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Strex SP189

Strex Pregnancy Pillow XXL User Manual

Model: SP189

INTRODUCTION

The Strex XXL Pregnancy Pillow is designed to provide comprehensive support and comfort for expectant mothers and individuals seeking enhanced sleep quality and pain relief. Its unique U-shape and high-quality filling adapt to your body's contours, offering support for the back, belly, hips, and legs. This manual provides essential information on setting up, using, maintaining, and troubleshooting your Strex Pregnancy Pillow.

PRODUCT FEATURES

- **Extra Large U-Shape Design:** Measuring 280cm in length, this pillow provides full-body support, ideal for various sleeping positions and body types.
- **Pain Relief:** Engineered to alleviate common discomforts such as back pain, hip pain, and general body aches, promoting a more restful sleep.
- **Premium Filling:** Filled with high-quality polyester fibers that conform to your body, offering optimal support and comfort.
- **Removable & Washable Cover:** Features a soft, durable velvet cover with a zipper, making it easy to remove and machine wash for hygiene and convenience.
- **Multifunctional Use:** Beyond pregnancy support, it can be used as a body pillow for general comfort, a nursing pillow for feeding, or for post-operative recovery.

SETUP

Your Strex Pregnancy Pillow comes compressed for shipping efficiency. Follow these steps to prepare it for use:

1. **Unpack the Pillow:** Carefully remove the pillow from its packaging. The pillow will begin to expand immediately.
2. **Allow for Expansion:** Place the pillow on a flat surface in a well-ventilated area. Allow 24-48 hours for the pillow to fully expand and regain its intended shape and fluffiness. Gently fluff and knead the pillow to help

distribute the filling evenly.

3. **Install Cover (if separate):** If the cover is not already on the pillow, carefully slide the pillow into the removable cover, ensuring the U-shape aligns correctly. Zip up the cover.

LIEFERUMFANG



● Schwangerschaftskissen



● Verpackung



● Handbuch

Image: The Strex Pregnancy Pillow, its packaging, and the included manual, demonstrating the items received upon delivery.

OPERATING INSTRUCTIONS

The Strex Pregnancy Pillow is designed for versatile use to support various body parts and sleeping positions. Experiment to find the most comfortable configuration for your needs.

Common Uses:

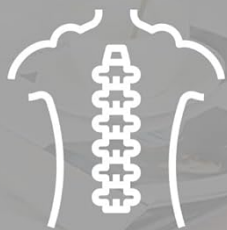
- **Side Sleeping:** Position the U-shape around your body, with one arm of the U supporting your back and the other arm supporting your front, between your knees. This helps align the spine and supports the belly.
- **Back Support:** Use the pillow to prop yourself up while sitting in bed, providing lumbar and upper back support.
- **Leg and Hip Support:** Place one arm of the U between your knees to alleviate pressure on hips and knees,

improving circulation.

- **Nursing Support:** After pregnancy, the pillow can be wrapped around your waist to provide a comfortable and stable platform for nursing your baby, reducing strain on your arms and back.
- **Relaxation:** Simply recline within the U-shape for general relaxation, reading, or watching television.



Image: A woman sleeping peacefully on her side, fully supported by the Strex U-shaped pregnancy pillow, illustrating its primary use for comfortable sleep.



**DIE BESONDERE FORM DES KISSENS
SORGT FÜR EINE OPTIMALE UNTERSTÜTZUNG
DES KÖRPERS UND REDUZIERT BESCHWERDEN
WIE DRUCK, SCHMERZEN UND MEHR**

Image: A woman relaxing in bed, supported by the Strex pregnancy pillow, highlighting how its special shape provides optimal body support and reduces discomfort like pressure and pain.

FÜR JEDE SITUATION



Image: A visual representation of the pillow's benefits, showing how it alleviates fibromyalgia, back pain, and provides support for the spine, arms, belly, and legs.

MAINTENANCE

Proper care will extend the life and maintain the hygiene of your Strex Pregnancy Pillow.

Cleaning Instructions:

- **Removable Cover:**

- Unzip and remove the cover from the pillow.
- Machine wash the cover in cold water on a gentle cycle.
- Tumble dry on low heat or air dry. Do not bleach or iron.

- **Pillow Core:**

- The pillow core itself is not machine washable.
- Spot clean any spills or stains on the pillow core with a mild detergent and damp cloth.

- Allow the pillow core to air dry completely before replacing the cover.



NUR MIT MATERIALIEN BESTER QUALITÄT HERGESTELLT



WEICHER BEZUG

**SUPERWEICHER SAMTBEZUG,
LEICHT ZU REINIGEN**



INNENBEZUG

**PRAKTISCHER ZUSÄTZLICHER
BEZUG - ATMUNGSAKTIV,
LANGELEBIG UND GUT GEPOLSTERT**



FÜLLUNG

HOCHWERTIGE, DICHTER BAUMWOLLE

Image: A detailed view of the pillow's construction, showing the washable cover, adjustable padding, double zipper, soft velvet exterior, breathable inner cover, and high-quality cotton filling.



Image: A washing machine with neatly folded towels, illustrating the ease of washing the pillow's fabric cover.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Pillow not fully expanded	Insufficient time for expansion after unpacking.	Allow up to 48 hours for full expansion. Gently fluff and knead the pillow to help distribute the filling.
Pillow feels too firm or too soft	Filling may be unevenly distributed.	Manually adjust the filling by shifting it within the pillow to achieve desired firmness. The pillow is designed to adapt to your body.
Cover difficult to remove/put on	Pillow is large and requires careful handling.	Fold the pillow slightly to make it easier to slide the cover on or off. Ensure the zipper is fully open.
Unusual odor from pillow	New product odor from manufacturing or packaging.	This is normal and will dissipate. Air out the pillow in a well-ventilated area for 24-48 hours before first use.

SPECIFICATIONS

Attribute	Detail
Brand	Strex
Model Number	SP189
Color	Grey
Dimensions (U-shape)	Approx. 140 cm (Length) x 80 cm (Width) x 18 cm (Height)
Total Length (Unfolded)	280 cm
Weight	3.45 Kilograms
Outer Cover Material	Polyester (Velvet)
Filling Material	Polyester, Cotton (High-quality dense cotton fibers)
Special Features	Removable Cover, Washable Cover, Double Zipper

U-FORM KISSEN



Image: A diagram illustrating the dimensions of the U-shaped pillow (140 cm length, 80 cm width, 18 cm height) and its suitability for individuals between 160-175 cm in height.

WARRANTY AND SUPPORT

For any questions, concerns, or warranty claims regarding your Strex Pregnancy Pillow, please contact Strex customer support through the retailer where you purchased the product or visit the official Strex website for contact information.

Please retain your proof of purchase for warranty purposes.