

# Choose the Support Level that is perfect for you!

Characteristics		Child Age 3 - 11 Stomach Sleeper	Teenager - Back Sleeper	Teenager - Side Sleeper	Women - Back Sleeper	Women - Side Sleeper	Men - Back Sleeper	Men - Side Sleeper
<b>Support Level</b>								
<b>Yellow</b>	Child, Stomach Sleeper	• •						
<b>White</b>	Average Shoulder Width (Women), Shorter Neck		• • • • •					
<b>Green</b>	Average Shoulder Width (Men), Longer Neck		•	• • • • •				
<b>Blue</b>	Side Sleeper with Wide Shoulders						•	
<b>Red</b>	Side Sleeper with Extremely Broad Shoulder							•

**\*IMPORTANT:** If your body is accustomed to sleeping on down or feather pillows, you must reduce one level of support. For example, if the chart recommends “White” for you, drop one level to “Yellow.”

**Support Level “Yellow” – Least Fill – Ideal for:**

- Stomach Sleepers
- Children ages 3 – 11

**Support Level “White” – Regular Fill – Ideal for:**

- Most Side and Back Sleeping Women
- Narrow Shoulder, Back Sleeping Men
- Most Teenagers

**Support Level “Green” – More Fill – Ideal for:**

- Most Side and Back Sleeping Men
- Side Sleeping Teenagers with Broad Shoulders
- Side Sleeping Women with Wider Shoulders

**Support Level “Blue” – Most Fill – Ideal for:**

- Side Sleeping Men with Wide Shoulders

**Support Level “Red” – Maximum Fill – Ideal for:**

- Only for Side Sleeping Men with Extremely Wide Shoulders