

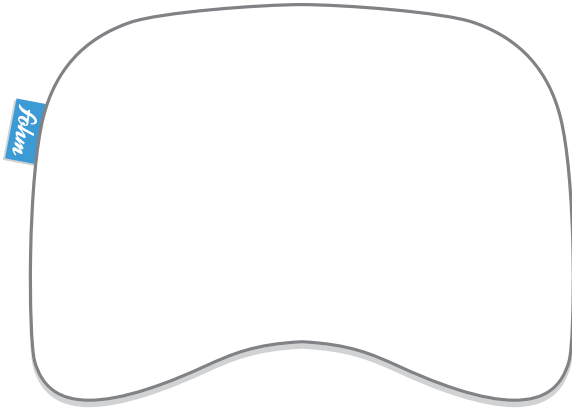
# The Simple



*fohm*

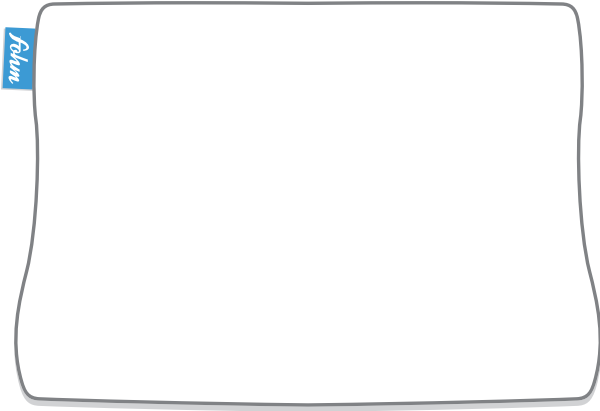
Thank you for purchasing our pillow - we know you'll love it and we would love to hear how it's improving your sleep. If you have any questions please visit [fohm.com/help](https://fohm.com/help) or email us at [help@fohm.com](mailto:help@fohm.com).

# The Side



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# The Silhouette



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## **Welcome to Fohm.**

There are many ways to use your pillow. Both the Simple and Side designs allow for the option of a cool and warm side. It's easy to tell which side is cool by checking the tag - if you see the Fohm logo, the cool side is facing up.

Because of its unique shape, the silhouette is only designed to have a cool side. It is reversible based on shoulder height, with the option of a short and high side for optimized support.

For maximum cooling, you can remove the pillow cover and place your own pillowcase around the pillow.

*Sleep tips:* A completely dark room will improve your sleep. We also recommend checking your thermostat - the ideal sleeping temperature is between 65° - 72°.

## **Using your pillow.**

It can take up to 7 days for your body to fully adjust to your new pillow. If you have never used a memory foam pillow it may take up to 14 days for your body to adjust. This is normal; your body is unlearning previous sleeping habits.

## **Care instructions.**

*Pillow cover:* Remove protective cover from your pillow. Hand wash the cover in cold water using Woolite®. Do not bleach. Air Dry.

*Pillow:* Spot clean only using a mild detergent. Do not place in washer or dryer.