

## Dressing your bed

with a luscious stack of overstuffed cushions makes it look mighty inviting, but at bedtime you'll probably want to ditch all but one: With multiple pillows, the neck can get scrunched, and the whole point is to keep the head and spine aligned.

1. Polyester-fiberfill standard-queen pillow, Martha Stewart Everyday, \$12.
2. Feather-down blend standard pillow, the Company Store, \$20.
3. Twenty-inch square, hypoallergenic down-alternative pillow, Hotel Collection by Macy's, \$80.
4. White linen full-queen sheet, Libeco Home, \$237.
5. Cashmere blanket, Christopher Fischer, \$990.
6. Striped linen standard pillowcase, Libeco Home, \$39.
7. Cashmere throw, Suite Home, \$2,800.

Mattress and bed, Design Within Reach. Background fabric, the Silk Trading Co. Rug, Neisha Crosland for the Rug Company.

## Pillow Talk

Attention, sleepers: If you toss and turn, the problem could be your pillow. It's not just a way to soften up your bed; it's crucial support for the head and neck. O makes a case for well-cushioned rest. ►



## Look Weird, Feel Great

**1. SIDE SLEEPER'S** scooped-out area accommodates ear; hooked shape prevents twisting. SleepPosture Pillow, Intromark, \$60.

**2. TWO-PARTER** has a firm, tubular bottom piece to ease neck strain and a softer upper section for the head. Down Neck Support Pillow, Cuddledown, \$119.

**3. FULL-LENGTH** pillow is useful during pregnancy; placed between the knees, it alleviates lower-back pain. Body Pillow, Select Comfort, \$70.

**4. READING WEDGE** offers reliable backup while you're sitting in bed. The Company Store, \$29.

**5. DOUBLE-DECKER** has a neck-support cylinder sandwiched between two layers, each with a different degree of firmness (so you can take your choice). Anatomic Pillow, Hästens, \$195.

**6. BOX PILLOW** provides extra elevation to help keep airways open and relieve breathing difficulties (like snoring). Lycell Down Side Sleeper, the Company Store, \$79.

**7. NECK ROLL** adds subtle support wherever there are gaps or stress points. W Hotels, \$30.

Background fabric, the Silk Trading Co. Daybed, ABC Carpet & Home. Rug, Dash and Albert. ▶

## How to Support Your Sleeping Style

The way you habitually lie down each night is a clue to the sort of pillow you need.

■ **BACK SLEEPERS** should bolster the neck—use a medium-density pillow with a cylinder at the bottom (a rolled-up towel also works). In cases of mild sleep apnea or snoring, this places the head in a chin-up position and may help you breathe easier, according to Clete Kushida, MD, PhD, who directs the Stanford University Center for Human Sleep Research. Plus: A pillow beneath your knees can reduce pressure on the lower back.

■ **SIDE SLEEPERS** require a firmer pillow that fills the uncomfortable gap between the head and bed, keeping the entire body in a horizontal line, says Arthur Spielman, PhD, associate director of the Center for Sleep Medicine of the New York–Presbyterian Hospital at Weill Cornell Medical Center. Plus: A pillow between the knees helps to “stack” the hips in proper alignment.

■ **STOMACH SLEEPERS** do best with a thinner, softer pillow that doesn't sabotage a level spine—a big, buoyant one would elevate the head too much and torture the neck. Plus: A sleeper who adopts the common half-side, half-stomach position may need a pillow under her flexed top leg to prevent the spine from twisting.



# What's Inside: The Pillow Filling Station



Plush stuff at a decent price: **POLYESTER MICROGEL FIBERS**, coated for extra softness, mimic the sybaritic texture of goose-down fillings but are far less expensive.



This **VISCOELASTIC "MEMORY" FOAM** takes the guesswork out of support, molding itself around points of tension and enabling muscles to relax.



The purest of the pure, **ORGANIC COTTON BATTING** contains no synthetics or chemicals and is naturally hypoallergenic.



When it's nap time, curl up with thousands of tiny **POLYESTER BEADS**—one of the new generation of luxurious-feeling synthetics now used to fill a pillow.



Why **GOOSE DOWN** is the gold standard in pillow fills: Fluffy clusters found on the breasts and underbellies of waterfowl provide superior softness, resilience, and insulation.



Firmer pillows often depend on the stiff, springy properties of **DUCK FEATHERS**, sometimes mixed with a little down (here, 10 percent) for softness.



Dense, temperature-sensitive **TEMPUR-PEDIC FOAM** adapts to your shape; it's a descendant of a high-tech material developed for NASA to help astronauts tolerate extreme gravitational forces.



To keep warm, dry, and allergy-free, **SHEEP'S-WOOL BATTING** could be just the ticket; it's a natural barrier to dust mites and is mold- and mildew-resistant, too.



For a pillow material that wears like iron, try **LATEX**. The pinholes let air circulate while you sleep. Background fabric, John Derian Dry Goods. >





### Invest in your rest

with a splurge on goose down or a deal on a fluffy, well-priced surrogate. There are pillows for every pocketbook.

1. Soft-density sateen synthetic down, Cuddledown, \$39.
2. Firm-density feather-down blend, the Company Store, \$29.
3. Medium-density cotton fiberfill, Calvin Klein Home, \$50.
4. Siberian white-goose down, Lauren Home, Ralph Lauren, \$130.
5. Outer chamber of soft goose-down surrounds firmer section that's 90 percent goose feathers, Garnet Hill, \$38.
6. European white goose down with woven cover, W Hotels, \$75.

Background fabric and cabinet, Josef Frank.

For details see Shop Guide.

### Case Notes

Pillows last longer with three layers of protection.

■ Ticking (nonremovable) keeps the filling in. Natural stuffings require tightly woven fabric so feathers don't poke through.

■ Pillow protectors (removable) fend off dirt, oil, sweat, and, frankly, drool. Hypoallergenic kinds resist dust mites and other irritants.

■ Pillowcases mainly look pretty and feel good. It's a myth that silk cases prevent wrinkles; actually, the best antiaging technique is...sleep.