

Betterhood WJT003GR

Betterhood 5-Piece Orthopedic Bed Wedge Pillow Set Instruction Manual

Model: WJT003GR

INTRODUCTION

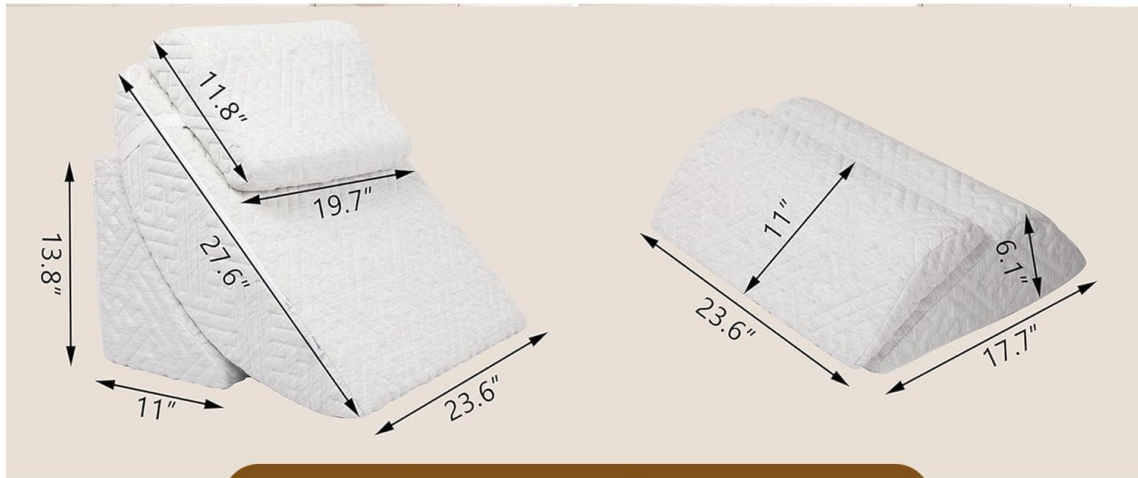
The Betterhood 5-Piece Orthopedic Bed Wedge Pillow Set is designed to provide versatile support and comfort for various activities such as sleeping, reading, and recovery. This set features premium memory foam and high-density foam for optimal support and durability. The modular design allows for customizable configurations to suit individual needs and preferences.

This manual provides essential information on setting up, operating, maintaining, and troubleshooting your pillow set to ensure a comfortable and beneficial experience.

SETUP

1. **Unpacking:** Upon arrival, the pillows are vacuum-packed. Carefully remove them from their packaging.
2. **Expansion:** Allow up to 48 hours for the memory foam pillows to fully expand and regain their intended shape and firmness. Initial expansion may occur within a few hours.

Customizable placements for a perfect fit



Take 48 hours to fully rebound



Image: Pillow dimensions and a note indicating 48 hours for full rebound.

- 3. Initial Cleaning:** It is recommended to remove and wash the pillow covers before the first use. Refer to the 'Maintenance' section for care instructions.
- 4. Pre-use Adjustment:** If using for post-operative recovery, it is advisable to set up and test various configurations of the pillow set prior to surgery. This allows you to find the most comfortable and supportive positions without discomfort during recovery.

OPERATING INSTRUCTIONS

The 5-piece set offers flexibility to create various support systems. Each piece can be arranged to provide targeted support for different body parts and activities.

Common Configurations:

- Elevated Sleeping:** Arrange the larger wedge pillows to elevate your upper body, which can help alleviate symptoms of acid reflux, reduce snoring, and provide support for back and neck pain. The head pillow can be attached with its strap to prevent it from sliding.



Image: The 5-piece set configured for elevated sleeping, demonstrating full body support.

- **Reading or Sitting Up:** Use the main back pillow and support pillow to create an upright or reclined position for reading, working on a laptop, or watching television. The leg pillow can be used under the knees for added comfort and circulation.



Image: Woman reading in bed, utilizing the pillow set for back and leg support.

- **Leg and Knee Support:** The smaller wedge and lumbar pillows can be used independently to elevate legs, support knees, or provide lumbar support, promoting circulation and reducing pressure.
- **Post-Surgery Recovery:** The adjustable nature of the set allows for specific positioning required after leg, arm, or shoulder surgeries. Consult with your doctor to determine suitable configurations for your recovery needs.

FAST RECOVERY HELPER



The Orthopedic Bed Wedge Pillow Set can be adjusted from 20 to 80 degree

Please ask your doctor if it is suitable for post-operative use before purchasing ⚠️

Image: Examples of pillow configurations for post-operative recovery of legs, arms, and shoulders.

Product Demonstration:

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Video: A demonstration of the 5-piece bed wedge pillow set, showcasing its various uses and adjustable nature for neck, back, and leg support.

MAINTENANCE

- **Cover Care:** The pillow covers are machine washable. Unzip and remove the covers from the foam inserts. Wash in cold water on a gentle cycle. Tumble dry on low heat or air dry to maintain fabric integrity.



Image: Close-up of the pillow cover zipper, highlighting its removable design for washing.

- **Foam Care:** The memory foam inserts are not washable. If they become soiled, spot clean with a mild detergent and allow to air dry completely away from direct sunlight or heat.
- **Air Circulation:** Periodically air out the foam inserts to maintain freshness and prevent moisture buildup.

TROUBLESHOOTING

- **Pillow Not Fully Expanded:** If pillows do not fully expand after unpacking, ensure they have been given the recommended 48 hours. Gentle manipulation or placing them in a warm room can sometimes assist the process.
- **Initial Odor:** A mild factory odor may be present upon unpacking. This is normal for new foam products and typically dissipates within 24-48 hours in a well-ventilated area.
- **Pillows Sliding:** The set is designed with a non-skid bottom on some pieces to minimize movement. For the head pillow, utilize the integrated strap to secure it to the main back wedge, preventing it from falling down.

MUCH BETTER

Than a Bunch of Pillows



Image: Illustration of the non-skid bottom feature and the benefit of using a wedge set over loose pillows.

- **Discomfort:** Experiment with different arrangements of the 5 pieces to find the most comfortable and supportive configuration for your body and specific needs. The set is highly adjustable.

SPECIFICATIONS

Brand	Betterhood
Model Name	WJT003GR
Color	Grey
Size	Large
Fill Material	Memory Foam and Support Foam
Number of Pieces	5
Product Dimensions	27.6"L x 23.6"W (Main components)
Item Weight	15.17 pounds

Product Care Instructions Machine Wash (covers only)

Recommended Uses Reading, Recovery, Sitting, Studying, Sleeping

5 PIECE BED WEDGE PILLOW SET



HEAD PILLOW

SUPPORT PILLOW

BASE BACK PILLOW

BACK PILLOW

LUMBAR PILLOW

OEKO-TEX®
CONFIDENCE IN TEXTILES
STANDARD 100

One of the world's best-known labels for textiles tested for harmful substances. It stands for customer confidence and high product safety.

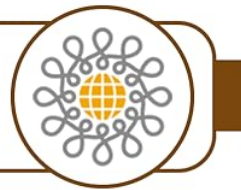


Image: Breakdown of the 5-piece set components and OEKO-TEX certification.

SUPPORT

For further assistance, questions, or concerns regarding your Betterhood 5-Piece Orthopedic Bed Wedge Pillow Set, please contact Betterhood customer support through their official channels or the retailer where the product was purchased.