

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 center 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 help to keep your head and neck in proper alignment when sleeping in a side laying position.



Peace & Quiet 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 & Quiet 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 vertebrae, muscle tension and constricted breathing.



peace & quiet Item Number ICPEACEPWH
Hickory At Home Pillow (peace & quiet)

peace & quiet pillow



The Peace & Quiet Pillow is designed with clinically tested features that are proven to reduce snoring. And it's also designed to be simple to use. Below are a few tips on how to get the maximum benefit from your new pillow.*

QUICK START



Back Laying CPR Sniffing Position helps to improve breathing and reduce snoring

1) Start by laying on your back with your head centered on the ergonomic comfort center (the softer area in the center of the pillow).

2) In a few seconds you will feel the temperature sensitive memory foam respond to your body heat, gently cradling your neck.

3) Your chin should now be slightly elevated with your neck supported in what's called the CPR/sniffing position. This position might feel a little unusual at first because you are probably used to a pillow that forces your head forward, straining your neck and constricting your airways, contributing to snoring.

4) If you typically sleep on your side, simply roll left or right. Pressure relieving earwells will make you more comfortable, while the support edge keeps your head and neck in a more relaxed position while helping to keep your airway open.

5) If you typically sleep on your stomach, this pillow is "scrunchable" and offers pressure relieving comfort when sleeping in a prone position. Please note that many health professionals do not recommend sleeping in a prone position.



Side Laying Proper spinal alignment is maintained while pressure relieving ear wells improve comfort

Maintenance

Your Peace & Quiet Pillow comes with a zippered, removable fabric cover. To maintain your pillow simply remove the cover from the memory foam core and machine wash using cold water/gentle cycle. Tumble dry at low temperature. **DO NOT MACHINE WASH or TUMBLE DRY** the memory foam core of the pillow.

If the memory foam core becomes soiled, you may use a mild soap or detergent solution and allow to air dry out of direct sunlight. Prolonged exposure to direct sunlight can damage the memory foam core.

*Yellowing may occur to the memory foam pillow core over time. This will in no way affect the products performance. You may notice a slight scent when you unpack your pillow. This is normal for "fresh foam" and will disappear. If you find the odor persists, we suggest you lightly spray the pillow core with Febreze.™



Peace & quiet pillow

Product Safety Information



Intended Use:

The design and function of this pillow have been clinically tested and shown to be helpful in reducing snoring.

Warning:

The user of this pillow should consult with his/her physician or health care provider for evaluation of obstructive sleep apnea or other respiratory disorders if his/her snoring is accompanied by any of the following symptoms:

- * Frequent excessive daytime sleepiness
- * Periods of not breathing, as observed by bed-partner
- * Awakening short of breath, choking or gagging
- * A history of heart disease
- * Being substantially overweight

Warning:

Do not use if pain or discomfort result.

Contraindication:

Not for use by infants or children.

3-Year Warranty

3-Year Warranty: If purchased in the US or Canada, the I-Care™ Peace & Quiet Pillow will be replaced if it fails to stand up to normal wear and tear for 3 Years. Return product with proof of purchase, including sales receipt and law label to: I-Care Sleep Products, 235 Kettering Road, High Point, NC 27263.



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BAMBOO Fibers in our Pillows and Toppers Fabric

Bamboo is an easily renewable fiber, naturally regenerative, technically a grass, with different varieties growing from 2 inches to 3 feet per day.

Bamboo is environmentally friendly, requires no pesticides or fertilizers, needs very little water to grow and sustain.

Naturally anti-microbial, bamboo contains “Bamboo Kun”, a naturally anti-microbial, anti-fungal substance that protects the bamboo from pest and other pathogens in nature.

Bamboo is breathable, more absorbent than cotton, wicks moisture away from the skin so it can quickly evaporate. This keeps the sleeper dry and comfortable.

Bamboo is softer to the touch than cotton, and drapes similar to silk. It’s hand is compared to that of rayon and modal– other wood based materials.

Bamboo fibers do not retain odors.

