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Ehomfory P-130

Ehomfory Cervical Pillow for Neck Pain Relief, Model P-130 Instruction Manual

Brand: Ehomfory | Model: P-130

Introduction

Thank you for choosing the Ehomfory Cervical Pillow. This instruction manual provides essential information for the proper setup, usage, and maintenance of your new orthopedic pillow. Designed with an innovative H-shaped contour and premium memory foam, this pillow aims to provide optimal neck and spine alignment, promoting restful sleep and reducing discomfort.



Figure 1: Ehomfory Cervical Pillow Overview

Setup

1. **Unpacking:** Your Ehomfory Cervical Pillow is vacuum-sealed for shipping. Carefully remove the pillow from its packaging.
2. **Expansion:** Allow the pillow to fully expand for approximately 24-48 hours in a well-ventilated area. The memory foam will regain its original shape and firmness during this time.
3. **Initial Odor:** A slight odor may be present upon unpacking due to the fresh memory foam. This is normal and will dissipate within a few days.

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Video 1: Unboxing and Initial Pillow Expansion

Operating and Usage

The Ehomfory Cervical Pillow is designed to accommodate various sleeping positions, providing tailored support for your head, neck, and shoulders.

Adjustable Height

The pillow features two different heights. Simply rotate the pillow 180 degrees to choose between a higher (approximately 4.7 inches) or lower (approximately 3.5 inches) profile, ensuring optimal cervical traction and open airways for peaceful sleep.



Figure 2: Adjustable Pillow Heights

Sleeping Positions

The ergonomic design with five unique contour zones provides full support for your neck, shoulders, and arms, effectively alleviating neck pain and muscle stiffness.

- **Back Sleepers:** Position your head in the central hollow area, allowing the contoured sides to support your neck and maintain spinal alignment.
- **Side Sleepers:** Utilize the raised side areas to support your head and neck, keeping your spine straight. The armrest support areas allow for comfortable arm placement.
- **Stomach Sleepers:** The hollow design and armrest areas provide space for comfortable breathing and arm positioning, reducing pressure on your neck and face.



Figure 3: Pillow Usage for Different Sleep Types

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Video 2: Demonstrating Various Sleeping Positions with the Pillow

Maintenance

Pillowcase Care

The cooling pillowcase is removable, machine-washable, and replaceable for effortless care and long-term hygiene. It features a highly dense 3D mesh design for excellent breathability.

1. **Remove:** Unzip the pillowcase and carefully remove it from the memory foam core.
2. **Wash:** Machine wash the pillowcase in cold water on a gentle cycle.
3. **Dry:** Tumble dry on low heat or air dry to maintain fabric integrity.

Memory Foam Core Care

The pillow core is made of 100% breathable memory foam, certified by OEKO-TEX, CertiPUR-US, and ISPA. It is non-toxic and odorless.

- **Do Not Wash:** The memory foam core should **not** be washed. Water can damage the foam structure.
- **Spot Clean:** For minor spills or stains, spot clean the memory foam core with a damp cloth and mild detergent. Allow it to air dry completely before re-inserting the pillowcase.
- **Ventilate:** Periodically air out the memory foam core in a well-ventilated area away from direct sunlight to keep it fresh.



Figure 4: Pillowcase Removal and Washing Instructions

Features

- **Pain-Relief Cervical Design:** Crafted with an H-shaped design that harmonizes with your body's sleep stance, perfectly tailored to your shoulder's natural position for comfort. Offers ample space, aligning with body curves for pain relief.
- **Thickened ARC Cervical Traction Area:** Ensures optimal neck & spine alignment for profound muscle relief, helping you wake up refreshed without soreness.
- **Adjustable for All Positions:** Offers an adjustable experience by allowing you to rotate the pillow 180 degrees for a higher or lower height, catering to unique sleeper preferences.
- **Ergonomic Contour Zones:** Features five unique contour zones specifically designed to embrace the natural curvature of your body, addressing targeted pressure points and providing full support to your neck, shoulders, and arms.
- **Premium Memory Foam:** Made of 100% breathable memory foam, which is non-toxic, odorless, and certified by OEKO-TEX, CertiPUR-US, and ISPA.
- **Cooling Pillowcase:** Features a unique cooling pillowcase that instantly lowers your body temperature by 5°C. The fabric utilizes a highly dense 3D mesh design for excellent breathability.

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Video 3: Overview of Pillow Features and Benefits



Figure 5: Product Certifications

Specifications

Attribute	Detail
Brand	Ehomfory
Model Name	P-130
Color	Gray
Fill Material	Memory Foam
Shape	H-Shape
Item Firmness Description	Medium Soft
Product Dimensions	26.5"L x 14.6"W x 5.5"H
Item Weight	3.61 pounds (1.64 Kilograms)
Fabric Type	90% Nylon + 10% Spandex
Material Type Free	BPA Free
Recommended Uses For Product	Sleeping
UPC	762744222567

Troubleshooting

- **Pillow not fully expanding:** Ensure the pillow has been out of its vacuum-sealed packaging for at least 24-48 hours. Gently fluff and knead the foam to encourage expansion.
- **Unusual odor:** Any initial odor from the memory foam is normal and harmless. Allow the pillow to air out in a well-ventilated space for a few days.
- **Discomfort:** Experiment with both sides of the pillow (higher and lower profiles) to find the most comfortable and supportive position for your sleeping style.

Warranty and Support

For any inquiries regarding your Ehomfory Cervical Pillow, please contact our customer service. We are committed to providing comfortable sleep and believe in the quality of our products.

Please refer to the product packaging or the official Ehomfory website for specific warranty details and contact information.

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