



Thank you for purchasing our **SlumberSleeve**® brand, circulation-enhancing sleeve pillow. It's an innovative, PATENT PENDING product that finally solves the age-old problem of arms or legs "falling asleep" or being uncomfortable when people sleep or rest.

Our sleeve pillow provides a "cushion effect" for your head, while allowing normal circulation to reach your arms. Since they slip over your arm or leg and move with you, normal changes in sleep positions during the night are unnoticed. Unlike contour pillows, or mattresses with arm channels that force you to sleep in a particular position, our sleeve pillow moves with you and does not impose a prescribed "sleep posture."

Our sleeve pillow consists of three components: a plastic core to prevent cutting off circulation to the arms or legs; a white knitted liner to hold the sleeve in place and to allow air to circulate between the plastic core and your skin; and a gray outer tension wrap to provide a "pillow" or "cushion" and to regulate the product's flexibility.

Adjusting our sleeve pillow is accomplished in three simple steps.

Step One



Leave the white knitted liner attached to the plastic core. Holding under your arm, size to fit as shown, and then expand one or two additional notches. (Note the number of the selected notch.)



Remove from your arm and slide the "tongue" or "tab" out through the selected notch. Wrap the excess plastic around the outside, sliding the white inner liner over the loose end like a belt loop.

Step Two



Insert fingers from both hands in the small grasping hole on the outside of the stretchable, knitted liner. Clamping the plastic together with your thumbs, pull hard on the stretchable liner until it completely covers the plastic core.



Adjust the knitted liner so that the stretched fabric is even (making a doughnut) and center the grasping hole on the outside of the core, pulling on the edges to make it as small as possible.

Step Three



Wrap the gray tension cushion around the outside of the lined core, pulling as tight as desired, and fasten it to itself with the hook/loop pad facing down.

Adjustment Preference

After you first use our sleeve pillow, you will notice it takes on an oval or egg shape. Experiment by adjusting the plastic core to different notches. This controls the "cushion effect."

- Too tight an adjustment will feel hard against your head when lying on the sleeve pillow.
- Too loose an adjustment may allow your head to compress it too much and prevent normal circulation to your arm.

You may also fine tune the "cushion effect" adjustment by varying how tight the outer tension wrap is coiled (tighter – more firm, looser – more flexible).

Most people prefer a pillow between their head and the sleeve pillow. Others use it as their only pillow.

Try different adjustments to the sleeve pillow for a few nights until the desired effect is achieved.

Additional Uses

Although many additional uses have been found for our sleeve pillow, the product was principally designed as a comfort aid for adults while sleeping or resting. Some unique sleep or rest applications include:

- As a wrist pillow, popular with college students taking a nap on a desk between classes.
- As a lover's pillow, worn over an outstretched arm supporting your companion's head.
- As an ankle pillow, worn on the lower leg when the upper leg is crossed over on top.
- As a knee pillow, when laying on your side for lower back relief.
- As a small neck pillow, coiled to the desired diameter and placed under the nape of the neck (cervical spine) - excellent for travel and camping.
- As a sunbathing aid, allowing for a comfortable side tanning orientation.

Care Instructions

The gray outer tension wrap may be hand or machine washed in water below 104° F (40° C). Mild detergent may be used. Do NOT tumble-dry, dry clean, bleach or use fabric softener.

The white knitted liner may be machine washed and dried.

Limited One-Year Warranty

SlumberSleeve warrants this product, to the original retail purchaser, to be free from manufacturing defects for the period of one (1) year following date of purchase. This warranty does not apply to damage due directly or indirectly to misuse, abuse, repairs or alterations outside our facilities or failure to comply with care instructions. This warranty is limited to the replacement of this product only and does not extend to consequential or incidental damages. This warranty is in lieu of all other warranties, express or implied. Some states do not allow limitations on how long an implied warranty lasts or permit the exclusion or limitation of incidental or consequential damages, so the above limitations may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. Simply return defective product following the product return instructions at www.SlumberSleeve.com for a replacement. Manufacturer will cover costs of replacement shipping, but return shipping must be prepaid by purchaser.

How to Contact Us

For additional and up-to-date information please visit us at www.SlumberSleeve.com