



ADJUSTABLE SPINE ALIGNMENT PILLOW

Adjustable via zipper openings allowing for increasing or decreasing the polyfil or filling of your choice.

Spine alignment improved by allowing your head to rest on the mattress and promoting horizontal and vertical alignment of the entire spine. (Better understood once in use.)

Pillow with 2 adjustable pockets/pillows to cradle your head, encourage back sleeping and increase sleeping comfort and 2 adjustable pockets/little pillows, to support the curvature of the neck, further promoting a more natural, relaxed, and healthier posture at the top of the spine.



** Use the pillow properly and stay with it until you get accustomed to the difference.*

The importance of sleep is pretty well known and new info about that comes out often. Scientific American, Neuroscience: "The Brain's Garbage Disposal" dated March 2016. (paraphrasing) "During sleep the brain cleanses itself of proteins associated with, Alzheimer's, Parkinson's, and other neurological diseases. Getting a good night's sleep has a lot to do with your comfort and sleeping position. If you Google healthiest sleep positions, the general consensus is that sleeping on your back is best for your overall health. I think the lack of spinal comfort is the reason for continual changing of sleep positions during the night.

After suffering a spinal injury, herniated disc to my neck and lower back, I developed a pillow that encourages me to sleep on my back, keeping my spine in the best alignment regardless of my position. I call it the **Adjustable Spine Alignment Pillow**, (acronym), **ASAP**. The pillow has zippered openings on two sides, giving access to stuffing four pockets to fit your contours as gives the most comfort to you.

I stuff the two main pillow side pockets fairly tight so they cradle my head closely, encouraging me to stay on my back, muffling outside noises, and deflecting my wife's breath so I'm not breathing her exhale. Those fat, firm side pillow pockets give me better head support and spinal alignment when on my side and takes some of the pressure off my shoulders. I do not put much stuffing in the small pocket that supports my neck as a small amount provides plenty of support and too much is really uncomfortable for me.

The way the pillow is made makes it easy to fold making a double thick pillow when reading, etc. *No need for a second pillow.*

The zippered openings make it easy to pull the stuffing out to wash the cover or to replace with the filling of your choice .Larry Wilmarth 907 440 2007 928 733 2773

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