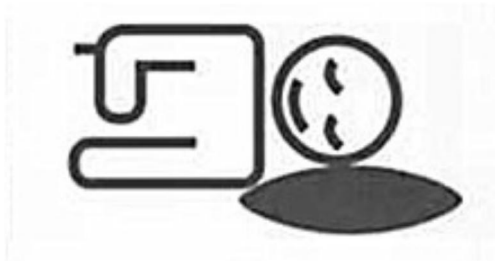
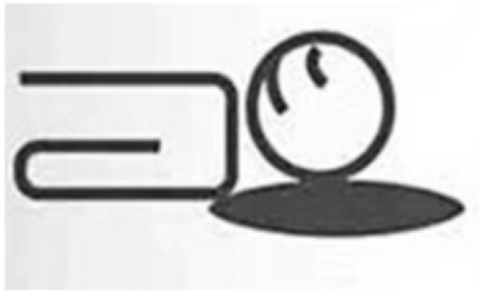


User Guide

How do you sleep?



Side Sleeper - Choose a medium to firm pillow to ensure the neck is well supported and aligned with the spine.



Back Sleeper - Choose a medium to firm pillow to cradle the head comfortably. A bit more density is necessary



Stomach Sleeper - Choose a soft pillow with less fill to keep the neck in a neutral position.

Combination Sleeper - Try a medium to firm pillow for comfort in any position.

Whichever firmness you decide on, always fluff your pillow by rubbing the fill to the centre for that satisfying cloud like feeling as you sink your weary head to rest upon a little mountain of fluff.

What is RDS ?



The RDS ensures that down does not come from animals that have been subjected to any unnecessary harm, such as force-feeding or live-plucking, provides traceability in the supply chain, and helps validate and track the down used in our products from farm to finished garment. We use only RDS down in our products ensuring that animal cruelty was not compromised in the making of a pillow.

Using Tips

1. If you bathe or shower at night before you go to bed make sure your hair is dry.

2. Buy a pillow protector.
3. Use a pillow case and wash it every weekend or whenever you strip the bed and wash the sheets.
4. Oils don't destroy a pillow in days, weeks, or months, but rather in years. So anything you can do to prevent oils from getting to the down fill will prolong the life of your pillow.
5. Moisture will destroy a pillow in days NOT weeks months or years. So anything you can do to prevent your pillow from trapping moisture will prolong the life of your pillow.