



## HOW TO USE BACK LEVEL™



### Back Support while you sleep

#### Step 1

Place on mattress as shown with zipper facing towards the feet, and sit halfway on the lower end.

#### Step 2

Lay backwards.  
Lower back should be positioned on the top end of the curve.  
Adjust to fit the curvature of the lower back.

For best results us a contour head pillow or an additional Back level pillow.

Thank you, for using Back Level™  
Connect with us on Twitter @Backlevel or Facebook.com/Backlevel



For head, neck and shoulder support: Place on mattress as shown with zipper facing towards the top of the head. Adjust to fit curvature of the neck and head.



For use on sofas, chairs and seats: Place as shown with zipper pointed towards the floor.

Thank you, for using Back Level™  
Connect with us on Twitter @Backlevel or Facebook.com/Backlevel