



# My Pillow®

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*The Official Pillow of the  
National Sleep Foundation!*

# MyPillow® Washing and Drying Instructions

## WASH

- Cold or warm on regular cycle (NOT DELICATE).
- Use half the recommended amount of any detergent.

## Top Loading Machines

- Place 2 pillows in washer to balance.
- If only 1 pillow, balance with towels.

## Front Loading Machines

- Wash pillows with a full load of laundry.

## DRY

- Tumble dry with HIGH heat.
- No dryer balls or fabric softeners.
- Use extra spin cycles to lessen drying time.
- Do not worry about over-drying.

## FREQUENCY

We recommend laundering every 4 months.

If you have allergies, every 2 months or as often as needed.

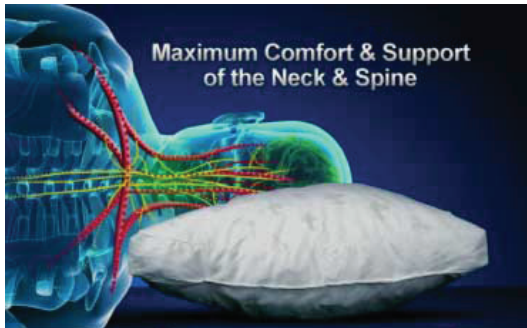
MyPillow® 10 year warranty covers laundering.



# Adjusting MyPillow® for YOUR Perfect Fit!

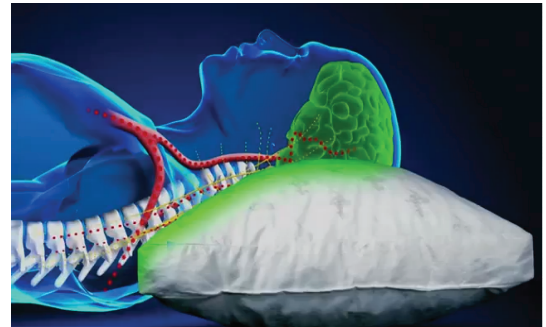
- Before first use: Place in dryer for 10-15 minutes with a damp wash cloth to activate the Patented interlocking fill.

## SIDE SLEEPER



Once you lay on the pillow, the patented interlocking fill allows you to adjust the pillow for your individual support needs.

## BACK SLEEPER



While sleeping on your back, bunch the MyPillow® under the curve of your neck and roll the pillow in place to maintain full support.

- Use a 100% cotton pillow case that is “roomy” enough for your MyPillow® to move and adjust.
- Fluff your MyPillow® every night, and tuck it into your neck.