

HOW TO CHOOSE THE BEST PILLOW

It's time to improve your sleep quality

GET THE MOST OUT OF YOUR SLEEP WITH CORRECT PILLOWS

YOUR PREFERRED FILLING TYPE



Memory Foam - moulds itself to the shape of your head and neck



Latex - creates a matrix of tiny inter-connected bubbles which give it bounce and spring



Fibre - there are several different types of synthetic fills such as wool & hollowfibre - allows for better breathability

PILLOW SIZE & DEPTH TIPS

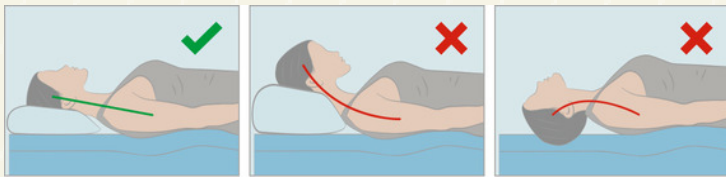
It matters.

Standard Pillow - 20" x 26"

Queen Pillow - 20" x 30"

King Pillow - 20" x 36"

TIP: The right size pillow provides support for the head & aligns with the shoulders, hips and heels



- Your pillow should be around 3 to 6 inches thick to provide the right amount of support.
- Side sleepers need to consider their shoulder width and the distance between the head & mattress

CONSIDER YOUR SLEEP STYLE



- **Front sleepers** - Should opt for very thin, flat pillows in order to maintain correct body alignment
- **Back sleepers** - Again, a thin flat pillow is best, this is because it doesn't throw your head too far forward or strain your neck
- **Side sleepers** - A supportive high pillow is ideal in order to keep your neck and spine aligned properly
- **Combination** - A medium height pillow that isn't too thin or too thick, should provide enough support for side and back sleeping.

CHECKLIST

Have you chosen a **pillow size** that is suitable for your body?

Chosen your preferred **filling type**?

Selected the right **pillow depth**?

