

make your bed a sanctuary

i-care  
SLEEP PRODUCTS

peace & quiet pillow



## scientifically proven to reduce snoring

- ▶ A unique inner design helps to reduce snoring and improve breathing
- ▶ Made with pressure relieving memory foam
- ▶ Bamboo fabric cover naturally wicks away moisture and is anti-bacterial and deodorizing

### Clinical studies have shown that positioning the head in the CPR/Sniffing Position is effective in reducing snoring

The Peace & Quiet Pillow features a unique comfort that helps keep your head in the CPR/sniffing position through the night. Ordinary pillows place the head in angled position that can actually makes snoring worse! Comfort Channels on each edge of the pillow helps to keep your head and neck in proper alignment when sleeping in a side laying position.

Peace & Quite Pillow—Head is kept in a relaxed and properly aligned position to reduce snoring and allow you to breathe with ease



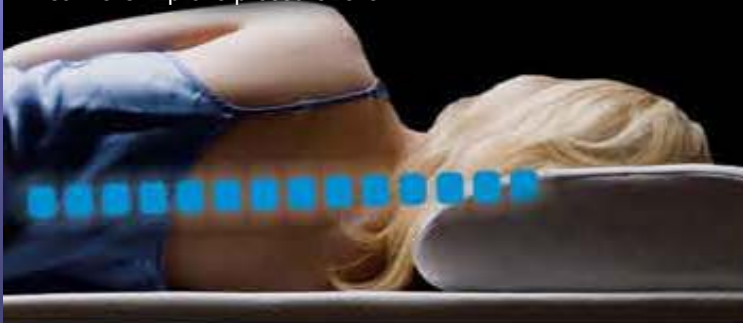
Regular Pillow—Elevated head position restricts airflow contributing to vibration of the soft palette (snoring)



### Our patented memory foam design responds to body heat to keep you properly supported while relieving pressure for maximum comfort.

Originally developed for the space program, high density, temperature sensitive memory foam provides exceptional, contouring support and keeps your neck in a naturally relaxed position. This amazing material responds to your body heat to conform to you, relieving uncomfortable pressure areas. Our exclusive sculpted design enhances the performance of the material to help you sleep better. We've included a zip-off, washable bamboo cover making it easy to keep your pillow clean and fresh

Peace & Quite Pillow—Head, neck and spine are in a naturally relaxed position that lets you breathe freely, while sculpted earwells improve pressure relief.



Regular Pillow—The head and neck are poorly aligned causing compression of the cervical vertebra, muscle tension and constricted breathing.

