

Gevorest

try
BEFORE
YOU BUY



innocent
pillow


innocent
Kids Pillow

innocent
Contour Pillow

innocent
breath

myPillow



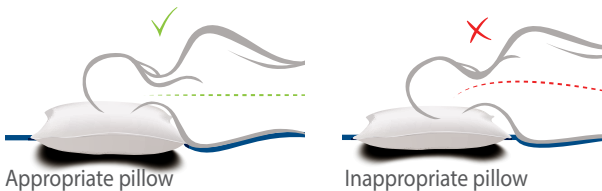
PILLOW AND SLEEP EDUCATION

The pillow together with the mattress and divan-base are the three most important factors that can define the Sleep quality. The purchase of a pillow must always follow a proper trial with the assistance of a qualified Sleep Advisor.

The criteria that need to be considered in order to choose the appropriate pillow for each person include:

- The sleeping position taken most of the time
- The body type, meaning the distance of the shoulders from the head
- The firmness of the mattress

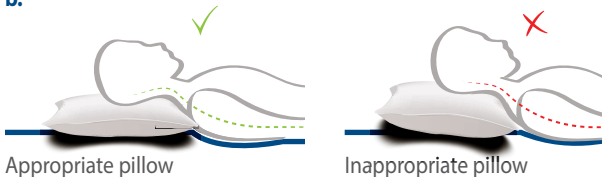
a.



If you are a side-sleeper then you need a high pillow in order to support the neck and to align it with the spine.

Your body type has to be taken into significant consideration only if you are a side-sleeper. The bigger the distance between the head and the shoulder, the higher the pillow has to be.

b.



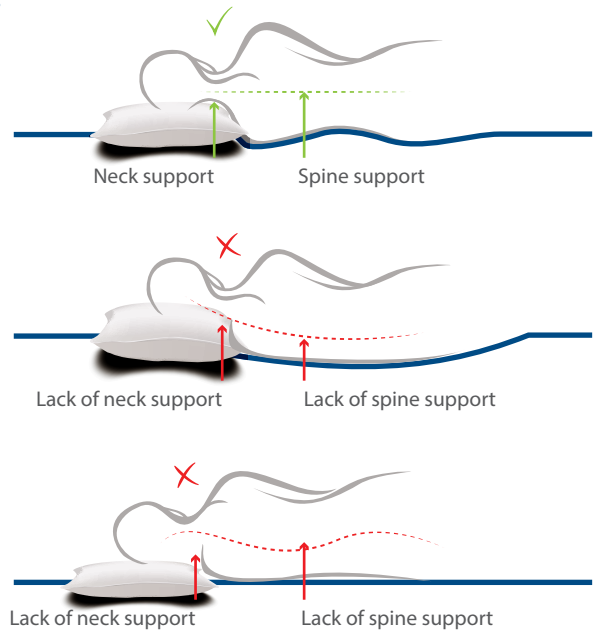
If you are a back sleeper then you need a lower pillow in order to support the head without applying any upward pressure to the neck.

c.



Make sure that your shoulders are not positioned at the top of the pillow during the trial and during sleeping.

d.



While sleeping on a soft mattress, the body sinks deeper into the mattress. As a result the distance between the shoulder and the head is smaller and therefore the pillow has to be low.

When the mattress is medium to firm the body does not sink as much into the mattress. In this case a higher pillow is more appropriate.

Reasons to change my pillow?

- Reduced comfort
- Sleep disturbances
- Neck pain
- Misalignment of the spine with the neck (as shown in the above illustrations)
- Purchase of a new mattress

Protecting the pillow and your health

The use of a protective pillow cover is necessary. It protects from different body secretions, for example sweat or saliva. At the same time it keeps the pillow clean throughout its lifetime without the need to wash it regularly.

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Athalassa Store

Athalassis Avenue 95
Tel: 22587122

Egkomi Store

October 28th Street 23, Egkomi
Tel 22587121

Latsia Store

Giannos Kranidiotis Street 100, Latsia
Tel 22587107

Aglantzia Store

Larnacos Avenue 52, Aglantzia
Tel 22587108

LARNACA

Larnaca Store

Spyrou Kyprianou Avenue & Agioi Anargiroi Avenue
Tel 22587124

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Kolonakiou street 54, Agios Athanasios
Tel: 22587125 – 22587134

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West Limassol Store

Paphou Street 6
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MYMALL Store

MYMALL Limassol
285 Franklin Roosevelt, 1st floor
Tel: 22587135

PAPHOS

Paphos Store

Mesogis Avenue 17B
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PARALIMNI

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