The Official Pillow of the National Sleep Foundation!
MyPillow® Washing and Drying Instructions

WASH
• Cold or warm on regular cycle (NOT DELICATE).
• Use half the recommended amount of any detergent.

Top Loading Machines
• Place 2 pillows in washer to balance.
• If only 1 pillow, balance with towels.

Front Loading Machines
• Wash pillows with a full load of laundry.

DRY
• Tumble dry with HIGH heat.
• No dryer balls or fabric softeners.
• Use extra spin cycles to lessen drying time.
• Do not worry about over-drying.

FREQUENCY
We recommend laundering every 4 months.
If you have allergies, every 2 months or as often as needed.
MyPillow® 10 year warranty covers laundering.
Adjusting MyPillow® for YOUR Perfect Fit!

- Before first use: Place in dryer for 10-15 minutes with a damp wash cloth to activate the Patented interlocking fill.

SIDE SLEEPER

Once you lay on the pillow, the patented interlocking fill allows you to adjust the pillow for your individual support needs.

BACK SLEEPER

While sleeping on your back, bunch the MyPillow® under the curve of your neck and roll the pillow in place to maintain full support.

- Use a 100% cotton pillow case that is “roomy” enough for your MyPillow® to move and adjust.

- Fluff your MyPillow® every night, and tuck it into your neck.