

PKBD PKBD-Memory Foam Pillow 2 Pillowcases

PKBD Memory Foam Pillow User Manual

Model: PKBD-Memory Foam Pillow 2 Pillowcases

1. PRODUCT OVERVIEW

The PKBD Memory Foam Pillow is an ergonomic pillow designed to provide support and comfort for various sleeping positions, including side, back, and stomach sleepers. It features a 5S slow-rebound memory foam core and comes with two interchangeable pillowcases: one made of ice silk for cooling and one of soft cotton for breathability.

This pillow is engineered to adapt to the natural curve of your head and neck, aiming to alleviate cervical and neck pain by promoting proper spinal alignment during sleep.

Key Features:

- **Dual Pillowcases:** Includes one ice silk pillowcase for a cooler feel and one soft cotton pillowcase for general comfort. Both are removable and machine washable.
- **Adjustable Heights:** Designed with two distinct neck support heights to accommodate individual preferences and sleeping styles.
- **5S Slow-Rebound Memory Foam:** Made from 100% high-quality, skin-friendly, and breathable memory foam that retains its shape.
- **Ergonomic Contour Design:** Custom-shaped to cradle the head, neck, and shoulders, promoting healthy sleep posture.



Figure 1: The PKBD Memory Foam Pillow, showcasing its ergonomic design and the two included pillowcases. The image also illustrates how the pillow supports different sleeping positions.

2. SETUP AND FIRST USE

Upon receiving your PKBD Memory Foam Pillow, follow these steps for optimal preparation:

1. **Unpack:** Carefully remove the pillow from its packaging.
2. **Airing Out:** Memory foam may have a slight, harmless odor upon unboxing. This is normal and will dissipate. Place the pillow in a well-ventilated area for 3 to 5 days to allow the odor to fade completely before use.
3. **Choose Pillowcase:** Select either the ice silk pillowcase for a cooler feel or the soft cotton pillowcase for standard comfort. Both are included.

3. OPERATING AND USAGE

The PKBD Memory Foam Pillow is designed to support various sleeping postures and can be adjusted to your preference.

Adjustable Heights:

The pillow features two different neck support heights. One end of the pillow is higher (approximately 4.7 inches) and the other is slightly lower (approximately 3.9 inches). Experiment with both ends to find the height that best supports your neck and head for your preferred sleeping position.

- The **higher side (4.7 inches)** is generally suitable for side sleepers or individuals who prefer a higher pillow.
- The **lower side (3.9 inches)** is often preferred by back sleepers or those who prefer a lower pillow.

- The central concave area (approximately 3.5 inches) is designed to cradle the head when sleeping on your back.

Two-way neck guard and select more

One high and one low design both ends can sleep

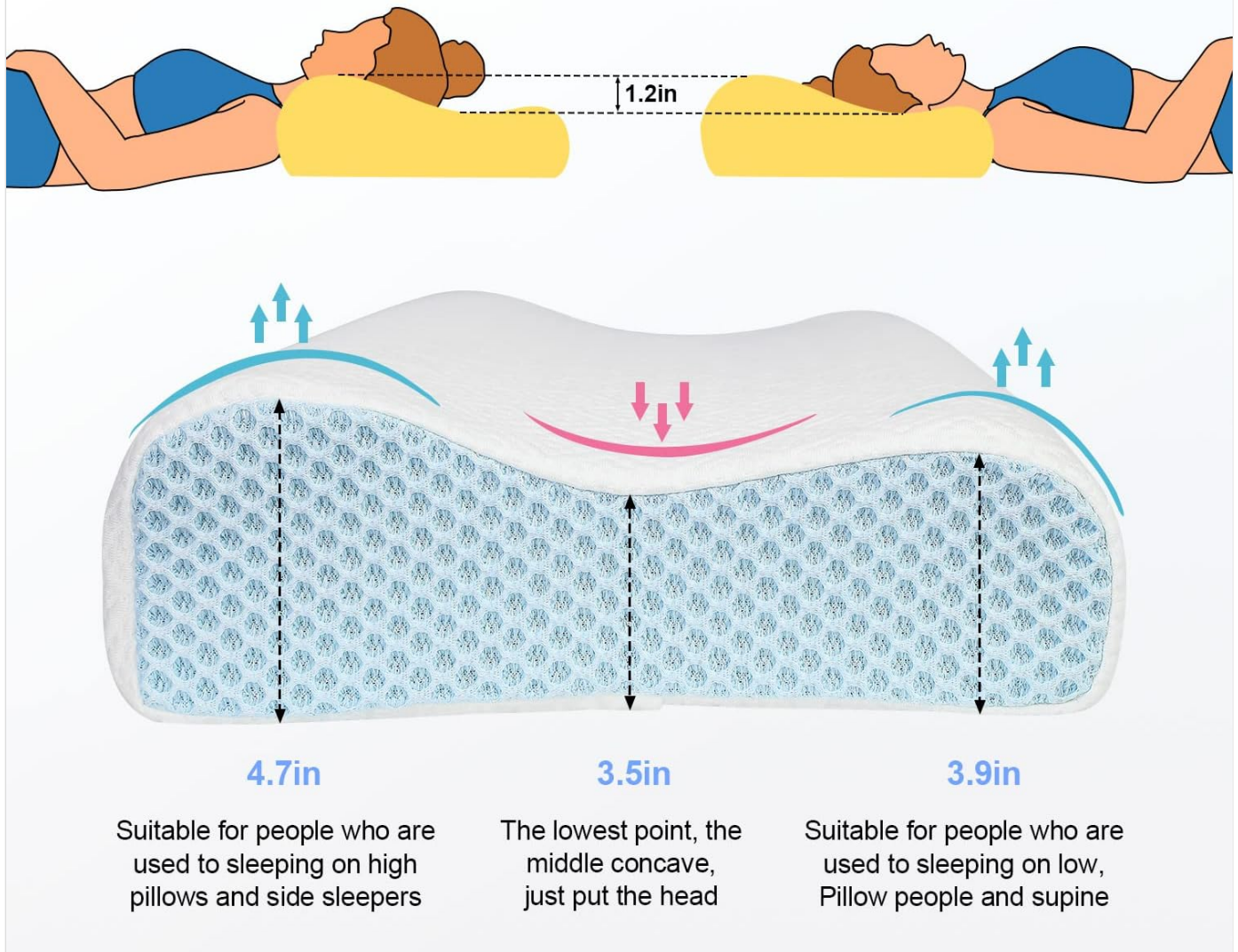


Figure 2: Illustration of the pillow's adjustable heights and the central head-cradling area, demonstrating suitability for various sleeping positions.

Sleeping Positions:

The ergonomic design supports:

- **Side Sleepers:** Position your head on the higher side of the pillow, ensuring your neck and spine remain aligned.
- **Back Sleepers:** Use the lower side or the central concave area to support the natural curve of your neck.
- **Stomach Sleepers:** While generally not recommended for optimal spinal alignment, the pillow's contour can offer some support.

Improve Sleeping Posture

Multifunctional zone supports side sleepers, back sleepers, and prone sleepers

A.Side Sleeping Area / **B.**Head Support Area / **C.**Spine Area / **D.**Shoulder & Neck Leaning Area

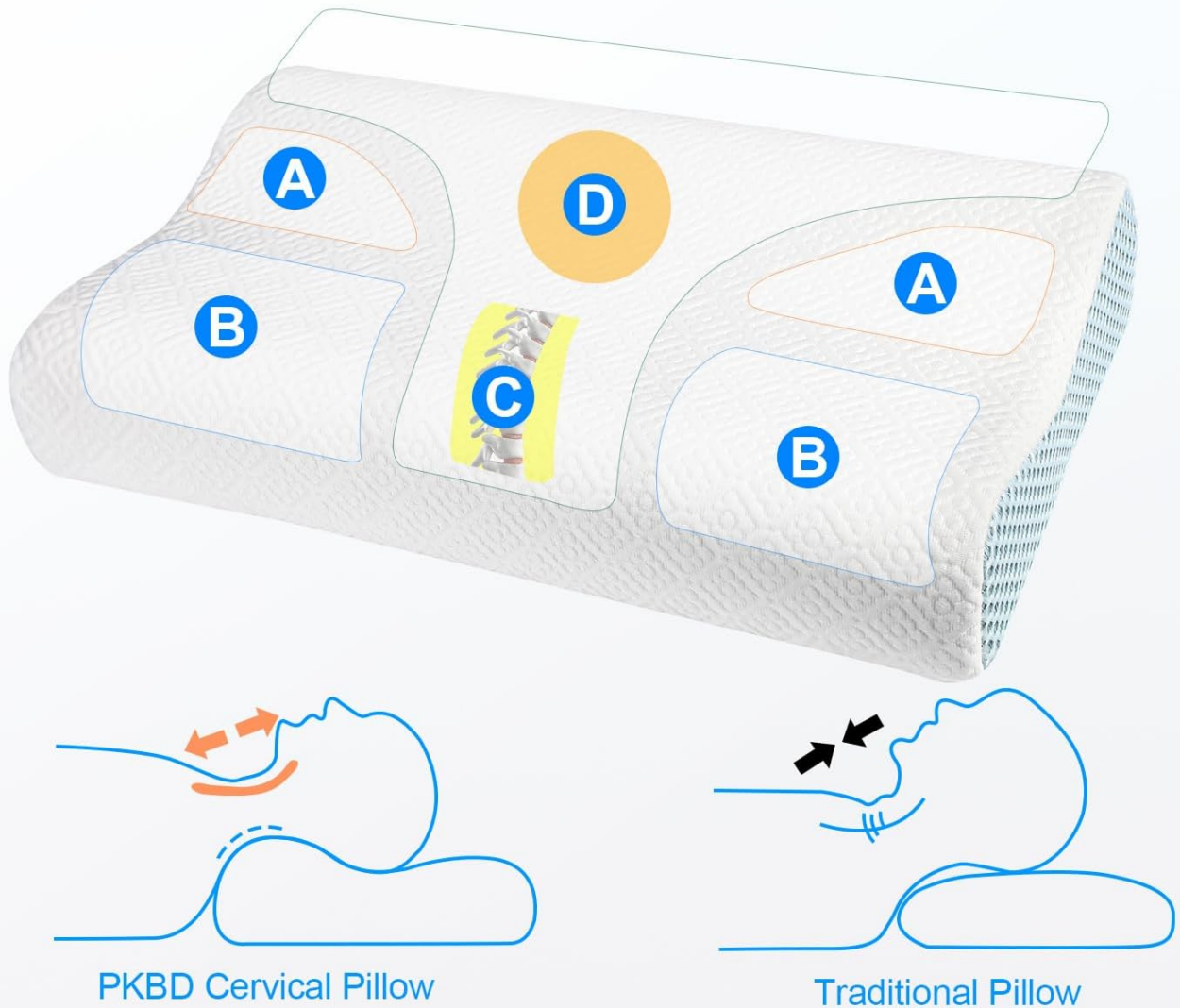


Figure 3: Comparison illustrating the improved sleeping posture achieved with the PKBD Cervical Pillow versus a standard pillow, highlighting support for the head, neck, and spine.

Perfect Balance Between Support & Comfort



Figure 4: Visual guide showing the pillow's versatility for various sleeping positions, including side, back, and stomach sleeping, and for those who prefer a lower pillow.

4. MAINTENANCE AND CARE

Proper care will extend the life and performance of your PKBD Memory Foam Pillow.

Pillowcases:

Both the ice silk and cotton pillowcases are removable and machine washable for easy cleaning. Refer to the care label on each pillowcase for specific washing instructions. Generally, machine wash cold on a gentle cycle and tumble dry low or air dry.



Figure 5: Detailed view of the two included pillowcases: the Ice Silk Pillowcase, designed for cooling, and the Soft Cotton Pillowcase, known for its skin-friendly and sweat-absorbent properties.

Memory Foam Core:

The memory foam core itself is **not** washable. Do not immerse the memory foam in water or machine wash it, as this can damage the material and compromise its supportive properties. If the foam core requires cleaning, spot clean with a damp cloth and mild detergent, then allow it to air dry completely away from direct sunlight.

5. TROUBLESHOOTING

If you encounter any issues with your PKBD Memory Foam Pillow, refer to the following common concerns:

- **Initial Odor:** As mentioned in the Setup section, a slight odor is normal for new memory foam products. Ensure the pillow is aired out in a well-ventilated space for 3-5 days. The odor is harmless and will dissipate.
- **Pillow Feels Too Firm/Soft:** Memory foam can react to temperature. It may feel slightly firmer in cooler environments and softer in warmer ones. Allow the pillow to adjust to your room temperature. If you find the height unsuitable, try flipping the pillow to use the other contoured side.

- **Discomfort:** It can take a few nights to adjust to a new ergonomic pillow, especially if you are used to a different type of pillow. Continue using it for a week to allow your body to adapt to the new support.

6. SPECIFICATIONS

Feature	Detail
Brand	PKBD
Model Number	PKBD-Memory Foam Pillow 2 Pillowcases
Material	100% Memory Foam (Core), Ice Silk & Cotton (Pillowcases)
Color	White (Pillow), White/Grey (Pillowcases)
Dimensions (L x W x H)	Approx. 23.6 x 14.2 x 3.9/4.7 inches (59.94 x 35.05 x 9.9/11.9 cm)
Item Weight	Approx. 1.53 Kilograms
Special Features	Removable Cover, Adjustable Height
Recommended Use	Sleeping (Neck Support)

Adjustable Pillow Queen Size

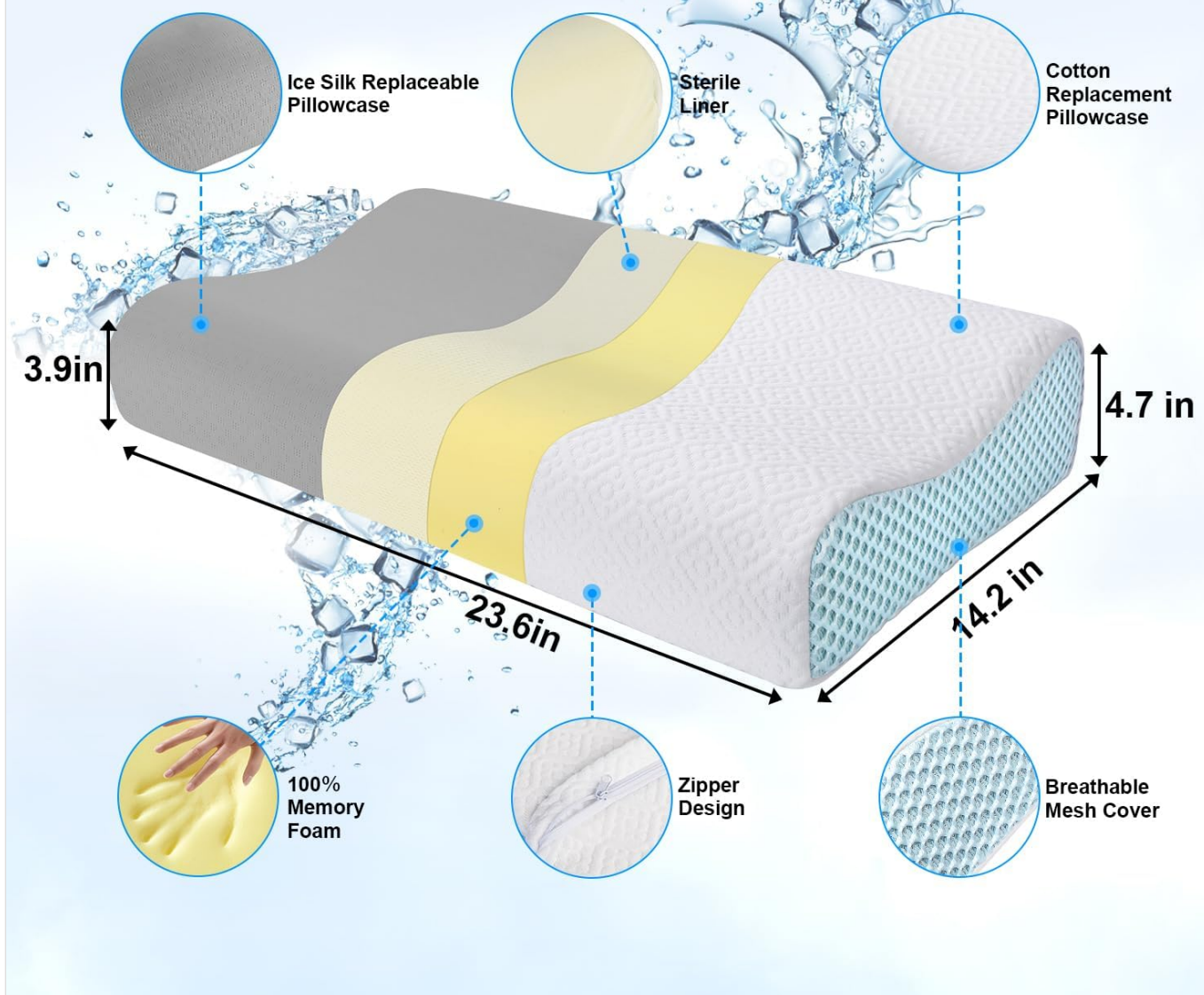


Figure 6: Detailed dimensions of the PKBD Memory Foam Pillow, illustrating its length, width, and the two available heights for neck support.

7. WARRANTY AND SUPPORT

For any questions, concerns, or support regarding your PKBD Memory Foam Pillow, please contact the manufacturer or your retailer. Specific warranty information may be provided with your purchase documentation.

Always refer to the official PKBD website or your purchase platform for the most up-to-date support contact information.

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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

Anonymous

Email

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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