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## Ehomfory B0DNJF2VPY

# Ehomfory Neck Cervical Pillow

INSTRUCTION MANUAL

**Model: B0DNJF2VPY**

## 1. Introduction

The Ehomfory Neck Cervical Pillow is an ergonomically designed memory foam pillow crafted to provide optimal support and comfort for various sleeping positions. Made from high-quality, CertiPUR-US and Oeko-Tex certified memory foam, it aims to promote proper spinal alignment and alleviate neck and shoulder discomfort. Its unique contour and dual-height design cater to individual preferences, ensuring a restful sleep experience.



Image: The Ehomfory Neck Cervical Pillow, highlighting its cooling properties and showing a user experiencing comfortable sleep.

## 2. Setup

Upon receiving your Ehomfory Neck Cervical Pillow, follow these steps to prepare it for use:

1. **Unpack:** Carefully open the packaging and remove the vacuum-sealed pillow.
2. **Allow to Rebound:** The pillow is compressed for shipping. Allow it to fully expand and rebound to its original shape. This typically takes 24 hours, but full rebound may take up to 3 days.
3. **Ventilate:** If there is any slight initial odor from the new memory foam, place the pillow in a well-ventilated area for 1-3 days to dissipate. The Ehomfory pillow is designed to be odorless, but individual sensitivity may vary.
4. **Install Pillowcase:** Ensure the breathable pillowcase is properly fitted before use.




Image: Visual guide for setting up the Ehomfory Neck Cervical Pillow, from unboxing to ready for use.

## 3. Operating (Usage)

The Ehomfory Neck Cervical Pillow features a unique 2-in-1 ergonomic design with two distinct heights and multiple contour zones to support various sleeping positions and alleviate pressure points.

### 3.1 Ergonomic Butterfly Contour Design

The pillow's design includes five unique contour zones to match the natural curvature of your body, providing targeted support for your neck, shoulders, and arms.

- **Side Sleeping Area:** Provides comfortable support for side sleepers.
- **Center Cavity Design:** Cradles the head, reducing pressure and promoting proper alignment.
- **Arm Support & Shoulder Contour:** Offers support for arms and shoulders, improving blood circulation.
- **ARC Cervical Support Area:** Maintains the natural curve of the neck, aiding in pain relief.

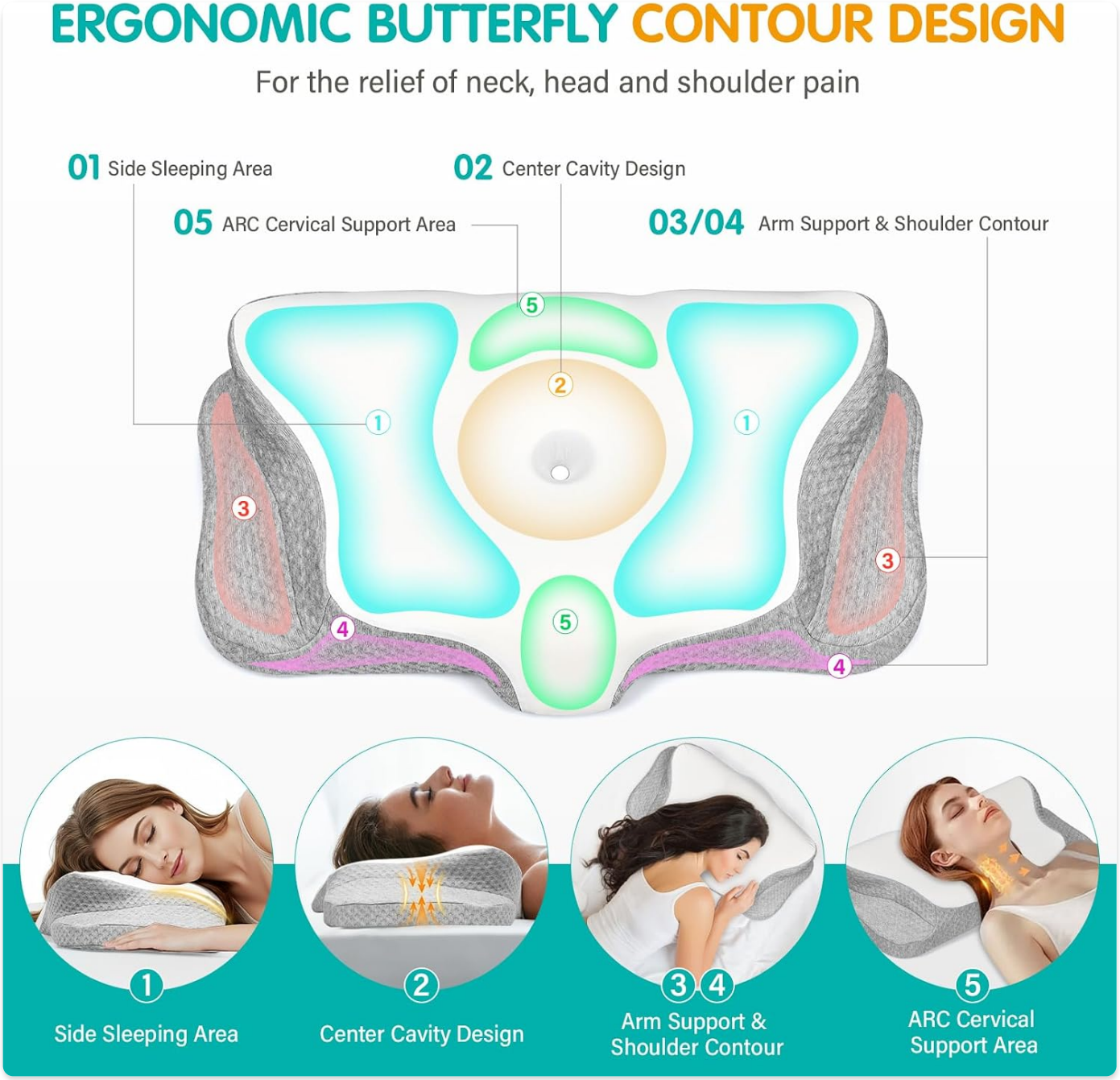



Image: Detailed diagram illustrating the ergonomic contour zones of the Ehomfory pillow for optimal support.

### 3.2 Two Sleeping Heights

The pillow offers two different heights (4.9 inches and 3.7 inches) to accommodate various sleeping preferences and body types. You can rotate the pillow 180 degrees to switch between the higher and lower sides.

- **Lower Side (3.7 inches):** Ideal for back and stomach sleepers, reducing neck bending.
- **Higher Side (4.9 inches):** Recommended for side sleepers, maintaining natural spinal alignment.




Image: Illustration of the two available heights of the pillow and how they cater to different sleeping postures.

### 3.3 Suitable for All Sleepers

This ergonomic pillow is designed to provide balanced support and comfort for stomach, back, and side sleepers, ensuring proper alignment and reducing discomfort.




Image: Demonstrations of the Ehomfory pillow's versatility for side, back, and stomach sleepers.

## 4. Maintenance

Proper care of your Ehomfory Neck Cervical Pillow will ensure its longevity and continued performance.

### 4.1 Cleaning the Pillowcase

The 3D fiber pillowcase is removable and machine washable for easy cleaning.

1. **Untie Snap Button:** Locate and untie the snap button in the middle of the pillowcase.
2. **Unzip:** Unzip the pillowcase carefully.
3. **Remove:** Gently remove the pillowcase from the memory foam core.
4. **Wash:** Machine wash the pillowcase on a gentle cycle with cold water. Hand washing is also an option. Do not bleach.
5. **Dry:** Tumble dry on low heat or air dry. Ensure it is completely dry before reattaching.




Image: Step-by-step instructions for removing and washing the pillowcase.

### 4.2 Memory Foam Core Care

**IMPORTANT:** *Do not wash the memory foam core.* Washing the memory foam will damage its structure and properties. If the memory foam core becomes soiled, spot clean it with a damp cloth and mild detergent, then allow it to air dry completely away from direct sunlight.




Image: Components of the Ehomfory pillow, emphasizing the washable pillowcase and the memory foam core.

## 5. Troubleshooting

If you encounter any issues with your Ehomfory Neck Cervical Pillow, consider the following:

- **Pillow feels too firm/soft:** The pillow is designed with a medium-soft firmness. Memory foam can react to room temperature, feeling slightly firmer in cooler environments and softer in warmer ones. Allow a few nights for your body to adjust to the new pillow.
- **Discomfort during initial use:** It may take some time for your body to adapt to the new ergonomic shape, especially if you are switching from a traditional pillow. Continue using it for a few nights to allow for adjustment. Actual pillow experience may vary from person to person.
- **Pillow not fully expanded:** Ensure you have allowed sufficient time (up to 72 hours) for the memory foam to fully rebound after unpacking. Gentle kneading can sometimes help accelerate the process.

If problems persist or you have other concerns, please refer to the Warranty & Support section.

## 6. Specifications

| Feature | Detail |
|---|---|
| Brand | Ehomfory |
| Model | B0DNJF2VPY |
| Colour | White Gray |
| Material | Memory Foam |
| Special Features | Cooling, Removable Cover |
| Item Weight | 1.38 kg |
| Parcel Dimensions | 35.8 x 16 x 16 cm |
| Fill Material | Memory Foam |
| Shape | Butterfly |
| Item Firmness | Medium Soft |

## 7. Warranty & Support

Ehomfory is committed to providing premium products and a positive shopping experience. While specific warranty details are not provided in this manual, the product includes worry-free after-sales support.

If you encounter any issues with your Ehomfory Neck Cervical Pillow or have questions not covered in this manual, please contact the seller or manufacturer directly through your purchase platform for assistance. They will be able to provide guidance and support for any product-related concerns.


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