

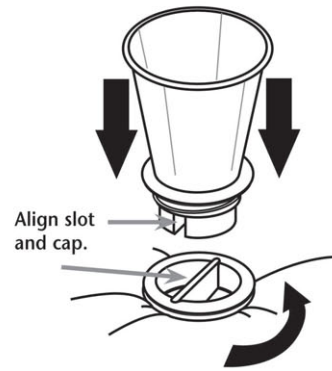
How to Add Water

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

How to Remove Air Pocket

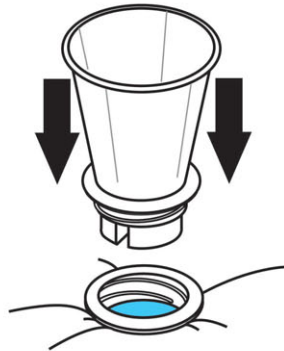
After removing funnel, proceed to Steps 4-7.

1 Dual purpose tool:
Use as a wrench to remove cap and re-tighten.



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.



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.

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.
- Machine wash delicate/gentle cycle, cold water. Extra spin.
- Do not bleach.
- Tumble dry, low heat.
- 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 100°F or 38°C.
- 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.



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



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



Continuing to apply light pressure to top portion of pouch, replace cap. Use wrench tool to tighten cap completely.