

Double Core™ Select

HOW TO BUY



- Select the support that's right for you.
- New, easily interchangeable, color-coded cores provide a range of cervical support from mild to extra firm.
- Two different sized lobes add to this pillow's versatility.
- Recommended for back and side sleeping.

Versatility

With new, easily interchangeable, color-coded cores and two different sized lobes, the Double Core Select is the most versatile foam pillow on the market, offering a range of support from mild to extra firm.

Start with the gray core, the softest and most accommodating of the cores (previously not available in the Double Core line). As your neck health gets better, you will naturally crave more support from your pillow. Gradually work your way up to the gold core, the firmest and most supportive. You get to choose the level of support you need without changing pillows.



Natural Pain Relief

Cervical pillows, like the Double Core Select, help relieve headaches, joint strains, neck injuries and arthritis by supporting your neck in its natural position.

If you are new to using a cervical support pillow, it may feel different at first. Follow the instructions on the back of this sheet to make the transition easier.

Original Double Core

Also available is our original Double Core Pillow (not pictured), which offers two fixed lobes of varying firmness. Available in medium/firm or firm/extra-firm.

Specifications

Options

- **172** Double Core Select Pillow
- **170** Medium/Firm Double Core Pillow
- **171** Firm/Extra-Firm Double Core Pillow

Dimensions

- **172** 22"x16" (56cm x 41cm) 4" (10cm) and 4½" (11cm) lobes
- **170** 22"x16" (56cm x 41cm) 4" (10cm) lobes.
- **171** 22"x16" (56cm x 41cm) 4" (10cm) lobes.

Weight

- Single Product – 1.75lbs.
- 3 per case – 8lbs.

Materials

- Polyurethane Foam
- Cotton/Polyester Cover

Available From:



American Manufacturing Co. 
Core Products
INTERNATIONAL, INC.
Making Your Life More Comfortable.

800-365-3047 • 715-294-2050
www.coreproducts.com

Double Core™ Select Cervical Support Pillow

Instructions

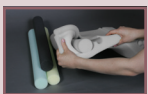
Many people adapt quickly to sleeping on the Double Core Select Cervical Support Pillow. Others may need time to adapt. (Please consult your doctor to determine a suitable starting position for your neck curve.) If this is your first time sleeping on this pillow, follow these steps. Don't give up if the pillow feels uncomfortable. It may take a full 30 days for your neck to adjust to sleeping on this pillow. If you still find it uncomfortable, consult your doctor.

- 1** Begin by placing the pillow with the lobes down. Choose the side with the softest core. Sleeping on the softest core gives the least amount of neck curvature.
- 2** Once comfortable with this position, turn the pillow around (keeping the lobes down) and sleep on the firmer core. This will increase the support under your neck.
- 3** Once comfortable with this position, flip the pillow over so that the lobes are up. Once again, choose the softer lobe.
- 4** Finally, once comfortable with this position, turn the pillow around (lobes up) and sleep on the firmer core. This will provide the maximum cervical support.

During this process, you may find sleeping on one core more comfortable than than the other. Choose the lobe most comfortable for you.



Changing Your Support Cores



Separate the interlocking section along the back of the pillow.



Remove the core.



Place the desired core in its place.



Carefully reconnect the interlocking section.



LIGHT GRAY CORE
MILD SUPPORT



BLUE CORE
MEDIUM SUPPORT



BLACK CORE
FIRM SUPPORT



GOLD CORE
EXTRA-FIRM SUPPORT



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