



Pillow Guide

The purpose of a pillow is to provide support to the neck and head during sleep, yet remain comfortable and fresh during the night. Selecting the correct type of pillow is as important as choosing your mattress and duvet type. To ensure restful sleep, the head needs to be supported in a comfortable manner and the spine to remain as straight as possible. When considering a pillow purchase, think about the position you sleep in.

FRONT SLEEPERS



Front Sleeper:

A pillow with a firm rating is probably the worst thing you can have if you sleep on your front, as this will leave you with neck pain. Make sure you have a softer pillow to ensure the best support for your neck. You should opt for a pillow which is not over filled and maintains the head and neck position throughout the night.

BACK SLEEPERS



Back Sleeper:

Many people who sleep on their back only need a soft or medium level support, to keep the spine in alignment. A too firm pillow can cause neck and shoulder pain.

SIDE SLEEPERS



Side Sleeper:

Side sleepers do benefit from more support to ensure the spine is aligned to offer comfort for the neck and shoulder. A medium to firm support pillow is ideal for side sleepers.

Your body frame should also be considered when choosing your pillow. If you have broad shoulders and sleep on your side, you'll need a firm pillow that can maintain its shape to support your spine. If you have a small frame then a soft to medium pillow will suffice.