

# HOW IT WORKS

**Dr. Steve Sudell Jr**, a licensed Physical Therapist, designed The Neck Hammock to help:

1. Relieve your stiff and tight neck, gradually and gently decompressing your spine
2. Stretch out those tight muscles, improving your posture in only minutes per day
3. Reduce stress and anxiety
4. You will feel refreshed, relaxed and simply amazing

**We are super passionate about these 3 features:**

## FAST RELIEF

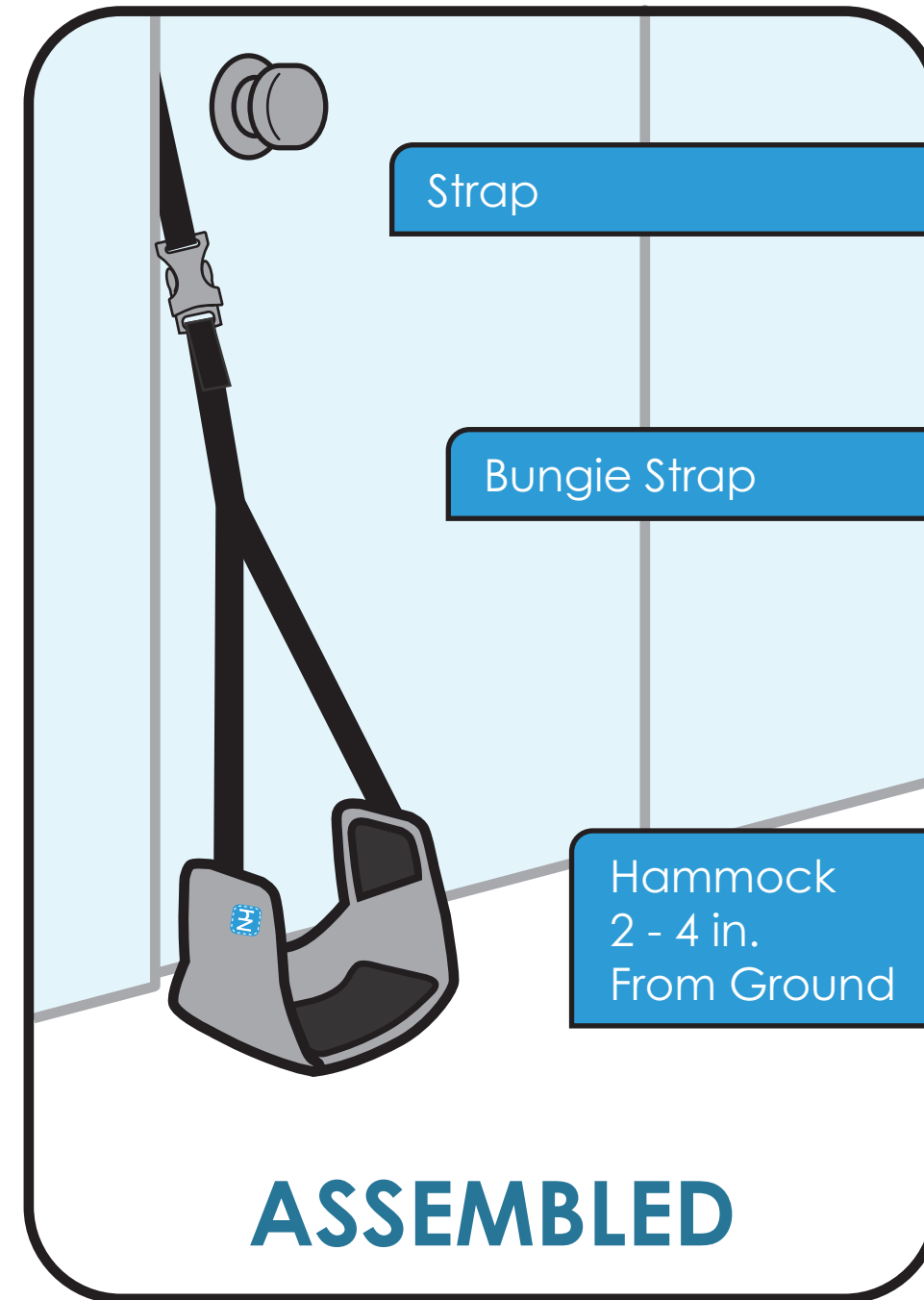
- Ease neck pain in 10 minutes or less

## SUPER PORTABLE

- Use it at home or take it anywhere

## AFFORDABLE

- Solving neck pain shouldn't cost an arm and a leg



# TIPS

- When using the door: hang the door tag on other side of the door
- Only use on secure/stable objects!
- Set a timer! **Do not use more than 15 minutes at a time.** Doing so may actually make your neck grumpy and stiff.
- Listen to your favorite meditation music to enhance the relaxation experience
- Visit: [theneckhammock.com](http://theneckhammock.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!** [Relax@theneckhammock.com](mailto:Relax@theneckhammock.com)

Neck Hammock™

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Neck Hammock™

Welcome guide

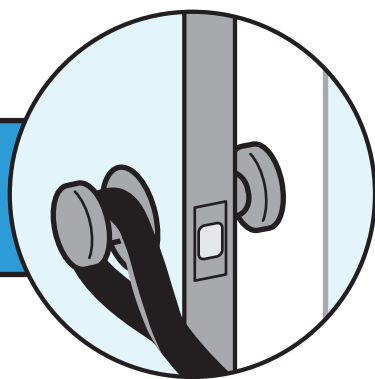


[theNeckHammock.com](http://theNeckHammock.com)

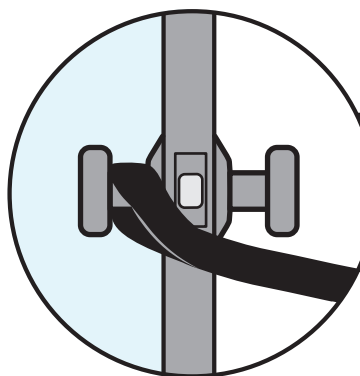
## DOOR KNOB

Strap

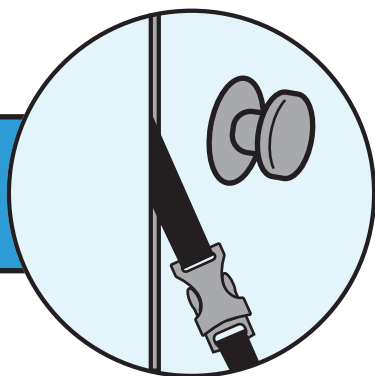
**1** Wrap strap loop around door knob



**2** Pull strap end through doorway



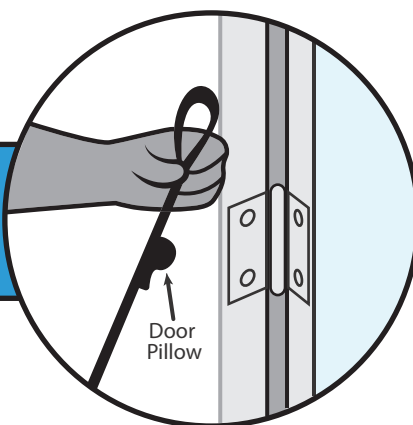
**3** Close door attach bungee strap



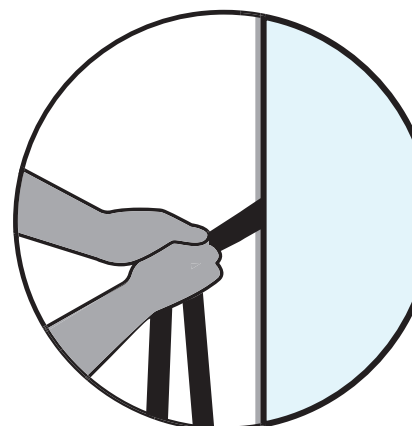
## DOOR JAMB

Strap

**1** Place door pillow in door jamb



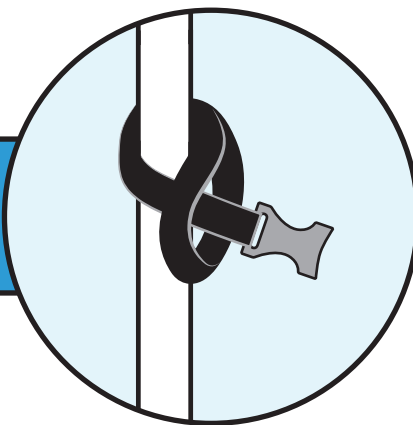
**2** Close door and pull tight



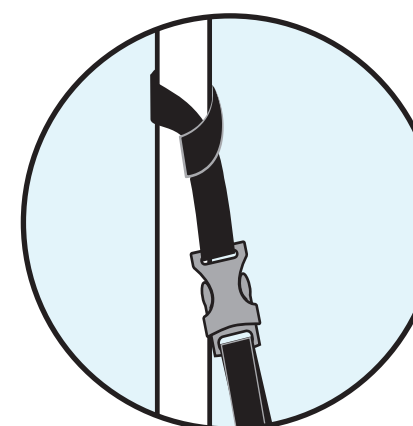
## POLE/POST

Strap

**1** Wrap strap. Pull end through loop



**2** Pull down and attach bungee strap



Wrap around the base of the head, close your eyes and relax

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

