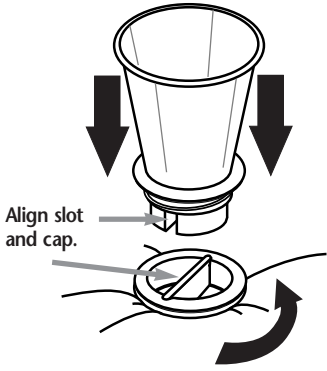


How to Add Water

See “Filling Chart” (below) for amount of water to use.

1

Dual purpose tool:
Use as wrench
to remove cap

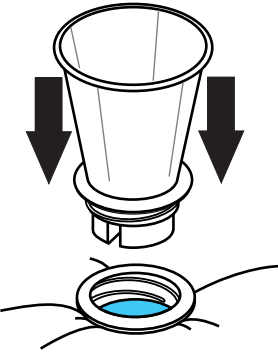


Align slot
and cap.

Insert base of tool in valve
cap and use as a wrench
to loosen cap. Turn tool
counter-clockwise and remove cap.

2


Dual purpose tool:
Use as funnel
to add water



Insert tool in valve opening,
tighten and use as a funnel.

3

Hold pillow upright
using a chair

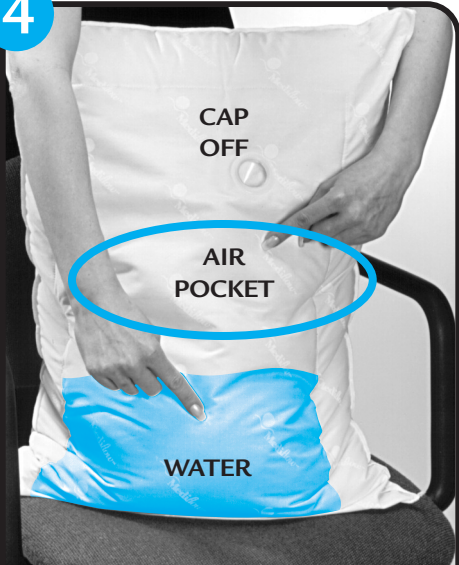


Fill pouch with a measured amount
of water to achieve desired firmness.
See Filling Chart (below) for details.

How to Remove Air Pocket

After removing funnel, proceed to Steps 4-7.

4



CAP
OFF

AIR
POCKET

WATER

Now there is both water and
an air pocket in the pouch.

Very Important!

For best results you must remove the air pocket from the water pouch to prevent water from sloshing. Hold pillow upright and follow steps 5 through 7.

Special notice!

If you hear sloshing when you lay your head on the pillow, follow steps 5-7 again to remove any remaining air.

5




Gently push fingers down
the pillow and find
top of water level.

6



Gently flatten remaining portion
of pouch in a sweeping motion
to remove air pocket.

7



Continuing to apply light
pressure to top portion
of pouch, replace cap.

How Much Water is Perfect for You?


Measure the correct amount of water according to “Filling Chart” below.

FILLING CHART


DEGREE OF FIRMNESS	AMOUNT OF WATER		
	Ounces	(quarts)	Liters
Soft	60-80 oz	(2 qt)	2 L
Medium	80-100 oz	(3 qt)	3 L
Firm	100-130 oz	(4-5 qt)	4-5 L

May we suggest you start with a medium degree of firmness.
TOO FIRM? - Remove some water. TOO SOFT? - Add more water.


Care Instructions


- 

Empty water from pillow.




Hand wash in cold water
with cap on.




Do not bleach.
- 

Hang to dry.



Do not iron.



DO NOT DRY CLEAN.



What Type of Water Should You Use?

- Use cold or lukewarm tap water. The water temperature should not exceed 38°C or 100°F.
- The water can be left in the pillow for up to one year. Then it should be changed.
- If tap water is used, no chemicals need to be added to the water.
- If well water is used, you may add a drop of bleach to the water.