



“How To Get The Best Results From Your New CoziLift Luxury Support Bed Wedge Pillow”



www.Zenese.Health

A letter from the Co-Founder... and a Thank You!

Thank you so much for buying from Zenesse Health! Please do take time to read this brief PDF guide, as it will help you get the very best results out of your **CoziLift Bed Wedge Pillow**.

You might be wondering.....

WHY ZENESSE HEALTH?

A real family business with true altruistic aspirations.

Zenesse Health was born out of personal experience and need. Co-founded by three siblings - Andrew, Sarah & Christian Toft, our families were living with various diagnoses including Autism, ADHD, Epilepsy, Hypermobility & Insomnia. As such we were very aware of the personal side effects that medical interventions, procedures and drugs can have when trying to improve these conditions.

Eager to adopt a more holistic approach and promote overall well-being we develop superior quality products from extensive research into the therapeutic needs of real people and what would help them to lead a balanced and happy life.

*We want you to **'Live Great'***

When you purchase a Zenesse Health product you are purchasing peace of mind that we are here for YOU. We strive to deliver not only the best home therapeutic support products on the market that will hold up for years, but also world class customer service.

We have written this PDF so you can learn how to best use your CoziLift Bed Wedge Pillow and all the innovative features we have designed in to help ensure your comfort and support.

We truly care about your satisfaction and as a customer of Zenesse Health we stand by you. If you have any issue with one of our products, please do reach out, we WILL make it right!

If I can be of service to you, please do not hesitate to contact me. I personally reply to emails and love to hear from our fantastic customers.



Sarah Toft

Co-Founder: Zenesse Health

Care Guide

As soon as you receive your CoziLift Support Therapy Wedge Pillow remove all packaging and allow it to expand naturally and 'air out' in a well ventilated space for at least 24 hours before use (e.g. in the dry near to an open window). **Do not use the pillow until it is fully expanded.**

Caring For Your Bed Wedge Pillow

Our patent-pending Luxury Therapy Support Bed Wedge Pillow is made from premium quality high-density support foam with a unique 'egg box' shaped, gel-infused memory foam comfort layer topper that conforms to your body shape and yet allows air to circulate, so you stay cool and comfortable during the night.

Cleaning: Memory foam is VERY delicate and should only be sponge cleaned by hand with a very light touch, using as little liquid and gentle cleaning agents as possible. Moisture gets trapped easily in foam pillows and this can then encourage bacteria and mold. ALWAYS ensure the pillow is thoroughly air-dried after cleaning, ideally outside on a warm day.

DO NOT use a washing machine or tumble dryer as this will damage the product.

TIP: Heavy-duty spills

We understand life happens. To treat more challenging stains such as urine:

1. Add an enzymatic cleaner or 50% water and 50% vinegar mix to a spray bottle.
2. Spray the affected area lightly and leave to stand for approximately 5 minutes.
3. Blot the area with a clean towel until the surface is dry to the touch.
4. Lightly sprinkle baking soda over the whole area affected.
5. Leave overnight and then vacuum up the baking soda using a soft brush attachment.
6. Allow to air outside if dry, or in a warm well ventilated space.

TIP: Freshening up your pillow

Pillow starting to smell a little funky? Try one of the following:



Spray with a fabric freshener to remove odors quickly. Simply spray liberally over the pillow and let it air dry naturally.



Sprinkle the pillow with baking soda and let it sit for 24-48 hours. Then vacuum out using a soft brush attachment.



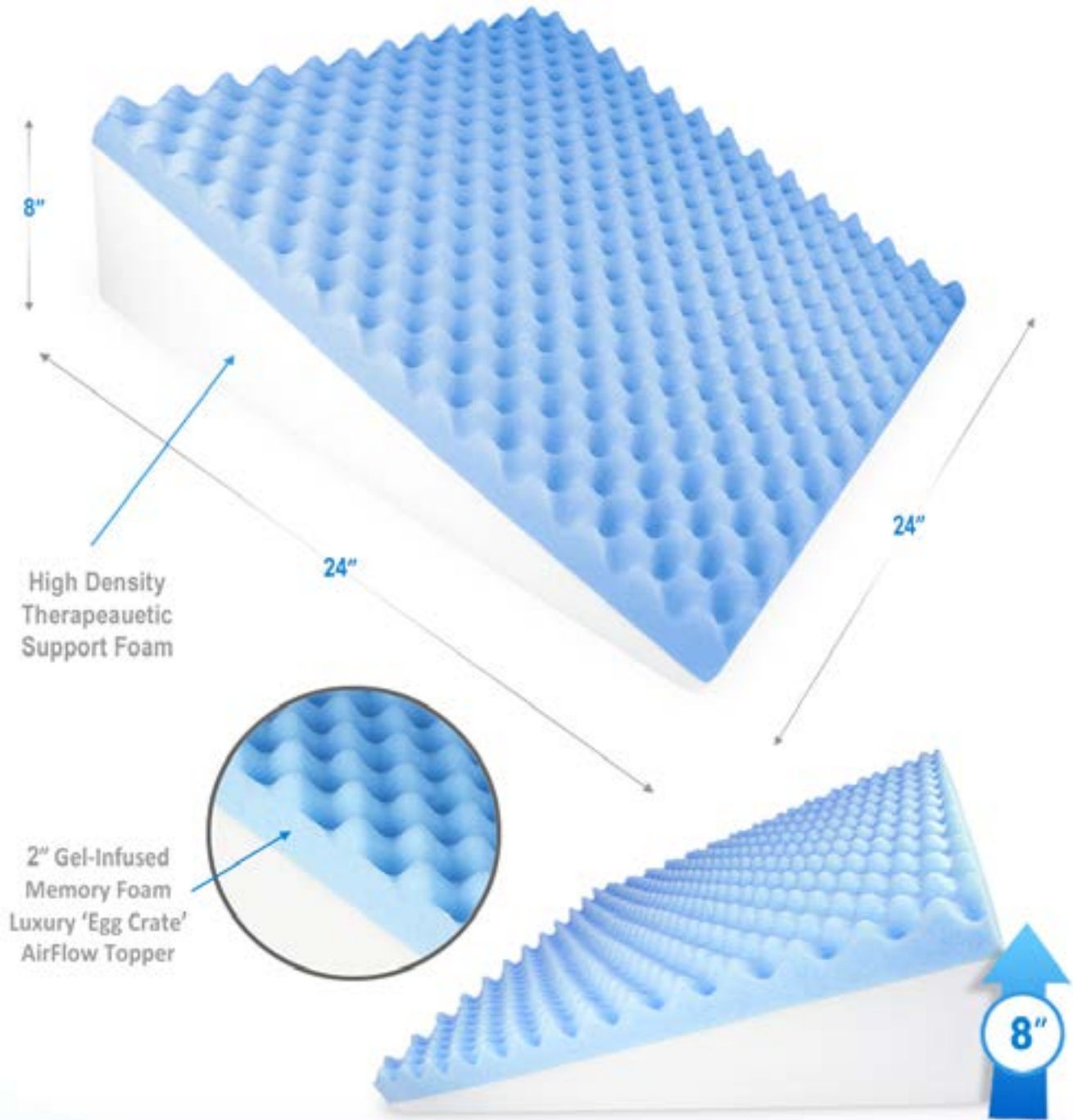
If it is a warm and dry outside ideally with a light breeze, simply place your pillow off the ground and in the sun to air.

Caring For The Bamboo Cover

To retain the natural comfort and cooling qualities of the CoziLift bamboo cover when cleaning, remove from the wedge pillow, machine wash at 30°C and hang or air dry. Do not use bleach or put in a tumble drier. Do not iron the cover (it is naturally crease resistant).

User Guide

The CoziLift Support Therapy Bed Wedge Pillow is extremely versatile and can be used in a number of configurations to achieve the desired elevation recommended by doctors.



Elevated Inclined Sleeping Position

To use the CoziLift for the purpose of having an elevated inclined sleep position, place it at the head of the bed on top of your bed sheets. The vertical end should be against the headboard and the gentle undulations of the memory foam should be felt on the sloping side that will be laid on. Some people like to use a small regular pillow on top of the wedge pillow.



This position would be helpful for people with the following conditions:

- **Acid reflux / GERD**
- **Back / neck pain**
- **Shoulder pain**
- **Sinus congestion**
- **Fibromyalgia**
- **Hiatal hernia**
- **Sleep apnea**
- **Snoring**

Knee Support

Whether you are recovering from knee surgery or have recurring knee pain due to a sports injury, the CoziLift wedge pillow can provide support and relief for the knee together with the lower leg. Place the wedge pillow memory foam side down on the mattress and vertical edge facing towards the head of the bed. Knees should be positioned on the 'peak' of the pillow with the legs being supported by the gently sloping side.

This position would be helpful for people with the following conditions:

- **Knee pain**
- **Leg pain**
- **Varicose veins**
- **Arthritis**
- **Sciatica**
- **Restless leg syndrome**
- **Hip pain**



Leg Elevation

Whether you need the elevation for circulatory or orthopaedic reasons, the CoziLift luxury support pillow can be used to create the height required for pain relief. Place the CoziLift as in the inclined sleep position but with the vertical end facing the foot of the bed. Place the legs on the memory foam side at a height that is comfortable. The strong foam base will support the legs, knees, ankles and heels whereas the gel-infused memory foam will ensure you stay comfortable and cool all night.



This position would be helpful for people with the following conditions:

- **Leg pain**
- **Varicose veins**
- **Arthritis**
- **Sciatica**
- **Restless leg syndrome**
- **Hip pain**

Sitting or reading Position

Over 80% of back, neck and shoulder pain is caused by poor sitting position. The majority of people sit with their spines curved and their head and neck leaning forward. This causes the shoulders to be hunched and stress put on the spine. The CoziLift therapy support pillow can be used to support your sitting position to relieve spinal pressures.

Place the CoziLift in a vertical position with the vertical 8 inch side on the bed and the flat underside of the wedge against the headboard. The memory foam should then be against your back providing the optimum comfort and support to ensure a correct sitting posture.



Laptop Support

There are many times when we need to work on our laptop at home and many of us do this on the couch or in bed. If the laptop is placed on your lap this is usually too low which causes our head and neck to bend forward which places strain on the upper spine. Frequent use in this position can cause long term neck and shoulder pain together with headaches.



To use your laptop in the correct position when not at a table, place the CoziLift on your lap with the vertical end facing the foot of the bed and the memory foam side against your knees. The firmer foam on the underside of the CoziLift will provide a stable support for your laptop whilst the gel-infused memory foam cushion your legs and knees preventing sweating and pressure on your legs.

Replacement Cover Bonus

Your CoziLift Support Therapy Bed Wedge Pillow is supplied complete with its removable and washable Luxury Bamboo Pillow Cover. However if you ever need to replace it or purchase additional covers designed specifically to fit your new CoziLift bed wedge, you can get them here:

<https://www.amazon.com/CoziLift-Bed-Wedge-Pillow-Cover/dp/B07HG6HQXY>

As a customer of Zenesse Health we'd like to reward you with a **15% loyalty discount** on any replacement/additional covers you may need.

Simply enter **ZCOVER15** at checkout to claim your 15% loyalty bonus.



Product Warranty

Thank you for purchasing your CoziLift Support Therapy Wedge Pillow from Zenesse Health. You've made a really great choice as we use only the highest quality materials and workmanship to manufacture our range of therapy products with the aid of medical professionals nationwide.

We want you to know that we stand by our products and our customers, so if in the unlikely event that you are not satisfied, don't worry, we've got your back!

Your CoziLift Support Therapy Wedge Pillow comes with a full, no-quibble 3 month warranty from purchase. However if you register your product with Zenesse Health customer support directly, we will extend this to a FREE 5 year guarantee!

To take advantage of our FREE Extended Warranty offer, simply make a note of the information required below and register your purchase today at:

www.zenesse.health/warranty

Product Name:

Amazon/Zenesse Order No:

Purchase Date:



Helping you **“Live Great”**

For support visit: **www.zenesse.health**
or email: **support@zenesse.health**