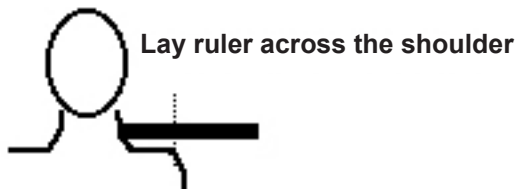
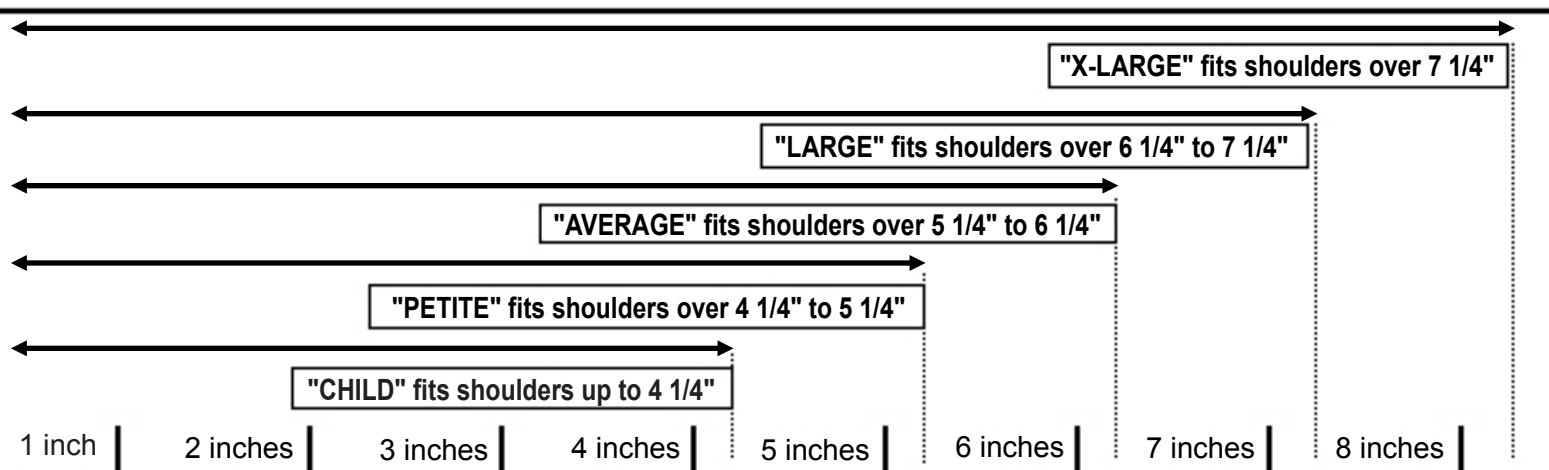


Therapeutica Sleeping Pillow Measuring Guide



For pillow size: Use a ruler
Select your pillow size at
www.wisdomandhealth.com
or www.wisdom-and-health.com
or call us at (715) 287-5282



Measuring is **Simple**... Use this step-by-step guide to be professionally measured.

1. Have someone assist in measuring you.
2. Have them measure your **left** shoulder.
3. Move your shirt collar, if it interferes.
4. Stand **facing** the person who is measuring you.
5. Place your arms down to your sides.
6. Have the person measuring you hold the ruler to the base of the neck.
7. Keep the ruler **level** across the shoulder area. (The ruler will rise off the shoulder.)
8. While holding the ruler in place, with their left hand, your assistant should feel for the humerus bone with their right hand.
Note: Ignore any muscle mass beyond the humerus on the exterior of the shoulder or on the lower arm.
9. Compare size on the ruler, above the end of the humerus, with the above chart to order your pillow.

Trying is believing! Once you have tried a **Therapeutica Sleeping Pillow**, you will understand why we believe it is the Best Pillow on the Market Today, for proper spinal alignment, offering a comfortable therapeutic sleep for both back and side sleeping.

If you have any questions, please feel free to email our
Customer Service Department at sales@wisdomandhealth.com