

Instruction Manual for Wearing Back2Sleep®

1. When wearing Back2Sleep®, make sure that you are comfortable and wearing a light t-shirt.



2. To ice or heat your back, insert a hot/cold pack in one of 3 pouches in the inner lining of the brace.



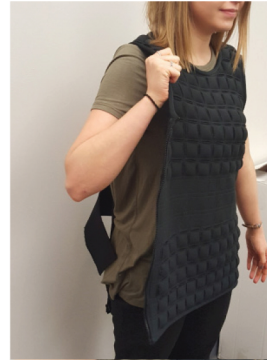
3. Make sure that the zipper on the left side of the brace is unzipped and the Velcro is unstrapped before placing on the brace.



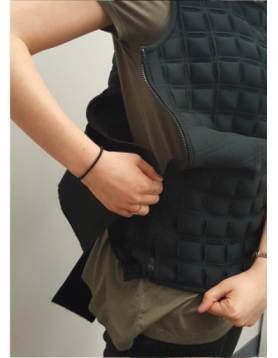
4. Raise the brace above your shoulders.



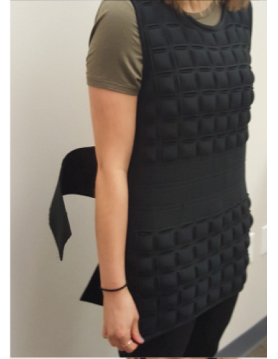
5. Bring the brace down over your head through the opening at the top center.



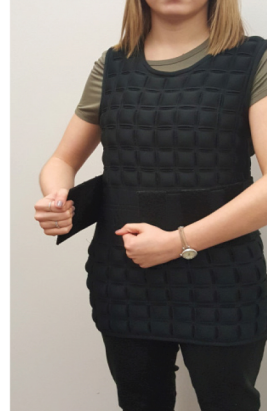
6. Pull the two ends of the zipper up to your waist, then zipper the garment.



7. Once zippered, pull the brace down over your hips.



8. Adjust the Velcro belt around your waist to the desired fit.



Now enjoy a restful night's sleep!