

Pillow Product Guide

Which pillow firmness is right for you?

- **Back sleepers:** You'll want to make sure your pillow isn't too firm. Firm pillows tilt your head too far forward, making neck and back pain inevitable. Look for medium firmness to ensure your head is resting at the right angle. Regular down pillows are too soft for back sleepers. Look for a down pillow with a firm cotton or memory foam core to provide stability, or try a foam pillow.
- **Side sleepers:** Make sure that the space between your head and neck is filled for a supportive night's sleep. Firm or extra-firm bed pillows are a side sleeper's best friend and will ensure that you wake up without neck pains or headaches. If you want a memory foam pillow, look for foam contour pillow that cradles the neck for the best sleep possible.
- **Stomach Sleepers:** Stomach sleepers need a soft pillow so that the head and neck aren't turned unnaturally to either side.

Filling Materials

- **Polyester:** Hypo-allergenic and odor free. Durable yet controllable. Easy Care and machine washable.
- **Naturals:** Lightweight, soft and flexible. Provides comfort and adjustable support. Durable and long lasting. Resilient- will keep their shape. Natural fibers can be down feathers and blends. White goose down is the soft insulating undercoat of geese. Duck down is the soft insulating undercoat of ducks.

When to replace your pillows

***80.1% Change pillows between 6 months - 5 years.**

- To figure out if your pillow lost its firmness, fold the pillow half. The pillow should spring back to its original shape when released. If the pillow stays folded, it may be time to replace.