

Natural Health

S U P P O R T S

How to get the best from your Side Sleeper Pillow

The **Natural Health Supports side sleeper pillow's** special shape was designed to make side sleeping more comfortable, by supporting your head, neck and back, whilst helping to keep your airways open

How to use:

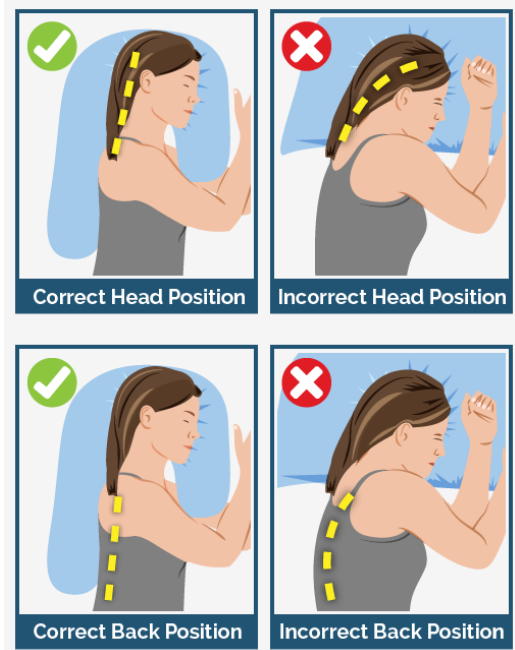
- Make sure that the long tail runs down your back, keeping you straight and making you feel safe and cosy
- Place your ear in the ear well, this will position your head, neck and shoulders and will help to keep your chin level, opening your airways.

It may take a couple of nights to get used to sleeping with your **side sleeper pillow** but it is worth it.

Over time, you should feel a reduction in general body aches and pains.

Side Sleeping is also better for Snorers, and by keeping your chin up and your airways open it should help to reduce snoring and make breathing whilst you sleep easier.

To order additional pillows or pillowcases visit
www.stressnomore.co.uk



Supports
Side Sleepers



Anti Ear
Pressure



Hypo
Allergenic



Anti
Snoring



30 Degree
Washable



UK Fire Safety
Compliant



Made in
Britain

Conforms to the Furniture and Furnishing (fire)(safety) Regulations amended 2010 (BS 5852 part2)

Made in Britain

UK Distributor
Pinpoint Products Ltd. Unit 5 RO24, Stonebridge, Milton Keynes. MK13 0DX