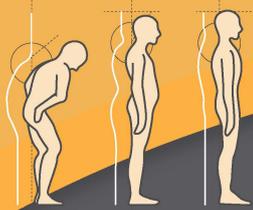




Advanced
Bio-Structural
Correction
Australasia

ABCA Adjustable Pillow



This pillow was designed by leading Advanced Bio-Structural Correction™ practitioners to help support the sleeping posture of their patients.

This pillow has 6 pieces, including 5 removable layers which the user can add and remove in order to achieve a pillow height perfect for their individual posture and body shape.

abcaustralasia.org.au



ABCA Adjustable Pillow

The ABCA pillow is designed to be used sleeping on your side only. It raises or lowers to get your head in line with the rest of your spine for a tensionless sleep.

Instructions for use

- Start with the thick covered layer
- Lay on your left or right – which ever you feel most comfortable on. It does not matter which side. However, remember that when you set it up it will be ideal for that side. The other side will likely need a different height. The good thing is that if you get it right you are less likely to move while sleeping.
- Ensure when you lie on your side that you are lying with your hips and shoulders at a right angle to the mattress with your legs straight. You don't have to be rigid, just positioned correctly. Tuck the top layer of the pillow in close to your shoulder without bending the shape.
- Now add layers until the pillow is obviously too high.
- Now remove the thinner layers until the pillow is obviously too low.
- Keep doing that until you find you cannot tell if it is too high or too low. THAT is usually your correct height. This will be the point of least tension on your body.
- Insert into your own pillowcase.

Enjoy your Sleep!

Tips

- If the height is too low your body will feel a bit like it's rolling to your front when you relax completely. If it's too high you will roll onto your back when you relax completely.
- If it seems that the correct height for you is between layers, then set the pillow at the lower of the two and then lay the pillow on top of a hand towel and see if this is better.
- If you are not sleeping well you may need to adjust the height gradually over the first few nights. If it is still not right, begin at step 1 while on the floor. If it works on the floor but not on your bed, then either your bed is too soft, or you have a plush pillow top on your mattress that makes it act as a soft bed.

Keep these instructions for further reference.



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