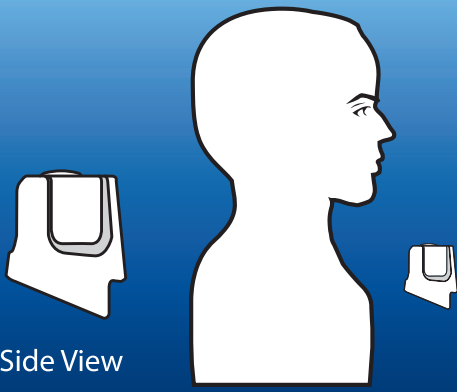
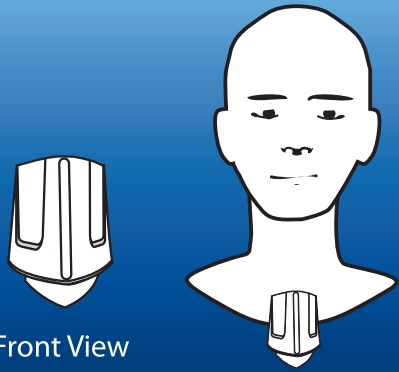


INSTRUCTIONS

Body types and neck sizes vary greatly, so please position your FlightSleep in the best position for your individual comfort.


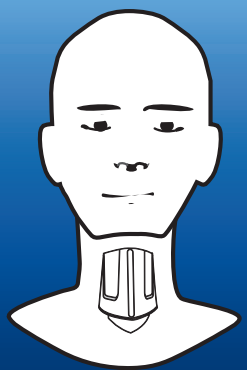
Step 1

Hold the FlightSleep with the slanted wedge portion on the bottom and the pointed edge facing away from you.

Side View  Front View 

Step 2

Raise your chin slightly and position the FlightSleep between your chin and your chest (collar bone area) with the back of the device touching your neck.

Side View  Front View 

Step 3

Lower your chin with your head slightly forward, resting the device on your chest. The weight of your head will keep the FlightSleep in a position that promotes natural rest.

Side View  Front View 

Contact Us
at CustomerService@flightsleep.com