

FIRMNESS LEVEL	PILLOW SIZE OPTIONS & HEIGHT IN INCHES	
SOFT FOAM	0.0 Soft (4.5" tall)	1.0 Soft (5.5" tall)
	<ul style="list-style-type: none"> - have a very small body frame and/or - are a combination back & belly sleeper and/or - sleep on a relatively firm bed 	<ul style="list-style-type: none"> - have a medium shoulder width and/or - are a combination back & side sleeper and/or - sleep on a soft, contouring bed
<i>Select SOFT if you like the feel of down and...</i>	1.5 Soft (5.75" tall)	2.0 Soft (6" tall)
	<ul style="list-style-type: none"> - have a medium/large shoulder width and/or - primarily side sleeper and/or - sleep on a soft, contouring bed 	<ul style="list-style-type: none"> - have a large body frame and/or - primarily side sleeper and/or - sleep on a soft, contouring bed
MEDIUM FOAM	0.0 Medium (5" tall)	1.0 Medium (5.75" tall)
	<ul style="list-style-type: none"> - have a small body frame and/or - are primarily a back sleeper and/or - require more cervical spine support and/or - sleep on a soft, contouring bed 	<ul style="list-style-type: none"> - have a medium shoulder width and/or - are a combination back & side sleeper and/or - sleep on a soft, contouring bed and/or - require more head/neck support
<i>Select MEDIUM if you want greater support and...</i>	1.5 Medium (6" tall)	2.0 Medium (7" tall)
	<ul style="list-style-type: none"> - have a medium/large shoulder width and/or - primarily side sleeper and/or - sleep on a relatively firm bed and/or - possess a heavy large/ "noggin" 	<ul style="list-style-type: none"> - have a medium/large shoulder width and/or - possess a large/heavy "noggin" and/or - primarily side sleeper and/or - sleep on a relatively firm bed