


# Instructions for Use

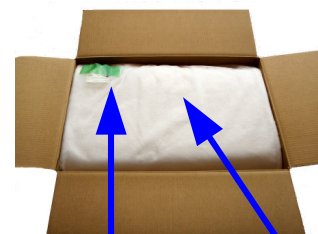
## Contents

The Pegasus Pillow carton box contains:

- A** Allen key in a plastic bag 
- B** Pillow cover over the foam pillow
- C** Foam Headrest covered
- D** White wrap to protect the Pillow from dirt and dust during transport
- E** Instructions for use

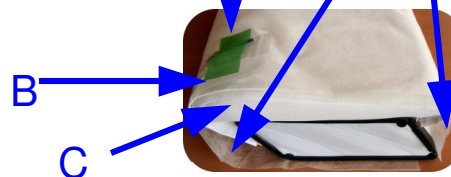
Please contact the seller promptly if anything is missing.

### 1. Open the carton box



### 2. Remove the Allen key (A) and take the Pillow out of the box

### 3. Take the Pillow out of the protective transportation wrap and dispose of the wrap (D)



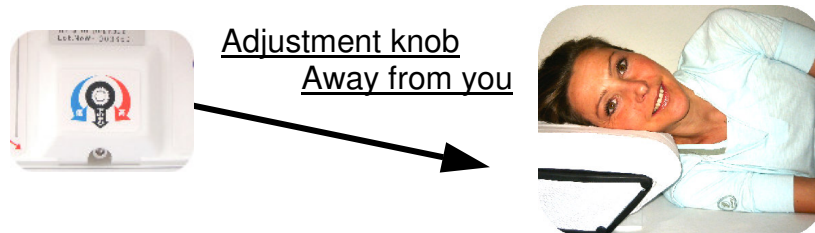
It is now ready to use!



You can use your favorite cover on PegasusWing. Just make sure you use the standard 80cm by 80 cm cover.

## Setting up the PegasusWing Pillow to support your personal sleep position

For setting up the PegasusWing Pillow, lie on your right side and rest your head on PegasusWing with the adjustment knob away from you, as shown in the picture.



When you change your lying position from your side to your back, the PegasusWing Pillow adjusts automatically and sinks to support your neck. When you change from a back lying position to a side position, the PegasusWing adjusts its height by lifting smoothly. Regardless of the speed with which

you change your lying position, the PegasusWing smoothly assumes the most comfortable height for you.



**The optimum height of the Pillow ensures the optimum position of the body in sleep.**

The factory setting of the Pegasus is 15 full rotations (15 x 360°) to the right and to the left. Since this setting may not be ideal for you, you can change the setting to fit your personal needs by doing the following:

Using the Allen key (A) provided in the box, you can adjust the hardness/softness of the movement of the Pillow as shown on the picture below.



If the PegasusWing does not sink smoothly when you turn to your back, rotate the adjustment knob one to three complete rounds to the left.

If the PegasusWing does not lift up smoothly when you turn to your side, rotate the adjustment knob one to three complete rounds to the right.

The setting is influenced by height, weight, body attributes and the way an individual turns in their sleep. Experience shows that men usually need to rotate the knob 15 rounds (approx. in the middle) and women 10 rounds to the left for an optimum setting.

A special spring automatically controls the lift-up and sinking movements of PegasusWing. However, PegasusWing may fail to assume the exact comfort position you wish due to the way individuals turn in their sleep or the intensity of pressure exerted on the pillow. In such cases, you may either need to lift your head slightly to allow PegasusWing to assume the optimum height when you turn to your side or you may have to press down your head slightly when you turn to your back.

If you are used to shaping, hugging your pillow or sliding your hands under it, you may need a few weeks to get used to PegasusWing and find the pleasure sleeping comfortably!

We recommend trying different settings for a couple of nights to find your optimum setting so that you can enjoy your dream pillow to the fullest.

## **Caution**

When setting the adjustment knob using the Allen key, please do not use force when you feel you have reached the end position of the right or left rotations, as this may damage the spring.

The PegasusWing Pillow should not be used under the following conditions:

- A. For persons under 18 years. Since the body is still growing at this stage, it is not safe to use PegasusWing (it may even have negative effects on growth).
- B. If you are not sleeping alone, particularly in the presence of children. It is possible that if used recklessly, hands may get trapped in the adjustment mechanism of PegasusWing when the Pillow is moving downwards.

The PegasusWing Pillow cover is washable, while the Pillow itself unfortunately is not. Please do not expose the PegasusWing Pillow directly to sunlight, as it is sensitive to UV rays.