

HOW IT WORKS

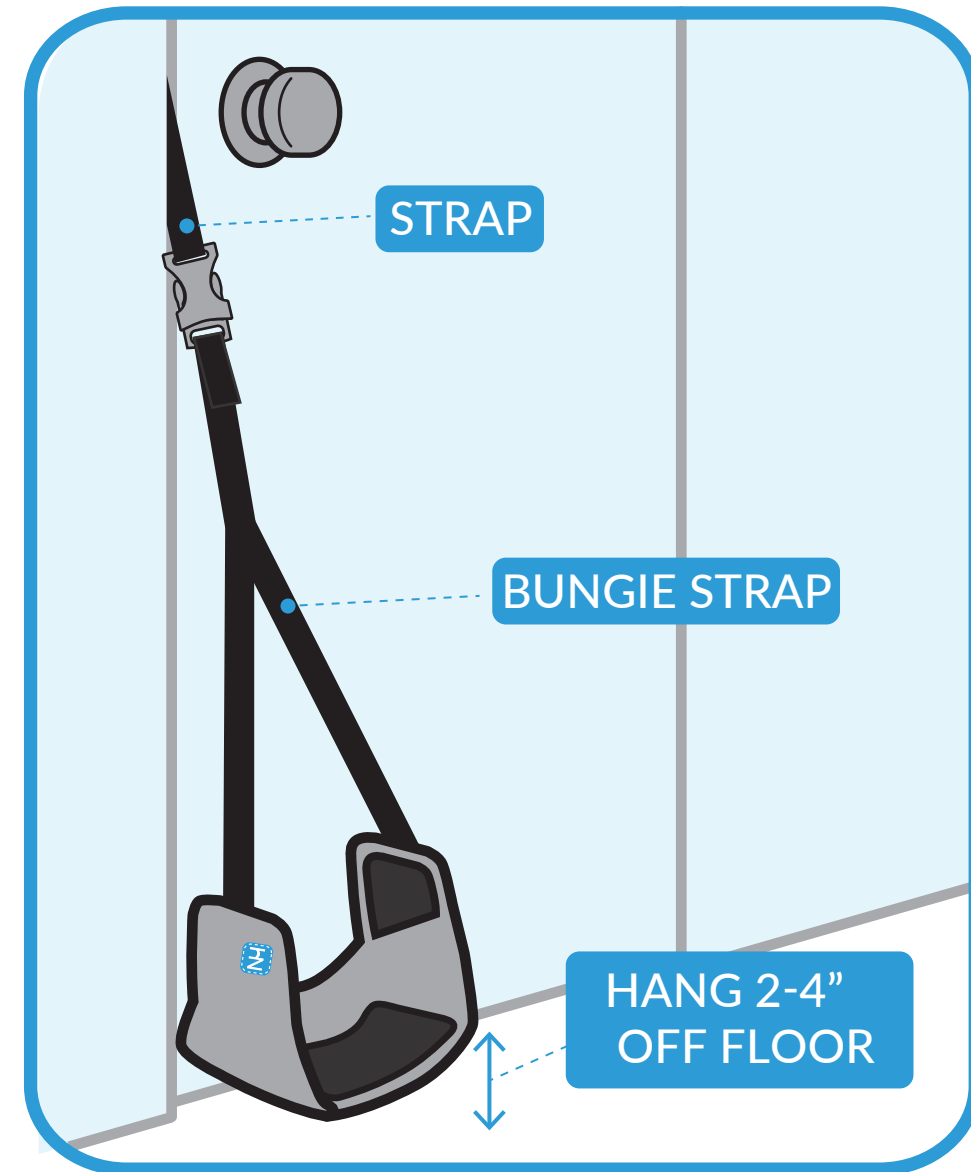
Dr. Steve Sudell Jr, a licensed Physical Therapist, designed the Neck Hammock to assist with:

1. Relieving stiff neck by gradually and gently decompressing your spine.
2. Stretching out those tight muscles and improving your posture.
3. Reducing stress and anxiety.
4. Feeling refreshed, relaxed, and simply amazing!

KEY FEATURES:

- **FAST RELIEF**
Ease neck pain in 10 mins or less
- **SUPER PORTABLE**
Use it at home or take it anywhere
- **AFFORDABLE**
Solving neck pain shouldn't cost a fortune

ASSEMBLY



TIPS

- When using a door to hang the Neck Hammock, place the door tag on the other side of the door.
- Only hang on secure and stable objects.
- Use a timer. Do not use for more than 15 mins at a time. Doing so can cause your neck to become stiff.
- Play meditation music to enhance your relaxation.

Visit: neckhammock.com for videos and FAQ's on how to wear your Neck Hammock.

Warning: Please Consult with your Doctor before use

Tag yourself using [@NeckHammock](https://twitter.com/NeckHammock) for a chance to win a free Neck Hammock!

Drop us a line! Service@neckhammock.com

Neck Hammock™



Neck Hammock™

WELCOME GUIDE

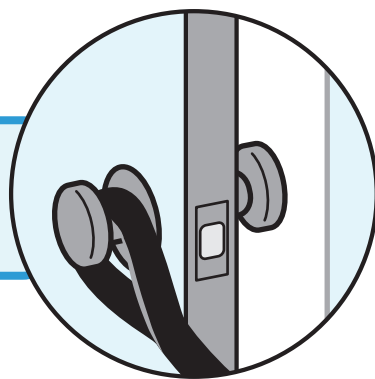


NeckHammock.com

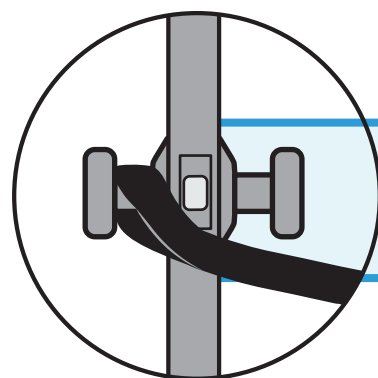
DOOR KNOB

OPTION 1

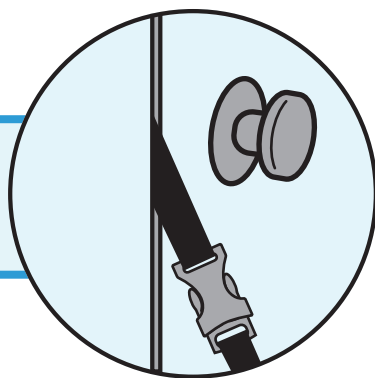
- 1** Wrap strap loop around door knob



- Pull strap through doorway **2**



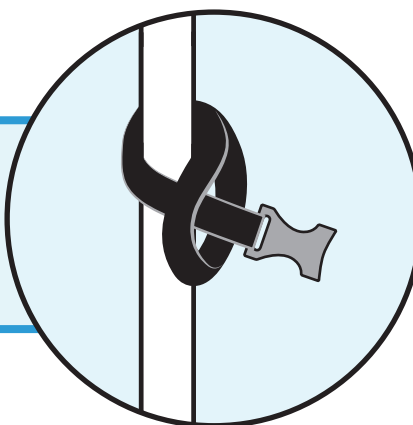
- 3** Close door and attach bungee strap



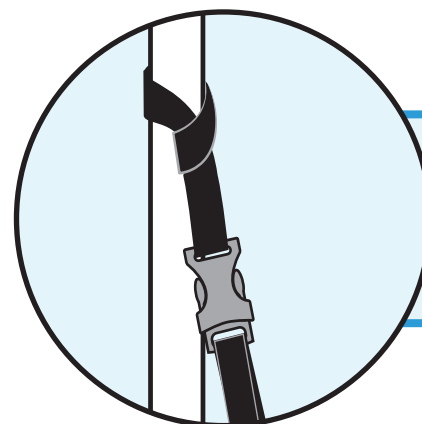
POLE/POST

OPTION 2

- 1** Wrap strap around pole and through the strap loop

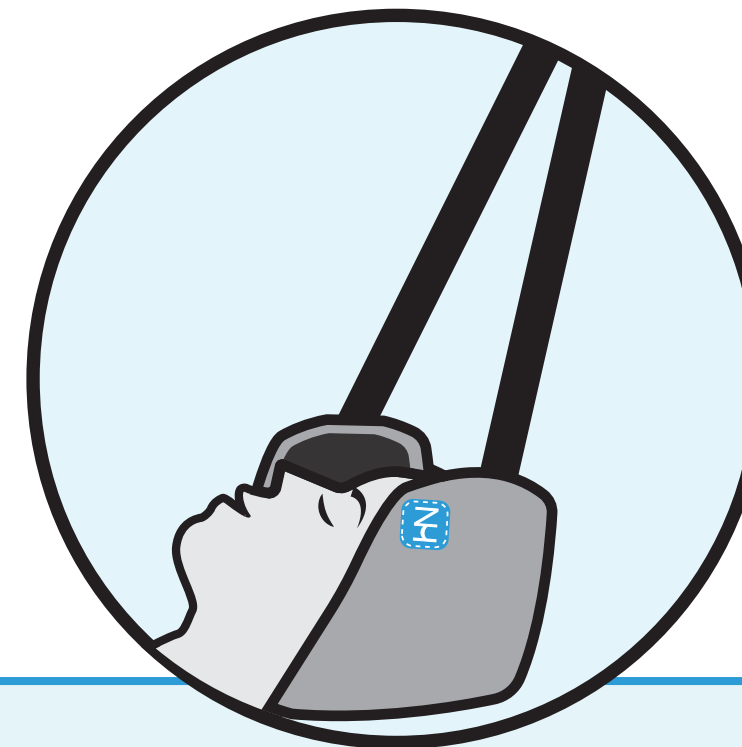


- Pull strap down and attached to bungee strap **2**



HAMMOCK

FINAL STEP



- Hang 2-4" off the ground to keep your head elevated.
- Wrap the base around the head.
- Close your eyes and relax.

*Head and neck should be in neutral position; adjust to fit comfortably



Neck Hammock™

For "How To Use" Videos
+ Guided Meditations:

Text [Relax8 to 818-686-5563](tel:818-686-5563)
or visit

"How to Use" section at
NeckHammock.com