

## Instructions for Sleeping/Resting

These instructions will enhance your unwinding process with ABC<sup>tm</sup> and save you time and money. Your spine unwinds and corrects itself only when it is unlocked and at ease. You will also sleep more soundly than you can imagine. (It is possible with this technique to sleep soundly on a cement floor, using boards instead of towels.) It sounds strange, but just try it out. It has been tested on thousands of individuals. Do you have to do this? No, but it will very likely save you time and money if you do.

Use Towels instead of your pillows. Towels do not crush like pillows do.

- **If you sleep on your side:**

Start out with a towel pile that is too high and go lower. Start with the towel height approximately the same as your spread fingers, thumb tip to pinkie tip.

Lay on the floor with about four to five towels folded in a pile. If your body is falling forward, add another layer of towel. If your body is falling backward, eliminate a layer of towel. One layer could make the difference. When you have the correct height your eyes will close almost automatically and you will feel like falling asleep. **FIND** the height that's right for you. To accommodate spinal curvatures you may be unwinding the height may not look level to an outside observer.



- **If you sleep on your back:**



Use a hand or bath towel and fold one end three times about two inches wide. Fold the other end in half. The towel under your neck is NOT a roll to push your neck up. It should feel like very light pressure.

It is recommended that you establish the height of the towels on the floor once before trying the bed. Because you will sink into the bed more than the floor, the towel height will change.

**ENJOY YOUR REST!**