

PRODUCT GUIDE

GUIDE TO CHOOSING A SLEEPING PILLOW

As faithful companions influencing sleep quality, pillows lovingly support our heads for about a third of our lives.

Experts tell us that optimal rest requires correct head, neck, and spine alignment. To achieve this, our choice of pillow is key as it allows for good breathing and muscles relaxation.

Choosing the ideal pillow's perfect consistency and height means considering physical characteristics such as build and height.

For example, sleeping on one's back or stomach, on a pillow that is too flat, or no pillow at all would force the neck to accentuate its curvature as it attempts to compensate for the back's curvature. Similarly, an excessively high pillow would force the spinal column and its supporting muscles into an unnatural position.

While we could imagine an *ideal* pillow for different sleeping positions, *standard* pillows will never fully satisfy our specific needs as they cannot simultaneously take our build into account.

However, with **Dolmie** pillows, the *ideal* pillow does exist! **Dolmie** pillows are completely customisable thanks to the latest generation of water-based memory foam cylinders that allow you to easily modify your pillow from soft and low, hard and high, and anything in between. Simply open the handy zip on the inner cover and remove or add the memory foam cylinders until you have achieved your very own, personal balance between firmness and height.

Dolmie is the perfect pillow for supine sleepers, heavily built sleepers, or those who move around in their sleep.

As anti-suffocation, anti-bacterial, anti-mite, anti-mildew, hypoallergenic and OEKO-TEX STANDARD certified, and machine washable, **Dolmie** pillows are also ideal for allergy and asthma sufferers.

If you prefer a more shapely and elegant line, choose the **Dolmie D-One** pillow - one side is entirely made of micro-perforated weave that amplifies thermoregulation while the other is in fabric composed of breathable padded microcells. Ideal for those who suffer from neck problems.

Choose **Dolmie Suite** if you prefer a pillow design that enhances volumes and has a rounded profile to soften its shape. It has a central 3 cm high micro-perforated band and two sides of breathable fabric that favour internal air exchange and rapid dispersion of humidity and heat - ideal for dealing with nighttime perspiration.

GUIDE TO CHOOSING A TRAVEL PILLOW

Whether travelling for business or pleasure, resting comfortably is a must to avoid bus, train, or plane trips from turning into a nightmare.

Travellers without a proper travel pillow often wake up with a stiff neck or even worse.

Dolmie travel pillows are specifically designed for comfortable travelling. To choose the best one, we need to consider pillow size, weight, materials, and shape.

Compact, lightweight pillows, effortlessly fitting into your hand luggage, are a welcome addition to travelling enjoyment.

Thanks to new technologies, pillows made of synthetic materials, fleece, microfibre, and even memory foam are available on the market - inflatable, collar, or U-shaped. There is an infinite number of them.

The collar pillow provides excellent support for the neck, while the inflatable pillow ensures the best comfort.

However, none simultaneously consider the consistency and height as **Dolmie D-travel** pillows do, encapsulating comfort, quality, design, and practicality in a single product like the Dolmie pillows

Only **Dolmie** pillows can be personalised thanks to their latest generation padding made of water-based memory foam cylinders that combat perspiration and facilitate air circulation, allowing the traveller to rest in a correct position in maximum comfort.

The **Dolmie D-travel** pillows are easy to transport and can be washed as often as you please, even in their convenient bag (sold separately). With every new trip your **Dolmie D-travel** will be clean and hygienic.

The **Dolmie Travel First** is the pillow for you if you travel a lot and need to rest well. With its rectangular shape and comfortable design, the **Dolmie Travel First** provides maximum comfort in any travel situation.

The **Dolmie Travel Tube** has been designed for travellers who need adequate neck support when travelling. Soft and flexible, it gives maximum comfort to your neck.