

21X29CM

Wedge Support Pillow

J072 WH

Instructions for Use

Please read and retain these instructions for future reference

v001: 18/11/19



Using a wedge support pillow can help to improve sleep when suffering with problems such as acid reflux, nasal congestion or varicose veins.

A wedge support pillow offers extra comfort and may help you sleep better and breathe easier.

Always ensure you feel comfortable with the position of the wedge pillow.

INSTRUCTIONS FOR USE:

- The wedge support pillow should be placed on the bottom sheet, not on a blanket to stop it from moving.
- Position the wedge pillow on the bed with the higher end resting against the headboard. You can place your normal pillow on top of the support pillow.
- Position the wedge support pillow resting against your back with the narrow end under your waist to prevent you rolling out of position.
- The wedge pillow can also be positioned under your knees to help easing lower back pain, varicose veins or swollen feet.



Warning

Always consult your doctor or a health professional about what type of wedge would be best for you and what position for sleep would best help your condition.

CARE AND CLEANING INSTRUCTIONS:

- Cover is removable and can be machine washed. Follow the guidance on the wash care label.

DISPOSAL



- Dispose of all packaging, paper, cartons, plastic and plastic bags in accordance with your local recycling regulations.
- At the end of the product's lifespan please dispose of it at an authorised household waste recycling centre.

*Calls cost 7 pence per minute plus your telephone company's network access charge

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