

# Side Snuggler™

A superb multi-use comfort pillow for mothers-to-be, and also a significant aid in the management of pain for those with neck, back and/or shoulder injuries.

Soothing comfort through the night ...quality support for the front and back of your body to encourage therapeutic alignment while sleeping ...fully adjustable to suit all physiques and with pressure-diffusing memoryfoam for better posture and quality sleep. Cushioning 'arms' fully support the front and back of your body, deterring you from rolling onto your back!



Includes a tailored ivory colour p/c overslip (additional champagne satin overslip available)

**For expectant mothers:** Promotes blissful sleep in the medically-preferred side position -- avoids compression to the inferior vena cava caused by back sleeping. Wonderful sleeping pillow for the final two trimesters, and generally a wonderful ongoing pillow for anyone who prefers side sleeping.

**For pain management:** SideSnuggler's arms support and elevate the injured upper shoulder/arm thus minimising load to the lower shoulder. Also the unique nook design provides complete neck support as well as a cavity for the shoulder to move during the night, thus preventing the pillow from being pushed away during sleep, ensuring the spine remains therapeutically aligned.

## Create your perfect pillow:

Separated support zones with zip access allow you to independently adjust soft polyfill to the neck and head area for the desired height, density and feel to perfectly suit your comfort and support needs as well as creating a pressure-free zone for cheeks and ears. Also a specially angled nook cavity stitched into the pillow's underside allows the shoulder to snugly mould into the pillow and also keep the head elevated for optimal comfort.

**Generously filled:** Side Snuggler is intentionally overfilled with super-soft polyfill to cater for all physiques. Simply adjust to suit.

## Side Snuggler – helpful for snorers!

Side sleeping is also the preferred position to help minimise light snoring as it allows the soft tissues to fall clear to the airway's side, thus reducing the chance of soft tissue vibration (snoring sound) from inhaled air more common with back sleeping.



## Memoryfoam sleeve: "feeling is believing"

Side Snuggler's pressure-diffusing memory foam spans the full pillow width and blends with layers of super-soft polyfill to cradle the neck and support the head, evenly.

