

Elviros Foam Pillow

Elviros Cervical Memory Foam Pillow User Manual

Welcome to your Elviros Cervical Memory Foam Pillow. This manual provides essential information for setup, proper usage, and maintenance to ensure you achieve optimal comfort and support.

1. INTRODUCTION

The Elviros Cervical Memory Foam Pillow is designed to provide ergonomic support for your neck and shoulders, promoting proper spinal alignment and restful sleep. Its contoured shape accommodates various sleeping positions, including back, side, and stomach sleeping.

2. PRODUCT FEATURES AND ERGONOMIC DESIGN

This pillow incorporates several design elements to enhance your sleeping experience:

- **Two Firmness Options:** Available in Polyurethane (softer) and Memory Foam (firmer) to suit individual preferences.
- **Ergonomic Contoured Shape:** Designed to follow the natural curve of your body, supporting optimal air passages and spinal alignment.
- **Arm Support Cutouts:** Side cutouts provide a resting place for your arm, preventing shoulder hunching.
- **Dual Heights:** Features a higher side (4.9 inches) for back sleepers needing more cervical support and a lower side (4.1 inches) for general use or stomach sleepers.
- **Premium Memory Foam:** The core is made from upgraded memory foam, offering a balance between traditional soft pillows and firmer latex pillows.
- **Removable Breathable Pillowcase:** Made from ice-silk fabric for improved breathability and comfort, certified by Oeko-Tex.

SOFT PILLOW WITH STABILITY



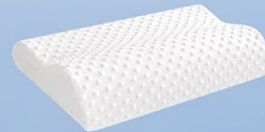
Traditional Pillow



Elviros Pillow



Latex Pillow

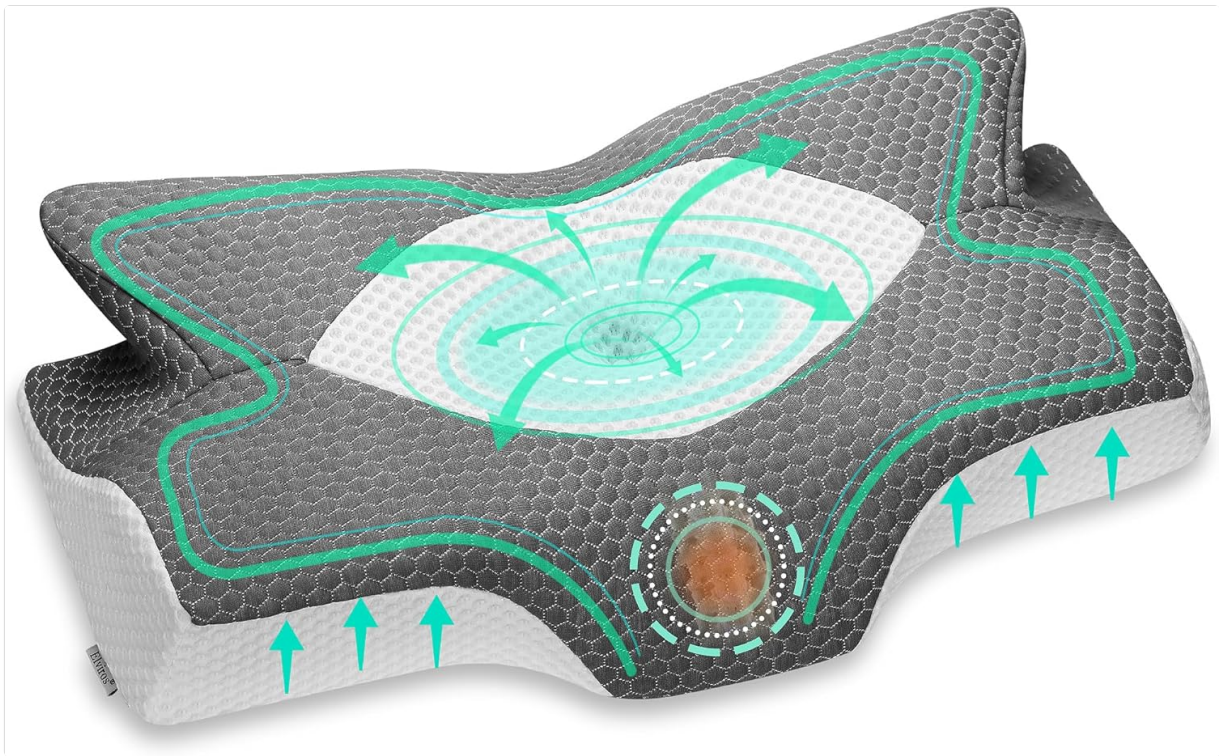


SOFT



HARDNESS

This image displays the key ergonomic features of the pillow, including the central cavity for head pressure relief, shoulder contours for side sleeping comfort, arm support areas, and the arc shape designed to adapt to head and neck curves for smooth breathing.



This image illustrates the breathable design of the pillow, with arrows indicating air circulation through its structure, contributing to a cooler sleep environment.

3. SETUP INSTRUCTIONS

1. **Unpacking:** Carefully remove the pillow from its packaging. The pillow may be compressed.
2. **Ventilation:** Memory foam may have a slight, natural scent upon opening. Place the pillow in a well-ventilated area for 3-15 days to allow the scent to dissipate.
3. **Expansion:** Allow the pillow to fully expand to its intended shape and firmness, which typically takes 24 hours.



This visual guide demonstrates the initial steps for using the pillow: opening the package, taking out the pillow, letting it air out for 24 hours in a well-ventilated area, and then starting to use it for sleep.

4. USAGE INSTRUCTIONS

The Elviros Cervical Memory Foam Pillow is designed to support various sleeping positions:

For Back Sleepers

Position your head on the higher side (approximately 4.9 inches) of the pillow. The two raised horns on this side provide enhanced support for your head and cervical spine, maintaining proper alignment with the rest of your body.

For Side Sleepers

Utilize the side cutouts for arm support. The contoured edges are designed to relax your shoulder and keep your arm at an angle, preventing discomfort and promoting better circulation.

For Stomach Sleepers

The lower side (approximately 4.1 inches) of the pillow is generally more suitable for stomach sleepers, offering a less elevated profile to reduce strain on the neck.

1 PILLOW WITH 2 OPTIONS

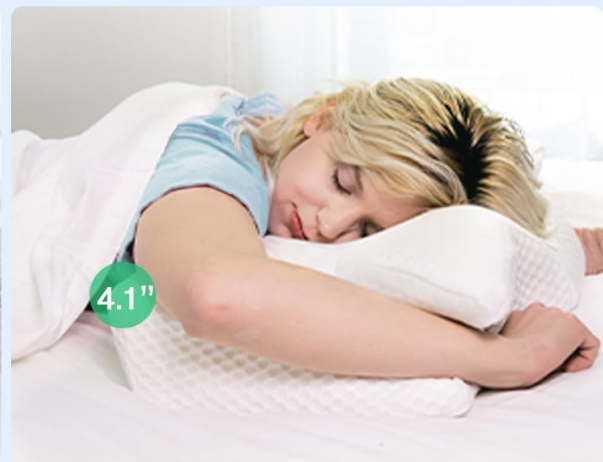


HIGHER SIDE

Align your head, shoulder and back in neutral position to relieve neck pain



Before Use
Deformation



LOWER SIDE

Scientific design with natural curve suits most sleepers



First Use
Initially improved



Continuous Use
Improved

This image demonstrates the two height options of the pillow. The left panel shows a person using the higher side (4.9 inches) for back sleeping, emphasizing proper head and shoulder alignment. The right panel shows a person using the lower side (4.1 inches), suitable for most sleepers, with diagrams illustrating improved neck curvature from initial deformation to continuous use.

BREATHABLE & SKIN-FRIENDLY

OEKO-TEX®
CONFIDENCE IN TEXTILES
STANDARD 100



The memory foam should never be laundered



Cotton Inner Cover



Zipper for easy removal



100% Memory Foam



Machine Washable

This image shows a person sleeping peacefully on the Elviros pillow, illustrating how the ergonomic design helps reduce head pressure, keeps the spine neutral, and is beneficial for arm blood circulation.

5. CARE AND MAINTENANCE

Pillowcase Care

The removable ice-silk fabric pillowcase is machine washable.

- Wash in cold or lukewarm water.
- Avoid washing with items that may snag, such as bath towels with hook-and-loop fasteners.
- Tumble dry on low or air dry.

Memory Foam Core Care

IMPORTANT: The memory foam core should NEVER be laundered or exposed to direct sunlight.

- If cleaning is necessary, spot clean with a damp cloth and mild detergent.
- Allow the core to air dry completely in a well-ventilated area away from direct heat or sunlight.



This image highlights the pillow's breathable and skin-friendly attributes, featuring the Oeko-Tex certification. It shows the components: a cotton inner cover, a zipper for easy pillowcase removal, the 100% memory foam core, and confirms the pillowcase is machine washable. A crucial warning indicates that the memory foam itself should not be washed.

6. TROUBLESHOOTING AND FAQs

Q1: What should I do if I prefer a firmer pillow after receiving it?

A1: Elviros offers an added-value service with extra inserts. You can request a free insert to adjust the firmness to your preference.

Q2: What should I do if I'm extremely sensitive to smells?

A2: A slight scent is natural for 100% genuine memory foam. Let it air out for 3-5 days. You can also wash the pillowcase upon arrival to help dissipate the smell.

Q3: Do you have any recommendations for washing the pillowcase and general care?

A3: Wash the pillowcase in cold or lukewarm water. Avoid washing it with items that may snag, such as bath towels with hook-and-loop fasteners.



This image presents a Q&A section addressing frequently asked questions about the Elviros pillow, including how to adjust firmness, manage initial memory foam scent, and proper care for the pillowcase.

7. PRODUCT SPECIFICATIONS

Feature	Detail
Brand	Elviros
Model Name	Memory Pillow
Fill Material	Memory Foam
Item Firmness	Soft (Polyurethane option) / Firmer (Memory Foam option)
Size	Queen Size 25.2"L x 15"W x (4.1"-4.9")H
Color	Dark Gray
Pillowcase Material	Ice-silk fabric (100% Polyester)
Special Features	Cooling, Soft, Breathable, Removable Pillowcase
Care Instructions	Pillowcase: Machine Washable; Foam Core: Spot Clean Only
Item Weight	3.39 Pounds
Certifications	CertiPUR-US (foam), Oeko-Tex (pillowcase)

ERGONOMIC PILLOW FOR BETTER SLEEP

For a relaxing evening



(Model using queen-size pillow)

- ✔ Center cavity reduce head pressure
- ✔ Align head with spine
- ✔ Keep the spine neutral
- ✔ Beneficial for arm blood circulation



This image displays two Elviros pillows and emphasizes the CertiPUR-US certification for the memory foam, indicating it is odorless and non-toxic. It also reiterates the warning that the memory foam should never be laundered.

8. WARRANTY AND CUSTOMER SUPPORT

For any questions, concerns, or to request additional firmness inserts, please contact Elviros customer support. Refer to the product packaging or the official Elviros website for contact details.

Elviros is committed to providing quality products and support.