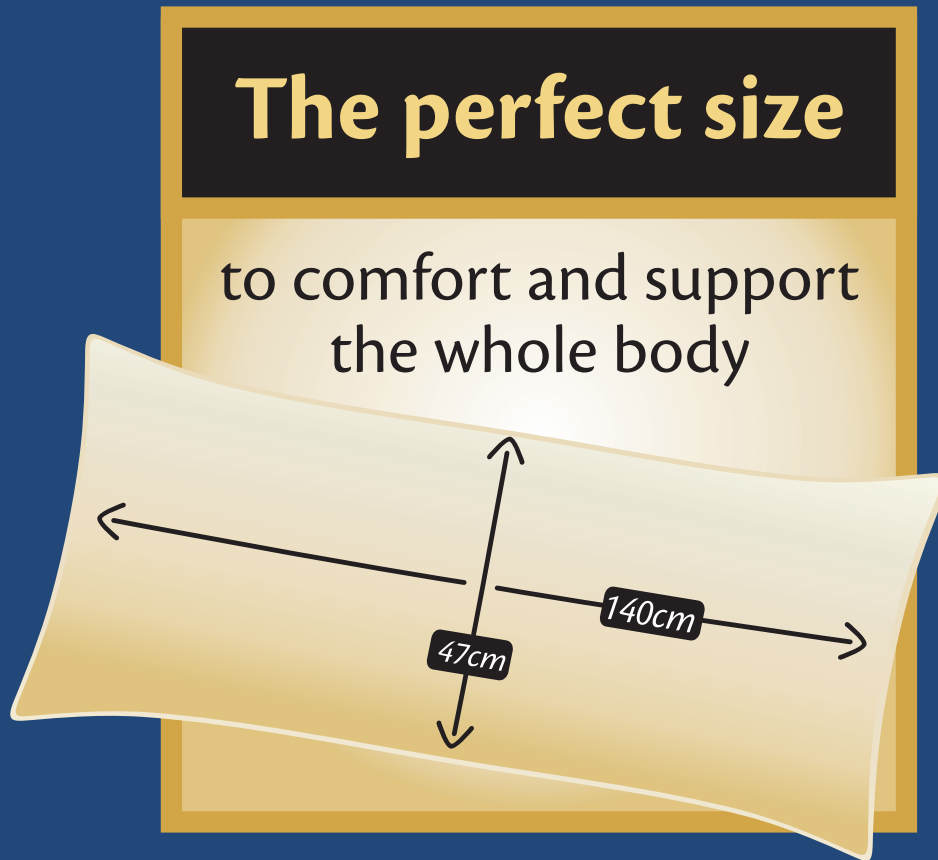


# FEEL BETTER – SLEEP BETTER!

## Pillow comfort for the whole body



Approved by the Sensitive Choice® program of the National Asthma Council Australia.

Filled with a generous amount of **Excelfibre®** specially enhanced polyester fibres promoting good health and restful sleep.

Covered with high quality cotton.



### CARE INSTRUCTIONS

Warm hand wash or gentle machine wash.  
Made in Australia from local and imported materials.





# Feel Better Healthcare

Aiding Mobility at Home

Adjustable Beds and Lift Chairs



myagedcare  
Home Care Package Supplier

## BODY PILLOW

### WHAT IS A BODY PILLOW?

The Body Pillow is a long, narrow pillow that is meant to be cradled between your legs as you sleep on your side, and prevents collapsing while you sleep on your side. It also can provide pressure point relief caused by uncomfortable sleep positions. The purpose of the Body Pillow is to improve spinal alignment and aid in pressure point relief.

### WHAT IS A BODY PILLOW USED FOR?

The Body Pillow is used to promote a night of comfortable restorative sleep.

Hugging the top part of the Body Pillow while tucking the lower section between your knees allows the spine and pelvis to stay in alignment as you slumber.

The pillow-hugging position keeps you sleeping on your side (the healthiest sleep position) and helps relieve pressure on your shoulders, neck and hips.

Side sleeping reduces -

- snoring
- acid reflux
- sleep apnea

Using the Body Pillow is also excellent for relieving anxiety and stress. Embracing a luxuriously comfortable body pillow is calming and can help children, teens and adults feel emotionally settled. This in turn helps support falling asleep more easily.

### BODY PILLOW FOR BACK PAIN

The Body Pillow helps to relieve back pain. If you have a herniated disk or other spinal condition, the correct body pillow will help keep your spine in proper alignment and decrease your pain.

Back pain is common and caused by many factors. Pregnancy, heavy lifting, stress, being overweight, a sedentary lifestyle and, of course, poor mattress support, all contribute to back pain.

Back pain is one of the main reasons that people use the Body Pillow. It provides total body support, relieving pressure points in the back, neck and hips, and soothing aching muscles. The Body Pillow cradles you from shoulders to feet, easing your back and legs and allowing you to find a comfortable sleeping position throughout the night.

### BODY PILLOW FOR SNORING

Your sleep position affects if, or how much you snore. People who sleep on their backs are the ones who snore most often. During sleep, the airways relax and narrow, and the tongue falls backward. Breathing makes the walls of the throat vibrate, causing the sound of snoring.

### HOW TO USE A BODY PILLOW WHEN RECOVERING FROM AN INJURY

A favourite position for those recovering from injury or with chronic body issues uses two body pillows. One is placed along your back, the other at the front, providing dynamic support on both sides, keeping you from rolling onto either your back or stomach. This position also ensures a pillow is always available when you roll over, so you can try your favourite position in either direction.

### BODY PILLOW ACCESSORIES

Pillowcases are made to fit, available in different colours and designs. We even offer a waterproof cover for your body pillow.



**3 YEAR WARRANTY**