE + 1 BLUE
1 3/4"	1 WHITE + 1 BLUE + 1 RED
2"	1 WHITE + 1 BLUE + 2 RED

SET UP YOUR PILLOW BEFORE FIRST USE

To maximize comfort, we recommend customizing the thickness of your pillow before first use. This takes just a few minutes to do but is worth the enhanced comfort it offers.

When determining pillow thickness, do not wear anything you wouldn't wear when sleeping - no hoodies, hats, ponytails, etc. Lie on the pillow as you would when sleeping (e.g. if you sleep with your arm under your pillow, size it that way).

Your head will feel like it's floating on the pillow when you reach the proper thickness. You may need all of the included spacers, some of the spacers or no spacers at all to feel the most comfortable.

SETTING UP THE BACK SLEEPER SECTION

1. Place the Dr. Marink's Pillow logo side up on your bed without any spacers and lie on your back as you would on your old pillow for 5-10 seconds. Think about how comfortable you feel while doing this.

2. Sit up and add a **RED** (1/4") side spacer under the pillow (**illustration a**). Lie back on the pillow for 5-10 seconds to see if it feels more comfortable than before. If it does, remove the **RED** spacer and insert a **BLUE** (1/2") back spacer. Again, check the pillow's comfort.

3. Keep adding side spacers in 1/4" increments (the spacer thickness guide on the opposite page lists the color combinations in the correct order to use for each 1/4" increase) until the pillow feels less comfortable. When this occurs, remove the last 1/4" spacer and stop this set up process. You now have your customized spacer thickness!

4. Flip the pillow over and unzip the protective pillow cover (**illustration b**). Do **NOT** remove pillow foam. Insert the spacers that made the pillow the most comfortable into the compartment and zip the cover closed.

