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Bed Pillow Chillow Cooling Pillow Pad

Chillow Cooling Pillow Pad Device

INSTRUCTION MANUAL

Introduction

The Chillow Cooling Pillow Pad is designed to provide soothing cooling comfort for a better night's sleep. This innovative device helps regulate your sleeping temperature, alleviating discomfort from heat, aches, pains, and headaches. It operates without electricity or batteries, utilizing a unique fluid therapy system. The Chillow is non-gel, latex, and phthalate-free, offering a safe and effective cooling solution.



Image: The Chillow Cooling Pillow Pad positioned on a pillow, demonstrating its use for comfortable sleep.

Setup Instructions

1. **Preparation:** Unfold the Chillow pad completely and lay it flat on a clean, dry surface.
2. **Filling with Water:** Locate the fill cap on the Chillow. Carefully open the cap. Fill the Chillow with approximately 1.5 to 2 quarts of tap water. Fill slowly to allow the internal material to absorb the water. Do not overfill.
3. **Removing Air:** After filling, gently press out any excess air bubbles from the pad by smoothing it from the opposite end towards the fill cap. This ensures maximum contact with the cooling material.
4. **Sealing:** Securely close the fill cap, ensuring it is tightly sealed to prevent leaks.
5. **Initial Cooling:** For optimal cooling, it is recommended to place the filled Chillow in a refrigerator for 15-30 minutes before first use. This step is optional but enhances initial cooling.

Note: The Chillow uses a unique fluid therapy system and does not require refrigeration for continuous cooling, only for an initial boost if desired.

Operating Instructions

- **Placement:** Place the filled Chillow pad directly on top of your pillow, underneath your pillowcase. Ensure it lies flat and smooth.
- **Usage:** Lie down and rest your head on the pillow, with the Chillow positioned beneath your head. The pad will absorb excess body heat and dissipate it, providing a continuous cooling sensation.
- **Adjusting Comfort:** If the cooling sensation is too intense, you may place a thin towel or an additional pillowcase between the Chillow and your head to reduce direct contact.
- **Versatile Use:** The Chillow can also be used on other body parts for localized cooling relief, such as on the back, legs, or feet.

Maintenance

- **Cleaning:** The Chillow Cooling Pillow Pad should be **hand washed only**. Use a mild soap and lukewarm water. Gently wipe the surface clean with a soft cloth.
- **Drying:** After cleaning, air dry the Chillow completely before storing or reusing. Do not machine wash or tumble dry.
- **Storage:** When not in use for extended periods, drain the water from the Chillow, clean it, and allow it to dry thoroughly. Store it flat or loosely rolled in a cool, dry place away from direct sunlight.
- **Water Replacement:** For optimal performance and hygiene, it is recommended to replace the water inside the Chillow every 3-6 months, or if you notice any changes in its cooling efficiency.

Troubleshooting

Problem	Possible Cause	Solution
Chillow does not feel cool enough.	Insufficient water, air trapped inside, or room temperature is very high.	Ensure the Chillow is filled with the correct amount of water and all air is expelled. For an initial boost, refrigerate for 15-30 minutes. Ensure proper air circulation in the room.
Water leakage from the cap.	Cap not securely closed.	Ensure the fill cap is tightly sealed after filling and air removal.
Pad feels mushy or lumpy.	Internal material may have shifted or degraded over time.	Gently massage the pad to redistribute the internal material. If the issue persists and affects performance, consider replacing the unit.
Pad does not absorb water properly.	Possible manufacturing defect or internal blockage.	Ensure you are filling slowly. If the issue persists, this may indicate a defect.

Specifications

Product Name	Chillow Cooling Pillow Pad Device
Brand	Bed Pillow
Model	Chillow Cooling Pillow Pad
Dimensions	21"L x 21"W

Item Weight	4 ounces
Fill Material	Fluid (Non-gel, Latex-free, Phthalate-free)
Cover Material	Cotton, Polyester
Power Source	None (No electricity or batteries required)
Care Instructions	Hand Wash Only
UPC	799154398124, 700310155956

Warranty and Support

Information regarding product warranty and customer support is not available in this manual. Please refer to the product packaging or the retailer's website for details on warranty coverage and how to contact customer service for support.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question