GETTING STARTED

Your Sleepgram pillow is here! Before you can start sleeping, you will need to follow a few quick steps.

Remove your Sleepgram pillow from the vacuum-sealed plastic. Be careful not to damage the pillow.

Unzip your pillow and put the inner pillows and outer cover in the dryer for 10-15 minutes on low heat. The movement will allow the previously compressed filling to expand.

If you do not have a dryer available, hand-fluff inner pillows and outer cover for 2-3 minutes.

Put one or both inner pillows into the cover, depending on your preference, and zip. Slip your Sleepgram pillow into its pillowcase. Enjoy your own personal cloud!
ADJUSTING YOUR PILLOW

This is as advanced as your pillow can be without needing batteries. Here is a simple guide to adjusting your pillow to the proper firmness level.

SOFT:

Leave the blue pillow inside and remove the red pillow.

MEDIUM:

Leave the red pillow inside and remove the blue pillow.

MEDIUM-FIRM:

Leave both pillows inside.
Once upon a time, sleep came easily to the kingdom. When marketing wizards and mad scientists started stuffing pillows with cheap materials, low-quality feathers, and chemical foams, a good night’s sleep was nowhere to be found.

Hark! A Sleepgram pillow has arrived at your castle. Using premium fibers and the softest materials, Sleepgram, your knight in shining cotton, is here to put your nightmares to an end and get you back to sleeping peacefully.
Not all pillows are created equal. Feather pillows collapse. Foam pillows trap heat and are too firm. Cheap polyester pillows are lumpy. Your Sleepgram customizable microfiber pillow fixes all of these problems, so you can get back to counting sheep.
After 30 iterations, we’re confident that we’ve found a pillow that’s perfect for every bed. In front of you is the Sleepgram pillow: a miracle of modern pillow-engineering that utilizes premium fibers in customizable combinations to fit your sleeping needs. Snooze away on your back, side, or stomach on your choice of soft, medium, or firm pillow. It’s all here!
CARE INSTRUCTIONS

1. Machine wash gentle using a mild liquid detergent on medium or low heat. For best results, wash two pillows at a time to balance the load.

2. Tumble dry on low or no heat with dryer balls (or clean tennis balls).

3. Repeat step 2 until pillows are completely dry.
QUESTIONS? WE ARE HERE FOR YOU

If you have questions about your Sleepgram purchase, need something else to help you sleep, or we can help in any way, we are here for you.

877-25-SLEEP
(877-257-5337)
help@sleepgram.com
sleepgram.com

Monday through Friday:
6am — 6pm PT

Saturday:
7am — 5pm PT

100 NIGHT GUARANTEE

Sleep on it for 100 nights. If you don’t love it, we will give you a full refund.