

XTRAComfort™



WATER PILLOW

Owner's Manual
CSH1054WHT

vivehealth.com

OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Xtra-Comfort Water Pillow as easy as possible. Check out the included links and QR codes to help you through the process.



To see all of the FAQ's in one place
visit vhealth.link/bax

WHAT'S INCLUDED

- Water Pillow
- Multipurpose Tool
- Spare O-ring



WHAT TYPE OF WATER TO USE

- Distilled water (most recommended)
- Pre-boiled water which has been cooled off
- Tap water (no chemicals need to be added)
- Well water, It is recommended to add a drop of bleach per liter to get rid of any impurities or bacteria

NOTE: Water temperature should not exceed 38 °C or 100 °F.
Change water every 6 months.

WATER MEASUREMENT CHART

Before filling, measure the amount of water needed by referring to the chart below.

Desired Firmness	Amount of Water		
	Ounces	Quarts	Liters
Soft (Stomach Sleepers)	60 - 80 oz	2 qt	2 L
Moderate (Back Sleepers)	80 - 100 oz	3 qt	3 L
Firm (Side Sleepers)	100 - 130 oz	4 - 5 qt	4 - 5 L



Soft



Moderate



Firm

NOTE: The measurements of water above are only recommendations. If at any point the pillow is TOO SOFT add more water or if the pillow is TOO FIRM remove some water.

ADDING WATER TO THE PILLOW



For video demonstration
check out vhealth.link/dyc



1. Insert the base of the multipurpose tool into the twist cap and turn counter-clockwise to remove.

2. Use the multipurpose tool as a funnel to add water. Insert the base of the tool into the valve opening, push down and twist clockwise to tighten.

3. Fill a pitcher of water using the recommended water chart above based on the firmness you need. We recommend using distilled or room temperature pre-boiled water. (See the “What Type of Water To Use” section above for further details on what water to use).

4. Use a chair or other means of support to keep the pillow upright then fill the pillow to the desired amount. Remove the funnel from the valve.



NOTE: If the pillow gets wet while adding water, let the pillow completely dry out before use. Using a wet or damp pillow can lead to a buildup of mildew and mold.

PREVENTING SLOSHING

1. With the cap off, find the air pocket inside the bladder by gently pushing your fingers down the pillow to find the top of the water level.



2. Gently flatten the top portion of the pouch to push the air out through the valve. Use a sweeping motion upwards.



3. Keep continuous pressure to the top of the pillow with one hand and replace the cap with the other. Use the multipurpose tool to properly tighten the cap.



NOTE: Repeat steps 1-3 if you still hear sloshing inside the pillow.

ADJUSTMENTS FOR DIFFERENT SLEEPING POSITIONS

The side of the pillow containing water should be positioned downwards, with the foam side facing up. The water pillow is adjustable and may benefit various sleeping positions, including:

Stomach sleepers

If you sleep on your stomach, adjust your water pillow to a **SOFT** thickness. Using a pillow that's too thick while sleeping on your stomach can lead to tension at the base of the neck. You may also use the pillow under your stomach to help prevent back pain.



Back sleepers

Back sleepers should adjust the water pillow to a **MODERATE** thickness. Too thick of a pillow can result in neck pain by misaligning the head from the spine.



Side sleepers

There is a larger gap under your head that results from sleeping on your side. Side sleepers should adjust their water pillow to a **FIRM** setting to support the neck.



Active sleeper (multiple positions)

Active sleepers should adjust their water pillow to a **MODERATE** thickness to accommodate multiple sleeping positions.



USING YOUR SPARE O-RING

We've included a spare o-ring for the twist cap to prevent future leakage and prolong the use of your water pillow.

Just remove the old o-ring from the cap and replace with the new.



CARE INSTRUCTIONS

Use a pillow cover to keep your pillow clean for prolonged use.

- Empty water from the pillow prior to cleaning.
- Spot clean with a damp cloth and air dry.
- Do not machine wash or dry.
- Do not bleach.
- Do not iron.
- Do not dry clean.

WARNINGS ⚠️

- Keep sharp objects away from the pillow.
- Ensure that the pillow cap is fully tightened and secured before using the pillow. Use the multipurpose tool to tighten properly.
- The pillow is heavy; if needed, ask for assistance when filling and positioning the pillow.
- If the pillow is leaking, check that the cap is fully tightened before use or replace the o-ring on the cap. Let the pillow dry out before use, keeping wet will result in mold and bacterial growth on the outside of the pillow.

GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions at vhealth.link/bax for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.



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