Core Products INTERNATIONAL, INC.
800-365-3047 | www.coreproducts.com

DOUBLE CORE™ SELECT CERVICAL SUPPORT PILLOW



- Interchangeable core inserts provide 4 different support levels
- Helps alleviate headaches and neck pain
- Contoured support helps restore the natural curve of the neck
- Customizable support level for comfort
- Washable pillowcase included



Color Coded Support Levels:

- White Core Gentle Support
- Blue Core Medium Support
- Black Core Firm Support
- Gold Core Extra-Firm Support

Available From:

VERSATILITY

With new, easily interchangeable, color-coded cores and two different sized lobes, the Double Core™ Select is the most versatile foam pillow on the market, offering a range of support from gentle to extra firm.

Start with the white core, the softest and most accommodating of the cores. As your neck health gets better, you will naturally crave more support from your pillow. Gradually work your way up to the gold core, the firmest and most supportive. You get to choose the level of support you need without changing pillows.

NATURAL PAIN RELIEF

Cervical pillows, like the Double Core Select, help alleviate headaches and neck pain, and help restore the natural curve of the neck while sleeping. Constructed from precision cut, high quality foam that provides even support to the head and neck, allowing for the shoulder muscles to relax.

If you are new to using a cervical support pillow, it may feel different at first. Follow the instructions on the back of this sheet to make the transition easier.

SPECIFICATIONS

Product Selection: Double Core™ Select Cervical Support Pillow
FOM-172

Product Weight: 1.5 lbs

Dimensions: 22″ x 16″ x 4″

Materials: Polyurethane foam
Cover: 50% cotton/50% polyester

Case Quantity: 7

Case Dimensions: 24″ x 22″ x 16″

Case Weight: 14 lbs

Latex: This product is not made with natural rubber latex

Country of Origin: Assembled in the USA of Globally Sourced Materials

⚠ **WARNING:** Cancer and Reproductive Harm – www.P65Warnings.ca.gov

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ADJUSTMENT PERIOD

Some people experience an increase in sleeping comfort within several days. Others, however, may require several weeks before the muscles of your head, neck, and shoulders adjust to their proper position. Please consult your healthcare professional to determine a suitable starting position for your neck curve.

If this is your first time sleeping on this pillow, follow these steps. Don't give up if the pillow feels uncomfortable. It may take a full 30 days for your neck to adjust to sleeping on this pillow. If you still find it uncomfortable, consult your healthcare professional.



Available From:

STEP 1 Place this pillow in a pillowcase and begin by placing the pillow with the lobes down. Choose the side with the softest core. Sleeping on the softest core gives the least amount of neck curvature.



STEP 2 Once comfortable with this position, turn the pillow around (keeping the lobes down) and sleep on the firmer core. This will increase the support under your neck.



STEP 3 Once comfortable with this position, flip the pillow over so that the lobes are up. Once again, choose the softer lobe.



STEP 4 Finally, once comfortable with this position, turn the pillow around (lobes up) and sleep on the firmer core. This will provide the maximum cervical support.



During this process, you may find sleeping on one core more comfortable than the other. Choose the lobe most comfortable for you.

CHANGING SUPPORT CORES

Separate the interlocking section along the back of the pillow.





Remove the core.

Place the desired core in its place.





Carefully reconnect the interlocking section.

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