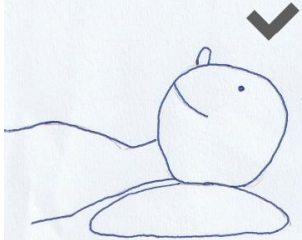
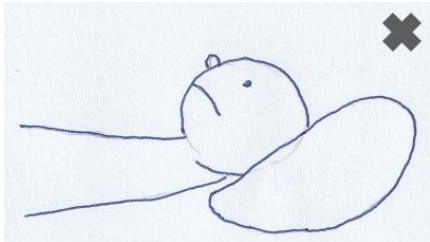
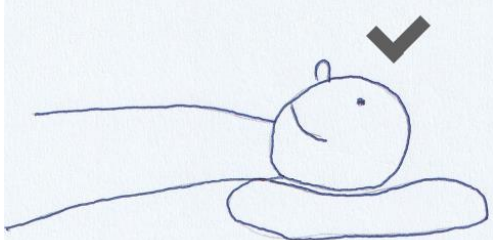
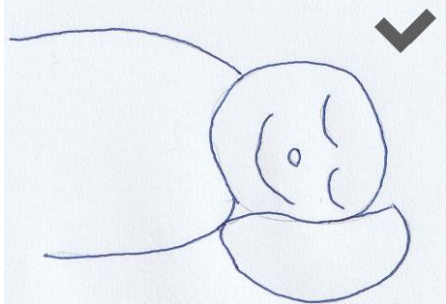


常見睡姿的枕頭使用方法

仰睡

兩種方式（視乎喜好而決定）	
仰睡方式#1	仰睡方式#2
<p>睡高一點，將膊頭稍稍疊在枕頭上</p>  <p>如果選擇這個方式，客人可試試睡得更貼自己頸多一點：即是將膊頭稍稍疊在枕頭上，用枕頭最高最凸的位置去配合自己頸部凹陷的位置。當頭部睡在枕頭較高位置時候，枕頭最高的部份就可以剛剛承托住頸位。</p> <p>如果頭部睡的位置太低，抽取的棉又不多，就會頭部滑下去，壓力集中於枕頭底及頸部，頸部就會痛。內芯棉亦會容易擠了上枕頭上方，容易「走位」。</p> 	<p>睡低一點，膊頭不疊在枕頭上</p>  <p>如果選擇這個方式，可以預期比方式#1 需要抽取更多內芯棉，膊頭不會疊在枕頭上，枕頭會薄一點，頸部會在枕頭的邊緣。</p>

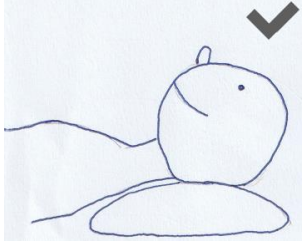
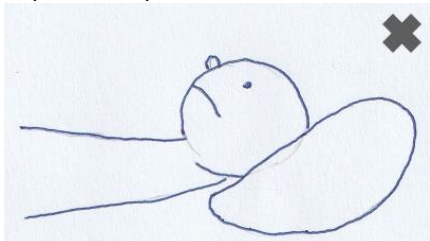
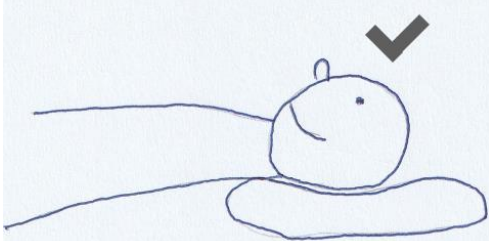
側睡

	<p>側睡按自己喜好先調節枕頭內芯物料份量使用即可。</p>
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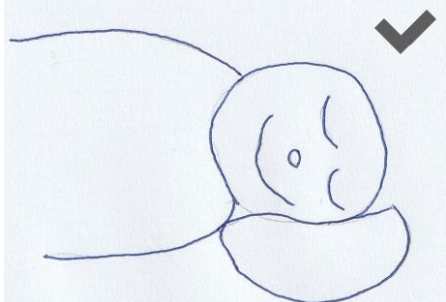
以上皆只為理論及集合我們自己和顧客使用的經驗，客人可以參考試試，但睡姿喜好人人不同，實際當以自己認為最舒服的姿勢為準。使用前請先按自己喜好調整枕頭內芯份量，詳情可參考我們的另附說明書。

Pillow Positioning and Filling Level for Common Sleeping Positions

Sleeping on your back

Two ways of using the Re Pillow	
Method #1	Method #2
<p>Put your head higher on the pillow, with the shoulders slightly placed on the pillow</p>  <p>Try to position your pillow closer to your shoulders. Your shoulders should slightly rest on the pillow. The tallest part of the pillow should fit right in the natural curve behind your neck.</p> <p>If you sleep too low on the pillow or too much filling is in the pillow, your head might slide down from it. Stress might be accumulated right at the bottom of the pillow and your neck. You might feel soreness in your neck after a night of sleep. The fillings might also be squeezed and pushed to the top of the pillow.</p> 	<p>Put your head lower on the pillow. The shoulders should not be placed on the pillow.</p>  <p>More fillings might need to be taken out from the pillow if this method is opted for when compared to Method #1. The shoulders should not be placed on top of the pillow but right next to the bottom edge of it. The pillow is expected to be thinner.</p>

Sleeping on your side

	<p>Adjust the filling level to your liking before use. The filling level out of the box might be a great starting point for a lot of our users but it really depends.</p>
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The above are based on theories and our users' feedback. At the end of the day, everyone is different. Sleep in your favourite, unique position and customise the pillow to your own liking. Make this the most comfortable pillow you have ever used! We have provided a separate user guide on how to adjust the filling level in the box. :)