

FAQs

Using a Pillow Correctly!

If you sleep on your back:

1. You should rest your head on the bed at the same level as your shoulders (which means you should not have a pillow under your head!).
2. Support your neck curve (lordosis) with a pillow thickness of about 1 to 1.5 inches (which means you should have a pillow under your neck!).

[When you sleep on your back, your neck doesn't touch the bed due to neck curve called lordosis. Since your neck does not touch the bed, it is suspended in the air and the gravitational pull builds stress on the neck. If you are used to sleeping this way and do not realize the stress, its because you have become used to it, but suffer nevertheless. To check, try holding your hand from palm to elbow, just an inch above a surface parallel to the surface, without support, for only 10-15 minutes.]

If you sleep on yur sides:

3. You should have a pillow as thick as your shoulders are broad. [To fill in the gap from lower side of your head to the surface of bed. Else your head drops down. You might have noticed, some of you keep an extra pillow by the side to use when you turn on your side, or put a hand under the pillow or fold the pillow you use.]

The pillow shouldn't slip away (Neckfit is uniquely designed to get interlocked with your head, so it never slips away) and discourage you to sleep on your belly!

It should help maintain natural curve of your spine, size and the requirement of softness or hardness.

Attributes Of An Ideal Pillow

A. The pillow should offer THREE thickness levels:

For your sleeping on the back

I. Zero level just under the head, so that you do not jack up your head unnaturally and rest the head on bed, same level as your shoulders.

II. '1 to 1.5' inches thick to support the neck curve, so that the neck is not suspended in the air.

For your sleeping on the back

III. As thick as your shoulders are broad MINUS '1 to 1.5 inches, so that your head does not drop down when you sleep on your side.

B. The design of the pillow should be such that it should discourage you to sleep on your belly.

C. The pillow should not slip away from under your head, leaving your head without must-have ergonomic support!! This eliminates chances of unsupported movement of head, especially for people suffering from cervical spondylosis.

Challenging?

Not Any More! We have Just the Right Thing for You! Neckfit

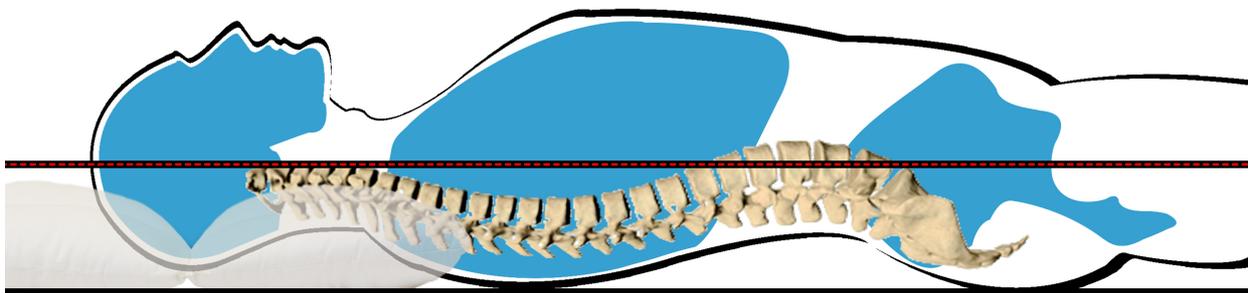
It's Unique, Ergonomic, Patented Design sets Neckfit a class apart offering you much needed 'THREE' levels of thickness in a single pillow, so that your cervical spine gets the support it needs whether you sleep on your back or sides, without having you to wake up from your sleep and adjust your pillow for height, every time you change your sleeping position.



Neckfit keeps your posture correct in general and your neck and spine in particular.

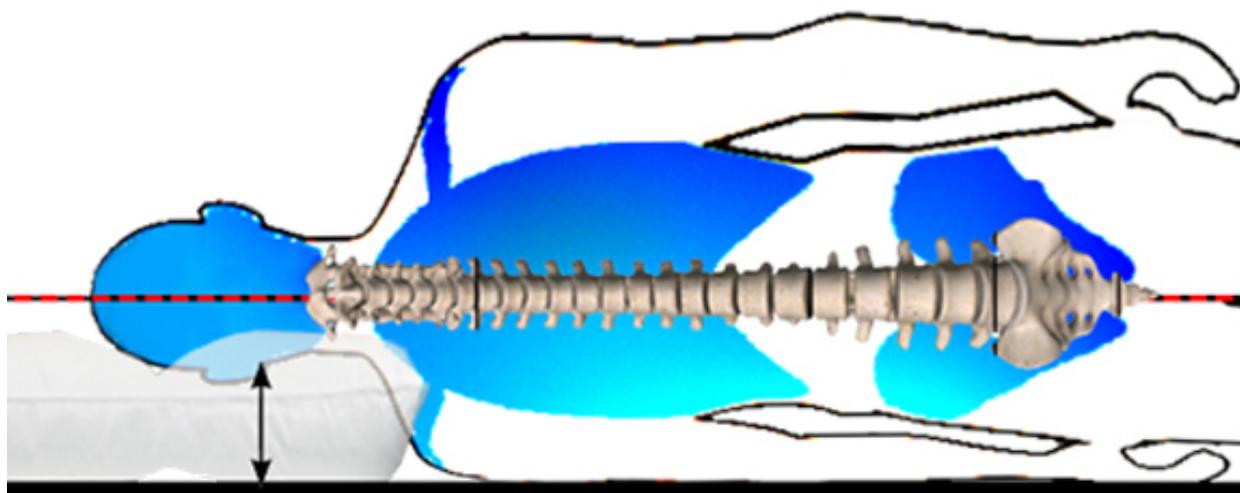
1. What is unique about Neckfit?

Neckfit ensures your spine maintain its natural curve, when you sleep on your back!



On Neckfit, when you lie on your back, your head rests at the same level as your shoulders while your neck gets support under its curve. Neckfit ensures your spine retain its natural curve, relieving you of pains you might have caught on due to wrong sleeping posture.

Neckfit ensures your spine maintain its natural curve, when you sleep on your sides!



The unique patented design of Neckfit ensures that your head rests higher at about 2.5 to 5.5 inches (depending on the broadness of your shoulders) from the bed or the base level of your shoulder on which you rest, maintaining natural cervical spine curve.

Neckfit helps relieve cervical spondylitis, backache, rigidity of the neck or pain in the shoulder.

2. What is unique in Neckfit's design?

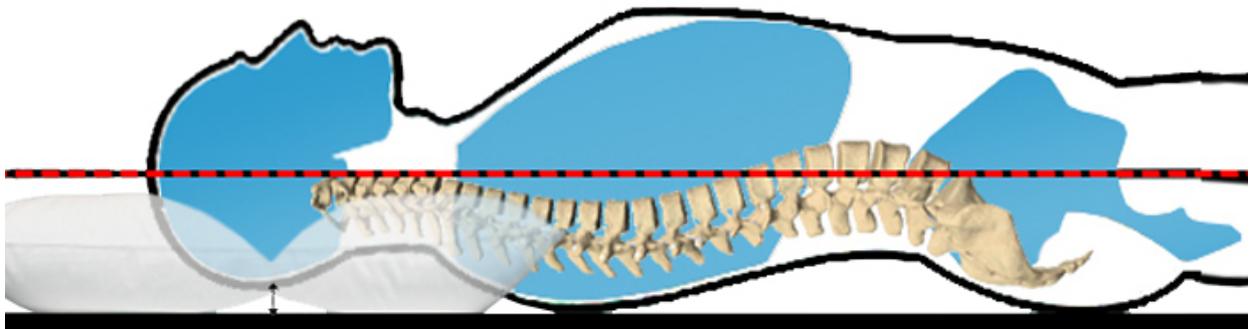
Neckfit has two stitches that run parallel to the length and width of the pillow intersecting each other in the middle. The intersection in the center is the 'Zero' thickness point of Neckfit and touches the surface of bed. We call the central vertical stitching the Occipital-groove and the intersection in the center, the Occipital-pit.



3. What are the uses of Neckfit?

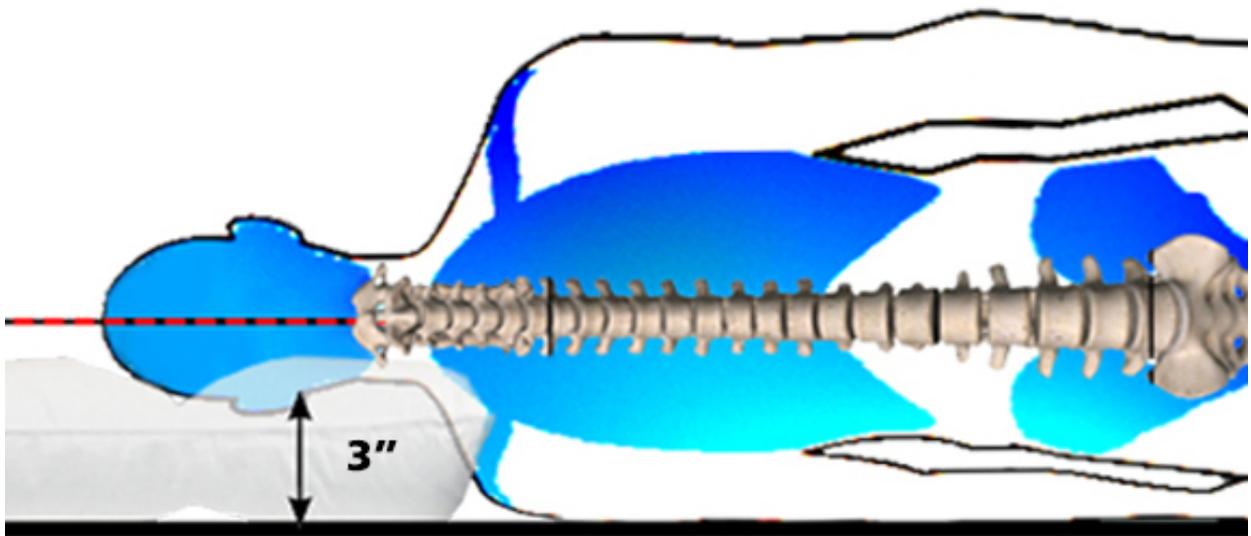
When you rest your head in the 'Occipital-pit, your head rests at the same level as your shoulder i.e. on the bed as Neckfit has 'NO' thickness at this point.





4. What are the best sleeping positions?

1. On the Side (Preferably left side) –



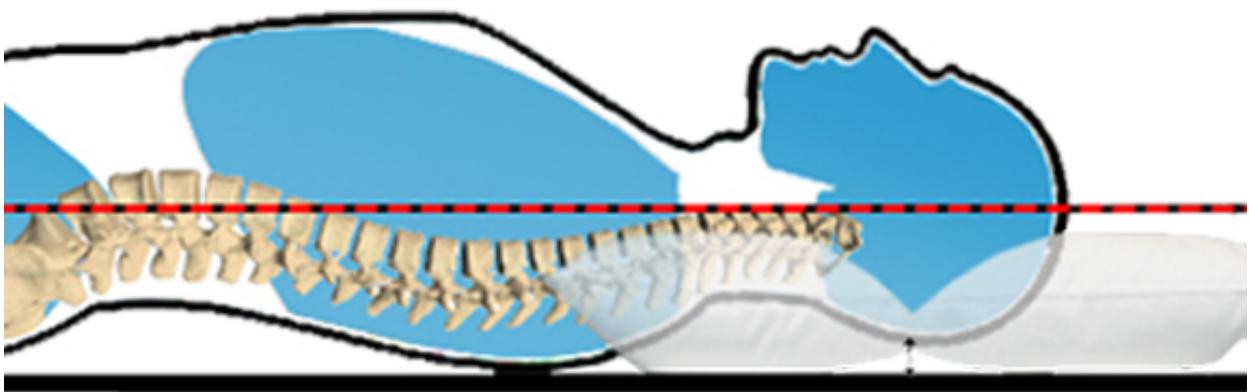
The best way is to sleep on left side. In this position, your head should rest nearly 2.5 to 5.5 inches higher than the bed (depending on broadness of your shoulders – measured from your ear to the wall if you are standing and side of your body i.e. arm, is touching the wall MINUS '1 to 1.5' inches) else your head will tilt towards the surface of the bed.



2. On the Back -



This is the second best sleeping position, as nobody can sleep in one position for the whole night.



In this position your head and shoulder rest on the bed and your neck curve gets support under its curvature.

Belly Sleeping is Not Healthy

This is an unhealthy sleeping position and medically not recommended. Reasons –

a. Rib cage can not move freely to breathe as it gets loaded with the weight of your torso.



b. Belly sleeping causes indigestion.

c. If you are sleeping on your belly, the head rests on one of your cheeks. This unnaturally twists your cervical spine and windpipe, causing pain.



d. In women, belly sleeping is known to flatten breasts or cause breast to underdevelop in growing girls.

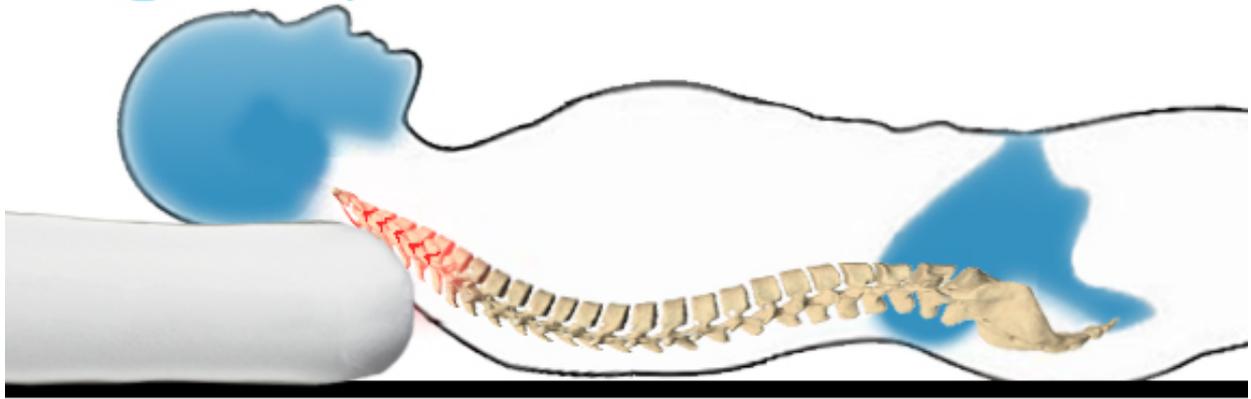
e. Belly sleeping also advances the appearance of wrinkles on the face.

5. Ok, but I am using my pillow for last few decades. What is wrong with it?

Your current pillow is evenly surfaced!

1. If you are using a three to four inches thick pillow,

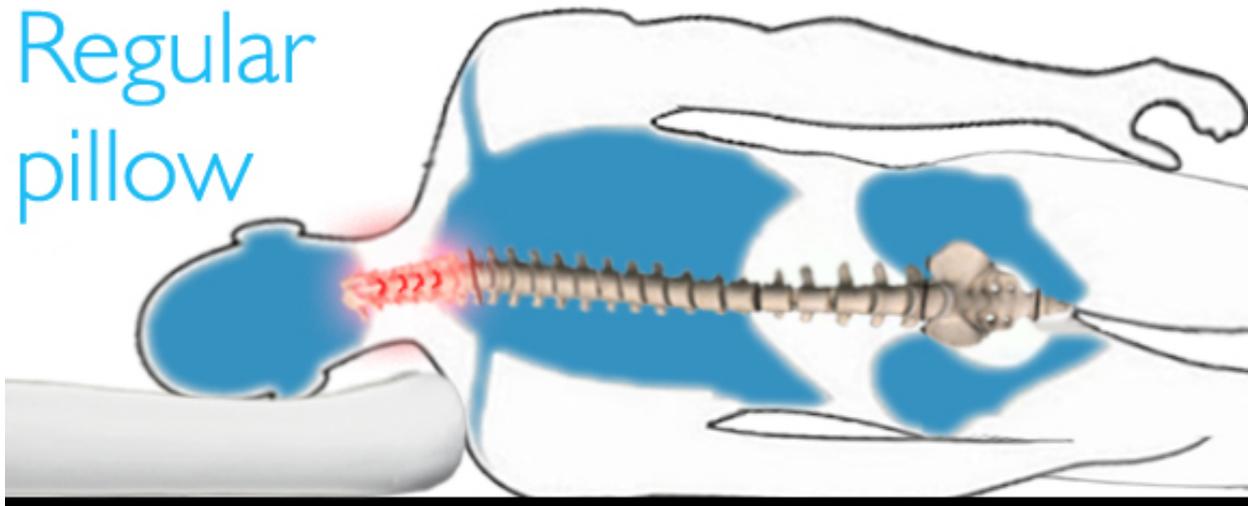
Regular pillow



when you sleep on your back, your head is turned towards your chest. This unnaturally bends your cervical spine and may cause deformity.

2. If you use a flat pillow,

Regular pillow



Say, an inch thick or so. When you sleep on your side using thin/no pillow, your head bends down due to inadequate height to rest your head on. This bends your spine unnaturally causing pain in cervical, shoulder, back or even lower back in some cases.



Many people place their hand under the pillow to raise its height to support the head while sleeping on their sides. This causes pain in the neck and numbness of the hand. Also, this wakes you up a few times in the night and often, your neck and shoulder hurt in the morning.



6. So, how does Neckfit help me with these situations?

- a. When you sleep on your side using Neckfit, your head automatically rests at height of 2.5 - 5.5 inches in alignment to your spine.



Neckfit doesn't allow your head to bend downwards.

And, you achieve the best sleeping position while using Neckfit.

b. The intersection in the center creates a depression called the 'Occipital-pit'. Occipital protuberance, the bony projection on the lower back of your head (about an inch or so above your neck on the back), rests on the bed when you sleep on your back, as if you are not using a pillow at all, leaving your spine in its natural shape!

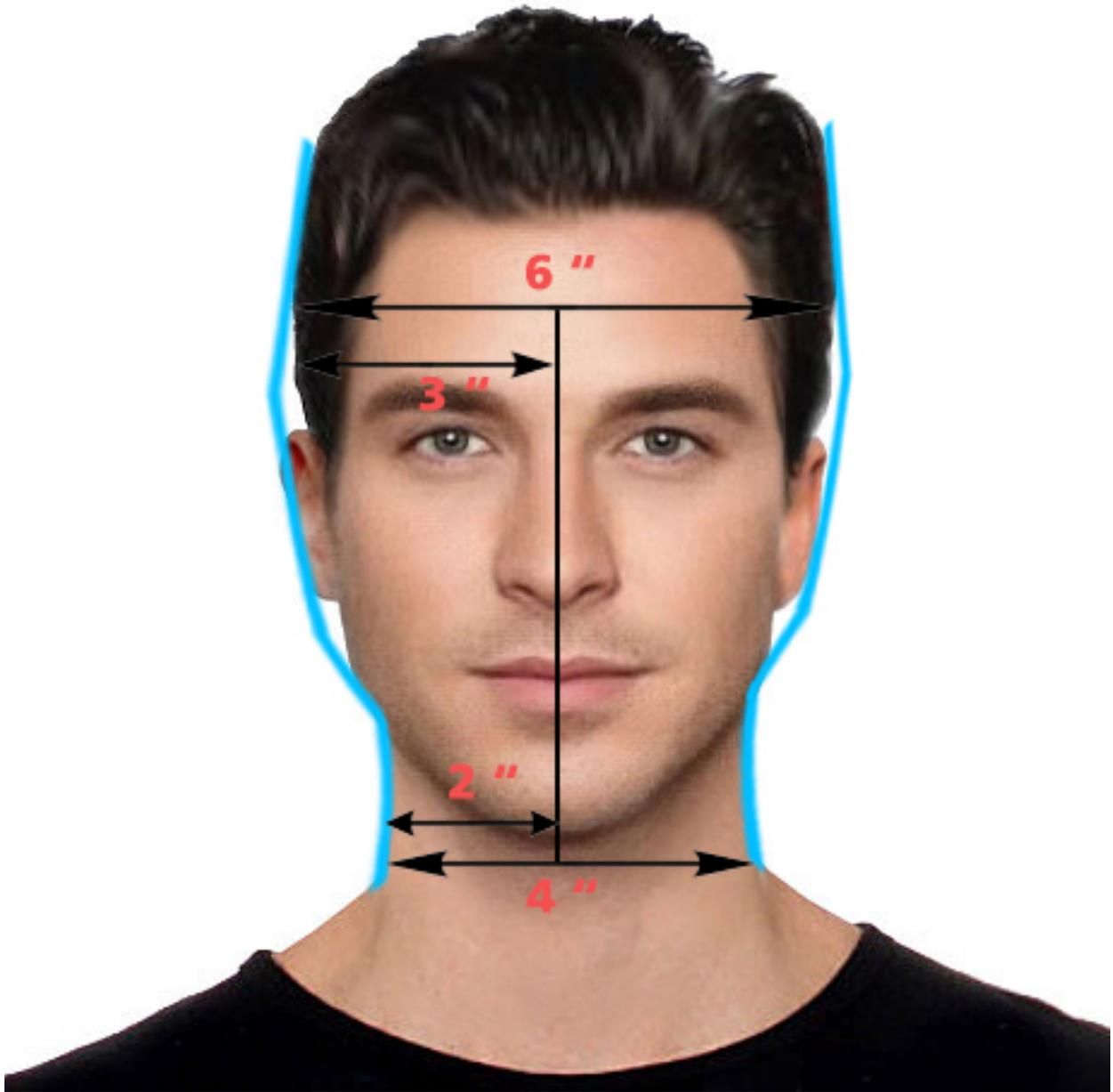


When you rest your head in the Occipital-pit on Neckfit, your head and shoulders are at the same level on your bed.

So you achieve the 2 nd best sleeping position while using Neckfit.

c. Why is Neckfit stitched horizontally (parallel to its length) in the middle?

Please look at your head –



Your head is much wider at the top as compared to your chin. If it is to be evenly aligned while you lay on your side, it should have enough space for the crown to sink into the pillow. But the even surfaced pillows do not have this space to accommodate the crown.



The horizontal central stitching in the pillow, leaves a depression, allowing space for your crown to sink as required. Thus Neckfit helps you maintain correct posture of the spine even when you sleep on your side.

d. Neckfit is shaped in such a way that it doesn't allow it to slip away from your head. Neckfit and your head lock each other. Your head gets well settled in the occipital-pit, supported by the four risen sections of Neckfit from all sides. This is particularly useful for people suffering from cervical spondylosis as while asleep, the head won't feel sudden lack of support and jerk as you change sides and the pillow too does not slip away.



Neckfit remains under your head and neck, the whole night because of the Occipital-pit.

Neckfit helps you overcome belly-sleeping and its side effects!

7. Are there any variants of Neckfit?

Neckfit offers 4 variants –

I. Neckfit Classic:



Neckfit Classic is stitched in the center along its length and width, intersecting in the middle. Suitable if you do not use a pillow currently, have a shallow neck curve and your shoulders are up to 5 inches broad. Your neck curve gets Neckfit support from the base as you lay on your back and your head rests on the bed. When you turn to your side the pillow becomes thicker and rests your head higher matching the broadness of your shoulders. This ensures your spine maintains its natural curve irrespective of your sleeping positions.

II. Neckfit Island:



Neckfit Island is stitched in the center along its length and width, leaving an Island in the center about 1 – 1.5 inch thick, to rest your head on. Suitable if you use a pillow currently, have a shallow neck curve and your shoulders are up to 5 inches broad. Your neck curve gets Neckfit support from the base as you lay on your back and your head rests about 1 – 1.5 inch higher than the bed. When you turn to your side the pillow becomes thicker and rests your head higher matching the broadness of your shoulders. This ensures your spine maintains its natural curve irrespective of your sleeping positions.

III. Neckfit Plus:



Neckfit Plus is stitched in the center in + sign, creating a pit to rest your head on. Suitable if you do not use a pillow currently and you have curvaceous necks. Even though your deep neck curve gets Neckfit support from the base, your head rests on the bed and not on the pillow when you sleep on the back. When you turn to your side the pillow becomes thicker, rests your head higher matching the broadness of your shoulders. This ensures your spine maintains its natural curve irrespective of your sleeping positions.

IV. Neckfit Sorpresa:

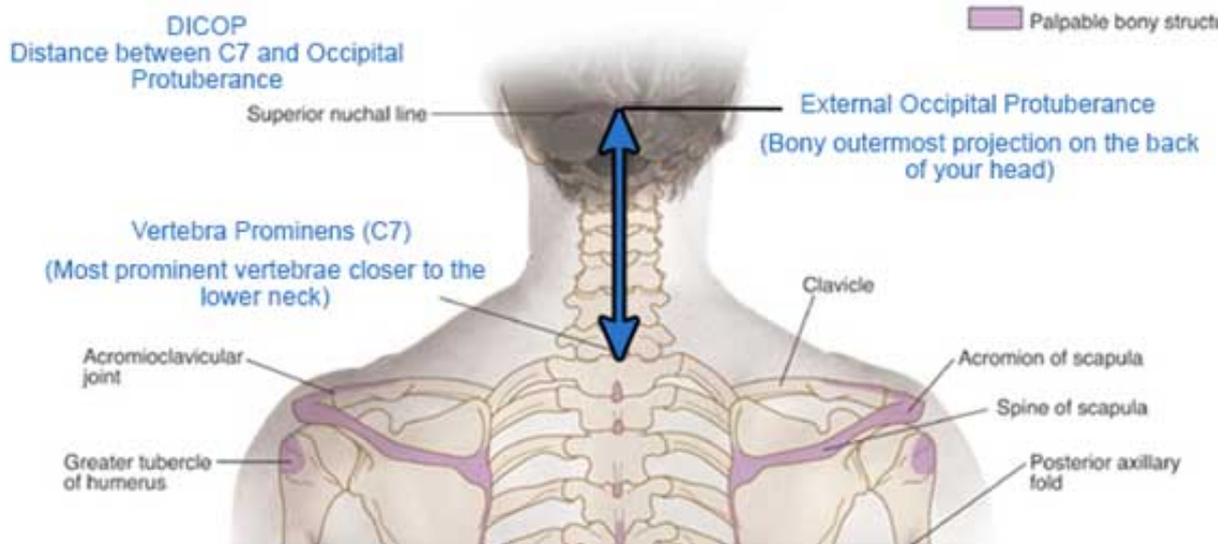


Neckfit Sorpresa is stitched in the center in + sign, creating a pit and filling it with a small cushion so that your head rest 1-1.5 inches higher than the bed. Suitable if you use a pillow currently and you have curvaceous necks. Your deep neck curve gets Neckfit support from the base and your head rests 1 – 1.5 inches higher than the bed when you sleep on the back. When you turn to your side the pillow becomes thicker and rests your head higher matching the broadness of your shoulders. This ensures your spine maintains its natural curve irrespective of your sleeping positions.

8. How do I chose the Right Size of Neckfit?

For Neckfit to fit your body type, you need to know –

1. Your Neck Length, the gap between the Occipital Protuberance - a little boney projection on lower back of your head (just an inch or so above the neck which you will feel when you move around your fingers under the hair on your scalp) and C7, which is the first outermost vertebrae on spine as the neck ends and your back starts (take your fingers down on the center of the neck from OP. C7 is the first outer most bone on the spine that your fingers feel as the neck ends and back starts).



2. Broadness of Your Shoulders – which is the gap from your ear to the wall (measured when you are standing so that one of your arms is pressing into a wall making 90° angle between your body and the wall).

Caution:

- I. Measure the distance from Your 'EAR to the WALL' MINUS 1 to 1.5 inches.
- II. Do NOT TILT your head left or right as you measure the broadness of your shoulders.

When you want to sleep on your side, you need a thicker pillow so that it can fill the gap from the surface of the bed up to the bed side of your head.



Neckfit comes as 'Soft' and 'Firm'.

Neckfit comes as 'Soft' and 'Firm'.

No!

Neckfit enables correct sleeping posture for you. Whether you are healthy or suffer from pain in the neck or spine, you can use Neckfit. The design of the pillow is apt to keep the head, neck and back in proper alignment, thereby rendering an ideal sleeping posture to the body maintaining natural spinal posture.

Human body varies in structure and so do medical condition of one individual from the other. We suggest that you chose a Neckfit type that suits your body structure and current sleeping supports you are habitual of. You may also consult an orthopadician or physiotherapist.

When you start using Neckfit, carefully notice your body's response to it. If you feel any pain or discomfort that you can directly attribute to Neckfit, please discontinue its use immediately.

And what, if Neckfit is not compatible with you?

Remember, you have been using your current pillow for decades. It may take a while before you are able to change your habit. So try Neckfit. Give it some time and Neckfit will become compatible with you.

What are the other ways to use Neckfit?

Many!



Neckfit can be used for providing much needed back support while sitting on the bed,



driving or just while sitting.



Neckfit is convenient to tuck in your travel bag, if you are going on that outstation trip.

11. What are the conditions under which Neckfit should not be used?

Neckfit can be used by anyone!

However, if you are under medical supervision for either your neck, back or spinal problems, please do consult your doctor before using Neckfit.

If your discomfort with Neckfit is initial changeover resistance of your body as you have been using your current type pillows, since the time you were a child, give Neckfit some time. Start using Neckfit for short duration and you will notice that gradually Neckfit comforts you for longer hours ultimately allowing you peaceful night long sleep.

If your body can't find Neckfit comfortable enough, may be you have picked a wrong Neckfit type or size. Select a Neckfit variant that best suits your body type and needs. [Links](#) (Browse all our products and customize your

Please give up using your old Neckfit and think about, passing it on to someone who might find it useful.

12. Is it safe to use Neckfit?

Most people find Neckfit absolutely safe to use! Majority of users of Neckfit, review it as not only the safe bet, but as the best bet for a soothing sleep.



13. Do doctors recommend Neckfit?

Some of the best orthopedic surgeons give Neckfit a congratulatory 'Thumbs Up' after using it personally. For obvious reasons, we do not take their names here.

14. How to make the best use of Neckfit?

Neckfit is the preferred choice as a sleeping aid. It is apt as a travelling aid while you are on long distance journeys. Neckfit is an ideal choice for back support. Neckfit is wonderful when you watch TV or work on the laptop sitting on your bed.

Overall, Neckfit is synonymous with versatility and efficiency.

IMPORTANT – We DO NOT GUARANTEE that Neckfit will definitely comfort you or relieve pain!