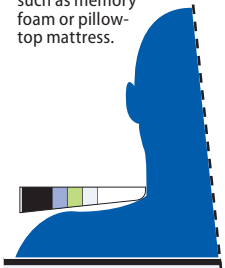
Core Products INTERNATIONAL, INC.



Therapeutica® Sleeping Pillow

Measure from the base of the neck to the outside tip of the bony prominence at the shoulder. NOTE: ignore any muscle mass beyond the bony prominence. Choose one size smaller if you measure between two sizes or sleep on a soft surface such as memory foam or pillow-top mattress.



CHILD*

PETITE

AVERAGE

LARGE

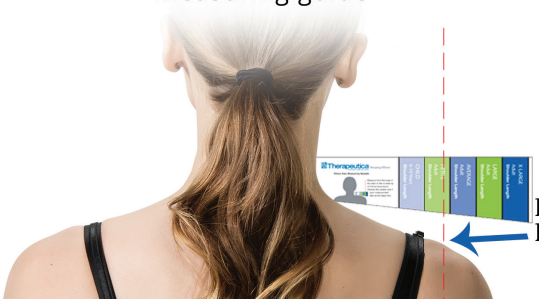
X-LARGE

Print page at 100% for proper sizing, do not scale to fit page. If you are unable to print measuring guide, please use a ruler and follow the instructions below to find your correct pillow size.

1. Have someone assist in measuring you
2. Move your shirt collar, if it interferes
3. Stand with arms at your side and looking straight ahead
4. Hold the measuring guide or a ruler to the base of the neck and measure to the outside tip of the bony prominence at the shoulder. NOTE: Ignore any muscle mass beyond the bony prominence. Choose one size smaller if you measure between two sizes or sleep on a soft surface such as memory foam or pillow-top mattress.

PILLOW SIZE	SHOULDER LENGTH
Child*	less than 4¼"
Petite	4¼" - 5¼"
Average	5¼" - 6¼"
Large	6¼" - 7¼"
Extra Large	7¼" - Plus

Measuring with measuring guide



Measuring with ruler



Trying is believing! Once you have tried a **Therapeutica® Sleeping Pillow**, you will understand why we believe it is the most comfortable foam pillow for back and side sleeping! A restful night of sleep is waiting for you.

If you have questions on this product or how to measure, please message us through Amazon before ordering. Thank you!

*Not recommended for children under 6 years old unless directed by a Health Care Professional.

Cut along the dotted line