

# HOW TO USE THE EPITOME PILLOW



Foam slip is included to raise the pillow if needed



Normal sized pillowcase to be used but if it pulls the noodle flat please opt for a larger pillowcase

Follow these steps for optimal comfort!

**1**

slightly pull the corner of the pillow down for more comfort

**2**

Ear lobe to be level with the noodle corner so the cheek is on the flat part of the pillow

