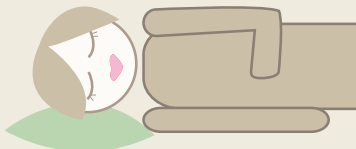


# Pillow Selection Guidelines

## Full Fill

A full-fill pillow offers the best head and neck support for people who sleep on their sides.



## Medium Fill

People who sleep on their backs usually select a medium pillow as the most comfortable option.



## Light Fill

Stomach sleepers usually need just a little elevation, for which the light loft is perfect. This loft is also excellent for children.



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