



Innocent
pillow



Is your pillow **innocent?**

Restful sleep is the result of many factors, but the true “key” lies where your head rests: on the right Innocent pillow. At Gevorest, we believe that the ideal pillow is not simply chosen... it is discovered.

That is why we invite you to test it thoroughly with the guidance of our Sleep Consultants. In our Sleep Centers, you will find a wide range of Innocent pillows, designed to make your health and well-being a priority. Because we have one goal in mind: your perfect sleep.



When Should I Replace My Pillow?

- 1. When you buy a new mattress:** A change in mattress firmness affects the distance between your neck and shoulder. A new mattress always calls for testing a new, properly suited pillow.
- 2. When your body “speaks”:** Headaches, neck pain, or numbness are often signs that your pillow is no longer providing the right support.
- 3. When it loses its shape:** Daily use gradually wears down the materials. If your pillow no longer helps you feel rested, replacing it is essential for uninterrupted sleep.
- 4. For hygiene reasons:** During sleep, pillows absorb sweat and body oils. If stains or yellowing appear, it is time for a fresh start.
- 5. When recommended by your doctor:** For conditions such as Gastroesophageal Reflux Disease, the specialized Innocent Breath pillow offers the proper incline to help relieve symptoms.
- 6. For allergy protection:** Fungi and dust mites accumulate over time. For a truly healthy sleep environment, we recommend replacing your pillow every two to three years.

Our advice: Never underestimate your relationship with your pillow — it is your closest sleep companion. And when the time comes to replace it, choose the right one through a careful and thorough trial.



Protection & Hygiene

Using a protective cover is essential. It acts as a shield against sweat and dust, helping keep your pillow clean and hygienic for much longer, without the need for frequent washing.

Before you buy any other pillow, try an **Innocent** pillow first.



Innocent Pillow

The Innocent Pillow collection offers high-quality pillows designed to suit all body types and sleeping preferences. Available in three different heights (high, medium, low) and three different comfort levels (firm, medium, soft).



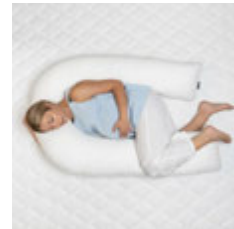
Innocent Kids

Children's pillows specially designed for young kids, featuring a low height profile and an exceptionally soft feel.



Innocent Contour

An anatomical pillow specially designed to support and relieve the neck from pain and discomfort.



Innocent Special Care Pillows

The Innocent Special Care range consists of specialized pillows designed to provide targeted anatomical support and relief. They are ideal for addressing specific needs such as breathing difficulties, musculoskeletal discomfort, and the need for proper body positioning during pregnancy and recovery.



Innocent Pregnancy

Especially ideal during the final trimester of pregnancy, offering relief and enhanced comfort during sleep. Later on, it also helps maintain the correct posture for breastfeeding mothers by elevating the baby to the desired height.



Innocent Breath

A pillow specially designed for:

- People suffering from Gastroesophageal Reflux Disease
- Those with asthma, breathing difficulties, or snoring issues
- Women during pregnancy
- Overweight individuals and long-term bedridden patients



Heel Elevator Pillow

A specialized solution for lower limb protection. It lifts the heels to improve circulation and prevent pressure sores, making it the perfect aid for post-operative care and recovery.



Comfy Seat Pillow

Transform any chair into a source of comfort. It reduces pressure from prolonged sitting, ensuring proper anatomy and relaxation at home, in the office, or during long flights.



Back Seat Pillow

Contours to your lower back, correcting posture during driving or working. Its lightweight structure makes it an essential accessory for the car or office, providing steady, all-day support.



Knee Comfort Pillow

The ultimate ally for side sleepers. It keeps legs and spine in perfect alignment, eliminating knee friction and ensuring an undisturbed, quality night's sleep without discomfort.



Lumbar Support Pillow

Engineered to follow the spine's natural curve. It prevents lower back strain and offers targeted support while remaining lightweight and easy to carry wherever you go.



Leg Elevator Pillow

Provides the ideal leg incline for immediate de-congestion and swelling reduction. A breath of fresh air for tired legs, perfect for use on the sofa or bed after long hours of standing.



Back Leg Support Pillow

Designed to elevate the knees, instantly decompressing the spine and hips. Ideal for those seeking relief in bed after a long day or during recovery and rehabilitation.



Mini Pillow

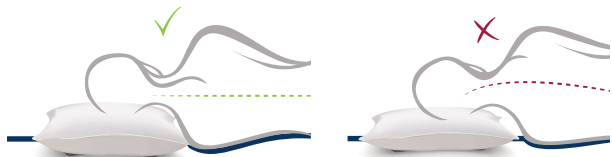
Small in size, big on comfort. It offers targeted relief for the neck or lower back and fits easily into any luggage. The practical solution for instant support during travel, work, or home.

Criteria for choosing the right pillow

1. Your usual sleeping position

If you sleep on your side

You will need a higher pillow that fills the distance between your shoulder and neck, providing proper support and keeping your neck aligned with your spine.



TIP: If you sleep on your side, it is recommended to place a soft pillow between your legs (Knee comfort pillow) to reduce pressure on your hips and lower back.

If you sleep on your back

You need a low-profile or anatomical pillow that supports your head without pushing your neck upward, helping maintain the natural alignment of your neck and spine.



TIP: If you sleep on your back, try placing a soft pillow under your knees (Back leg support pillow) to help support the natural curve of your spine.

If you sleep on your stomach

This sleeping position can place significant strain on your neck, as your head remains turned to one side for long periods. It may also cause discomfort in the lower back because the spine is not properly supported. For this reason, you will need a very low pillow - or no pillow at all.

TIP: If you sleep on your stomach, place a soft pillow under your pelvis for a more comfortable incline and additional support.

2. Your body type and the correct pillow positioning

Your body type plays a key role in choosing the right pillow height.

Make sure that your shoulders always remain below the pillow - not on top of it - both during testing and throughout your daily sleep routine.



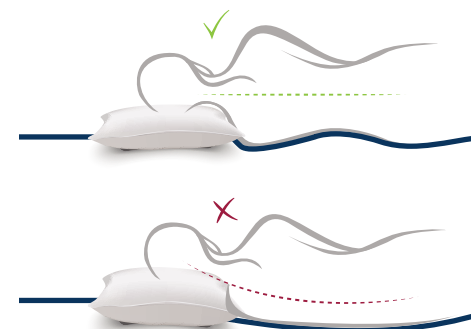
3. The firmness of your mattress

The Mattress & Pillow Combination

The right combination of mattress and pillow helps absorb and relieve pressure points throughout the body.

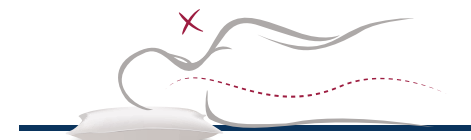
Soft mattress

The body sinks deeper into the mattress, reducing the distance between the shoulder and neck. In this case, a lower pillow is recommended.



Medium to firm mattress

The body sinks less into the mattress, making a higher pillow the more suitable choice.





At Gevorest, we believe that quality sleep is an essential foundation for a healthier, happier, and more energetic life. We are dedicated to the science and quality of sleep. We do not simply manufacture mattresses; we create the ideal sleep environment that enhances your rest, making sleep a true investment in your well-being.

We combine science and design to build the foundation of a healthy sleep experience.

The ideal sleep quality is based on three essential elements: **Base, Mattress and Pillow.** This perfect combination helps eliminate pressure points while ensuring proper alignment of the spine and neck.

Our advice: Before making any purchase, we strongly recommend a thorough trial with the guidance of a specialized **Sleep Consultant from Gevorest.**



NICOSIA

Athalassa Store

95, Athalassas Avenue
Tel: 22587122

Egkomi Store

23, October 28th Str., Egkomi
Tel: 22587121

Latsia Store

100, Giannos Kranidiotis Str.,
Latsia
Tel: 22587107

Aglantzia Store

98, Kyriñas Avenue
Platy Aglantzias
Tel: 22587108

Nicosia Mall Store

2, Madrid Street, Lakatamia
Nicosia Mall, Ground floor
Tel: 22587111

Mall of Cyprus Store

3, Verginas street, Strovolos
Mall of Cyprus, 1st floor
Tel: 22587138

LIMASSOL

Agios Athanasios Store

72, Agios Athanasios Avenue
Tel: 22587125 – 22587134

Makedonias Store

57, Spyrou Kyprianou Avenue
Tel: 22587106

West Limassol Store

6, Paphou Street
Tel: 22587136

MY MALL Store

285, Franklin Roosevelt Avenue
1st floor, Tel: 22587135

PARALIMNI

Paralimni Store

14, Sotiros Avenue
Tel: 22587127

LARNACA

Larnaca Store

26, Stratigou Timagia Avenue
Megaro Siantona
Tel: 22587124

Metropolis Mall Store

5, European Union Avenue
Metropolis Mall
Tel: 22587144

PAPHOS

Paphos Store

17B, Mesogis Avenue
Tel: 22587126

Kings Avenue Mall Store

2, Tombs of the Kings Avenue
1st floor, Tel: 22587140

