



How to Fit a Tempur-Pedic® Pillow

Based on your build, you should be able to make a fairly quick determination as to which size will be a good starting point for the fitting process (when in doubt, start with a Medium).

1. Place the pillow under your neck.
2. Give yourself a moment to adjust to the unique feeling.
3. Try the next larger size. Which is more comfortable?
4. Based on how the pillow fits and how it feels, continue to try different sizes until you find the one that is 'best' and provides proper alignment of your head, neck and spine.

Below are some helpful guidelines to help you find your perfect pillow.

Your Height	Your Body Type	Shoulder to Neck Measurement	Your Optimal Pillow Thickness	
			If you sleep on your side	If you sleep on your back
Under 5' 3"	Small - Average	Up to 4"	Small	Small
Under 5' 3"	Average - Large	4" - 6"	Medium	Small
5' 4" - 5' 9"	Small - Average	4" - 6"	Medium	Small
5' 4" - 5' 9"	Average - Large	6" - 8"	Large	Medium
5' 10" - Over 6'	Small - Average	8" - 10"	Large	Medium
5' 10" - Over 6'	Average - Large	Over 10"	Large	Large



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