

## Silkena ZT008

# Silkena Cervical Neck Pillow ZT008 User Manual

Model: ZT008

## 1. INTRODUCTION AND OVERVIEW

The Silkena Cervical Neck Pillow ZT008 is designed to provide ergonomic support for your neck and spine, promoting comfortable and restful sleep. Its unique contour and memory foam construction adapt to various sleeping positions, aiming to alleviate neck pain and improve sleep quality.



Image 1.1: Silkena Cervical Neck Pillow ZT008, illustrating its ergonomic design and airflow.

## 2. PRODUCT FEATURES

- **Ergonomic Butterfly Shape:** Features a unique butterfly shape and hollow design to fit the natural curves of the neck and shoulders, providing targeted support. Includes a thickened ARC cervical traction zone for optimal spinal alignment.
- **Premium Slow Rebound Memory Foam:** Constructed from CertiPUR and Oeko-Tex certified memory foam, ensuring safety and environmental friendliness. The foam maintains consistency and density, adapting to head and neck contours within 5 seconds.
- **Cooling and Washable Pillowcase:** Comes with a skin-friendly, breathable ice silk pillowcase designed to reduce heat, wick moisture, and enhance air circulation for a cool sleeping experience. The pillowcase is removable and machine washable.
- **Dual Height Options:** Offers two distinct height options (5.1 inches and 4.5 inches) by rotating the pillow 180 degrees, accommodating various sleeping positions (side, back, stomach) and personal preferences.

# Ergonomic Contour Design

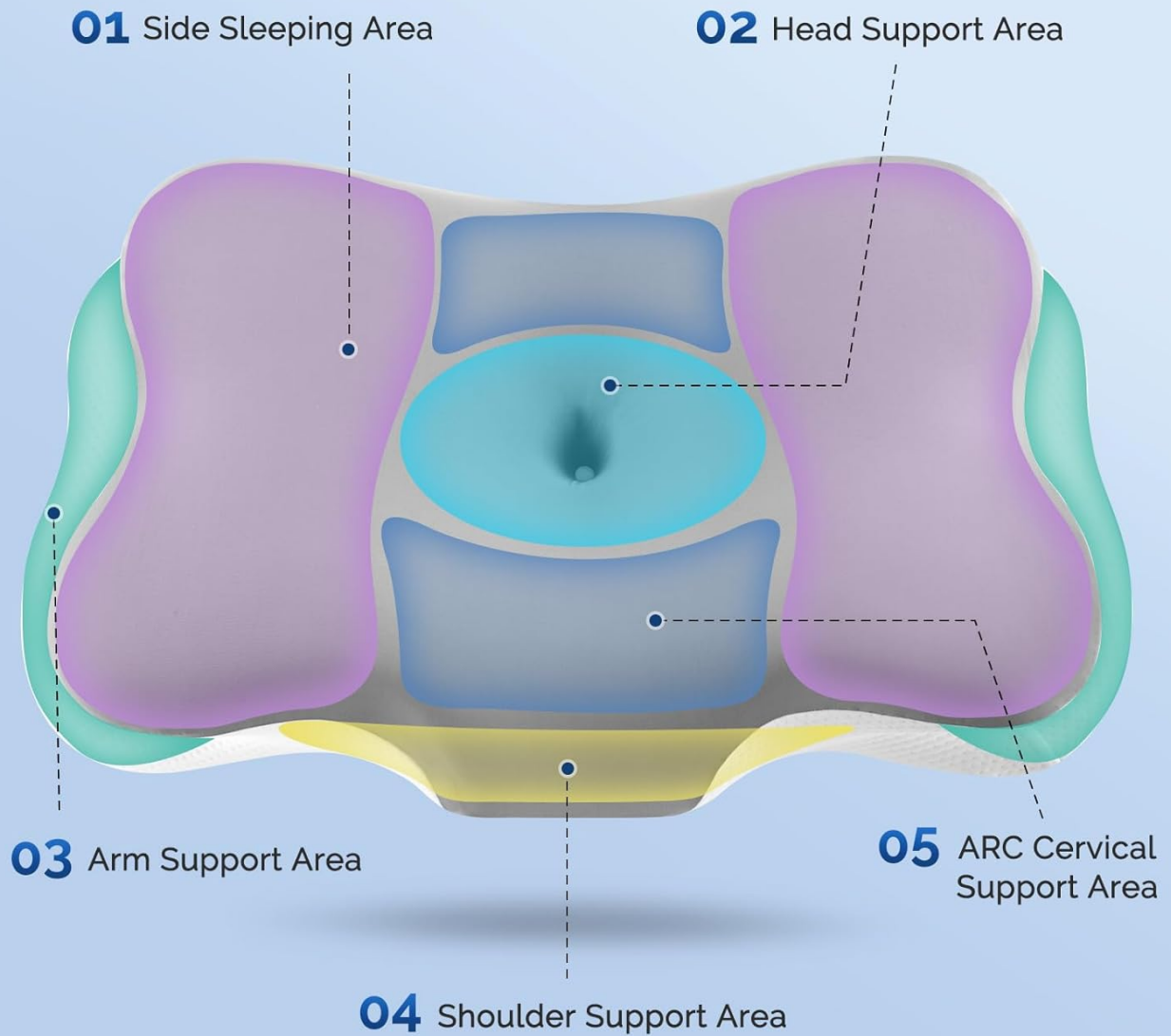


Image 2.1: Ergonomic contour design highlighting side sleeping area, head support area, arm support area, shoulder support area, and ARC cervical support area.

# Skin-friendly Cervical Pillow



Image 2.2: Certifications for the skin-friendly memory foam material.

### 3. SETUP

1. **Unpack:** Carefully remove the pillow from its packaging.
2. **Allow to Expand:** Memory foam pillows are often compressed for shipping. Allow the pillow to air out and fully expand for 24-48 hours in a well-ventilated area. Any initial mild odor is normal and will dissipate.
3. **Inspect:** Ensure the pillowcase is properly fitted.

### 4. OPERATING (USAGE INSTRUCTIONS)

The Silkena Cervical Neck Pillow offers two height options to suit different sleeping preferences and positions.

- **Choosing Your Height:**

- **High Side (5.1 inches):** Ideal for side sleepers to provide sufficient support for the head and neck, keeping

the spine aligned.

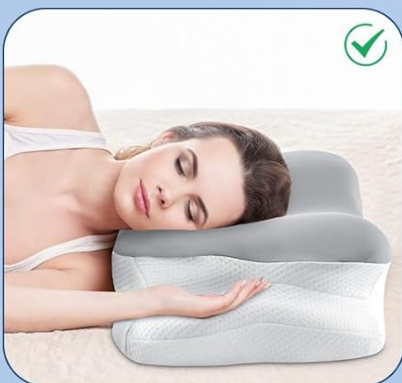
- **Low Side (4.5 inches):** Recommended for back and stomach sleepers to maintain a neutral spine position.

To switch between heights, simply rotate the pillow 180 degrees.

- **Positioning for Different Sleepers:**

- **Side Sleeping:** Position your head on the higher contour, ensuring your shoulder fits comfortably into the shoulder support area.
- **Back Sleeping:** Place your head in the central head support area, utilizing the lower contour for neck alignment.
- **Stomach Sleeping:** Use the lower contour, allowing your face to rest comfortably in the pillow's design.

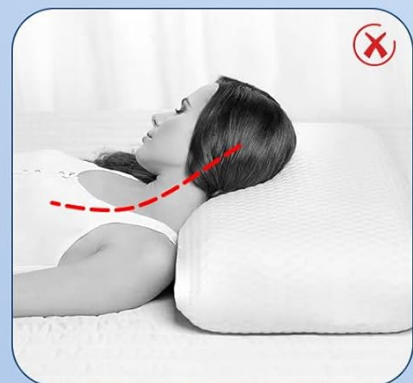
## One Pillow With Two Options



Memory foam pillow -  
Just right



Too Low and soft -  
Uncomfortable



Too High -  
Sore and Unhealthy

Image 4.1: Illustration of the two height options for varied sleeping positions.

# Suitable for Different Sleeping Postures

Support ●●●●● Firm ○○●○○ Soft



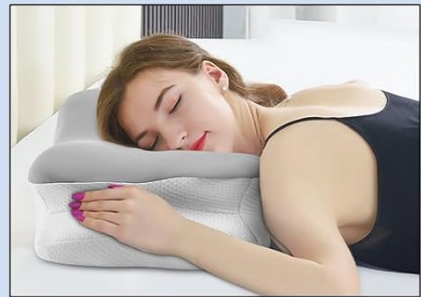
## Side Sleeping

Help arms to find a comfortable position



## Back Sleeping

Support your head



## Stomach Sleeping

Fits your face's curves

Image 4.2: Examples of proper pillow usage for side, back, and stomach sleepers.

## 5. MAINTENANCE

- **Pillowcase Care:** The ice silk pillowcase is removable and machine washable. Wash with similar colors in cold water on a gentle cycle. Tumble dry low or air dry. Do not bleach.
- **Memory Foam Core Care:** The memory foam core is not washable. Do not immerse in water or machine wash. If the foam becomes soiled, spot clean with a damp cloth and mild detergent. Allow to air dry completely away from direct sunlight or heat.
- **Air Circulation:** Periodically remove the pillowcase and air out the memory foam core to maintain freshness.

# Cooling Pillowcase & Breathable Memory Foam Pillow



Image 5.1: Details on pillow dimensions, materials, and pillowcase washability.

## 6. TROUBLESHOOTING

- **Initial Odor:** A new memory foam pillow may have a slight, harmless odor upon unpacking. This is normal and will dissipate within 24-48 hours in a well-ventilated room.
- **Pillow Feels Too Firm/Soft:** Memory foam reacts to body heat and ambient temperature. It may feel firmer in cooler environments and softer in warmer ones. Allow a few nights for your body to adjust to the pillow's support.
- **Discomfort During Initial Use:** It is common to experience a brief adjustment period when switching to an ergonomic pillow, especially if you are used to a different type of pillow. Continue using the pillow for a few nights to allow your body to adapt to the new support.

## 7. SPECIFICATIONS

Feature	Detail
Brand	Silkena
Model Name	ZT008
Product Dimensions	25.2 x 14.96 x 0.04 inches
Item Weight	3.19 pounds
Fill Material	Memory Foam
Fabric Type	87% Nylon + 13% Spandex (Pillowcase)
Special Features	Breathable, Cooling, Removable Cover, Dual Height
Shape	Butterfly
UPC	765452165768

## 8. WARRANTY AND CUSTOMER SUPPORT

Silkena is committed to providing quality products. While specific warranty details are not provided, we offer hassle-free after-sale customer service. If you have any questions, concerns, or require assistance with your Silkena Cervical Neck Pillow ZT008, please do not hesitate to contact our customer service team. We are dedicated to ensuring your satisfaction and improving your sleep experience.

For support, please refer to the contact information provided at your point of purchase or visit the official Silkena brand store online.

*Thank you for choosing Silkena.*