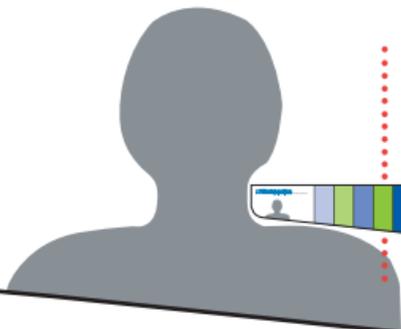


**Pillow Size Measuring System**



Measure from the base of the neck to the outside tip of the humerus bone.  
Choose the smaller size if your measurement falls on the black line.

CHILD  
6-10 Years  
Shoulder Length

PETITE  
Adult  
Shoulder Length

AVERAGE  
Adult  
Shoulder Length

LARGE  
Adult  
Shoulder Length

X-LARGE  
Adult  
Shoulder Length

To properly measure yourself for our Sleeping Pillows, please print out our Custom Measuring Ruler at 100% and cut along the outside black line. Follow the diagram for where to position on the neck to find out what size to order.