BUYING GUIDE

GOSA

Pillows

What sort of sleeper are you?
Did you know that the way you sleep determines the kind of pillow you sleep best on? You sleep most comfortably when the muscles in your head and neck are totally relaxed. So if you’re a typical side sleeper, your muscles need more support from a high pillow. If you prefer to sleep on your back, a pillow of medium thickness will do the job. And if you’re a stomach sleeper, a low pillow will support your head at just the right height without putting strain on your neck. That’s why we have GOSA pillows for all sleeping styles. So you can find the right fit for you and sleep your best.
WHEN YOU’RE CHOOSING A PILLOW
IT’S A GOOD IDEA TO...

... think about this
Our pillows come in three different heights – low, medium high and high. If you usually sleep on your stomach, a low pillow will be best for you. Choose a medium high pillow if you’re a back sleeper and a high pillow if you like to sleep on your side. So it’s a good idea to start by thinking about how you like to sleep.

... know about this
Within each pillow height group there are different filling materials – synthetic fibres, cellulose fibres and down/feathers. We also have pillows that provide extra support for your shoulders and neck. Small children are most comfortable with a low pillow. For older children, it’s best to choose a pillow according to the position they like to sleep in. You can find pillows for babies at Children’s IKEA.

FILLING MATERIAL

Synthetic fibres
Our synthetic pillows are very easy to care for. Some have a microfiber filling, which creates an extra soft pillow for you to sleep on. Synthetic pillows can be washed often, which makes them a good choice for people with allergies. During the wash, the fibres are spread evenly throughout the pillow and regain their fluffiness, without the pillow losing its shape. Another advantage of synthetic pillows is that they dry more quickly after being washed. We also have shaped foam pillows with temperature- and weight-sensitive foam filling. The filling moulds itself to the shape of your head and neck. Your muscles can relax and that means you shift around less and can sleep more soundly.

Cellulose fibres
Some of our pillows contain lyocell, a cellulose fibre derived from wood pulp. In addition to sharing the same positive properties in the wash as synthetic pillows, lyocell breathes well and absorbs moisture and draws it away. As a result, this combination of cellulose and synthetic fibres produces a fluffy pillow, which keeps your head and neck dry all night long.

Temperature-regulating lining
Some pillows contain a temperature-regulating lining. It absorbs and stores body heat when you’re too hot – and gives the heat back if you get cold. The temperature stays at a constant level and you can continue to sleep comfortably all night long.

Down/feathers
Down and feather fillings are soft and comfortable for your head. They are good at absorbing perspiration and keeping it away. Down contributes fluffiness and loft to the pillow, while feathers give the filling its resilience. This means that the more down a pillow contains, the softer it is.
OUTER FABRIC

We cover our pillows filled with synthetic and lyocell fibres with an outer fabric made from a blend of lyocell and cotton. Lyocell breathes efficiently and is effective in absorbing perspiration and drawing it away. The fabric stays wrinkle-free, but nevertheless feels soft and silky smooth against the skin.

The covers on our down/feather pillows and most of our pillows with synthetic fillings are made of 100 percent cotton. Just like other natural materials, cotton breathes very well. Good air circulation means that if the pillow gets damp, it will dry quickly. Together with down and feathers, which also dry quickly, a cotton cover gives you a dry environment in which to sleep with an even temperature closest to your body.

HOW TO CARE FOR YOUR PILLOW

Mites thrive in warm, dark, humid environments like beds. That’s why you should wash your pillow, as well as your quilt, sheets and quilt cover relatively often. All IKEA pillows can be washed at 60°C (the temperature at which mites die) and tumble-dried on normal heat.

Air out your pillow frequently so that it dries properly. That will keep it fresher for longer. It is a good idea, as well, to wait an hour or two each morning before covering your pillow with a bedspread.

Synthetic pillows are very easy to look after and can be washed and aired quickly. They also dry quickly.

Our foam filled pillows are sensitive to temperature and weight. Instead of washing these pillows, use a damp cloth to wipe them clean and wash the removable cover at 60°C.

When washing pillows with down/feather fillings you should use only one third of the normal amount of washing detergent. Place a couple of tennis balls together with the pillow in the tumble-dryer. This will help the filling to regain its fluffiness and dry more quickly after the wash. But be sure that none of the colour is transferred from the tennis balls to the pillow. The pillow should be completely dry before you use it. Do not vacuum or beat a down/feather pillow, as this can destroy the properties of the natural filling.

PILLOW PROTECTORS

Pillow protectors help keep your pillows clean and fresh so they last longer.

SKYDDA LÄTT  A pillow protector with polyester fibre filling.


50x80 cm  801.405.44  RM19.90
HIGH PILLOWS FOR SIDE SLEEPERS

If you usually sleep on your side, you will sleep best on a high pillow. This aligns your head and neck with your spine and enables you to lie straight and really relax.

GOSA VÄDD. A high synthetic pillow. The fibre ball filling makes the pillow soft and comfortable to sleep on.

- Outer fabric: 65% polyester, 35% cotton.
- Filling: polyester fibre balls.
- Filling weight: (50x80 cm) 600 g.
- 50x80 cm
- 401.735.22 RM29.90

GOSA PINJE. A high feather/down pillow. A high share of feathers in the filling transports moisture away and makes the pillow both resilient and supportive.

- Outer fabric: 100% cotton.
- Filling: 85% duck feathers/15% duck down.
- Filling weight: (50x60 cm) 800 g.
- 50x80 cm
- 301.291.29 RM49.90

GOSA HASSEL. A traditionally shaped pillow with filling of temperature- and weight-sensitive foam filling. It adapts to the temperature and weight of your head to give you good support and enables you to sleep comfortably. The cotton and polyester cover provides extra comfort and protects the pillow. It is also removable and washable to keep the pillow fresh for a long time.

- Cover: 65% polyester, 35% cotton, polyester wadding.
- Filling: polyurethane memory foam.
- 50x80 cm
- 601.735.02 RM79

GOSA SYREN. A high easy-to-care-for synthetic pillow with microfibre filling which gives a soft, airy feeling like down. The cotton outer fabric breathes and helps keep the pillow cool and dry.

- Outer fabric: 100% cotton.
- Filling: 100% polyester microfibre.
- Filling weight: (50x60 cm) 575 g.
- 50x80 cm
- 101.735.14 RM49.90

GOSA RAPS. A high down/feather pillow. A high share of down in the filling makes the pillow soft and fluffy. Down also absorbs and transports moisture away - and keeps you dry and comfortable all night. The cotton outer fabric breathes and helps keep the pillow cool and dry.

- Outer fabric: 100% cotton.
- Filling: 60% duck down/40% duck feathers.
- Filling weight: (50x60 cm) 700 g.
- 50x80 cm
- 401.313.20 RM159

IKEA 365+ FAST. A firm pillow shaped to follow the contours of your neck. The foam adapts to the temperature and weight of your head to give you very good support. The cover of lyocell/cotton outer fabric and polyester/lyocell filling effectively absorbs and transports moisture as well as giving you extra comfort and protecting the pillow. The cover is also removable and washable to keep the pillow fresh for a long time.

- Cover: 55% lyocell, 45% cotton, polyester/lyocell fibre wadding.
- Filling: polyurethane memory foam.
- 33x50 cm
- 301.736.12 RM89

GOSA LILJA. The cut-out for your shoulder follows the contours of your neck perfectly and the foam filling adapts to the temperature and weight of your head. This gives you optimal support when you sleep on your side – your muscles relax, you move less and sleep better. The cotton and polyester cover is removable and washable to keep the pillow fresh for a long time.

- Cover: 75% cotton, 25% polyester.
- Filling: polyurethane memory foam.
- 33x50 cm
- 501.735.07 RM199

GOSA VIDE/KÄRNA. A high pillow combination, ideal if you prefer to sleep on your side. Place a core pillow made of temperature- and weight-sensitive foam inside an extra soft outer pillow with temperature-regulating lining. The foam filling gives your head and neck support while the lining adapts to your body temperature and keeps you comfortable all night. The cotton outer fabric breathes and helps keep the pillow cool and dry. The outer pillow is machine washable.

- Outer pillow for core: Outer/inner fabric: 100% cotton.
- Lining: Temperature-regulating non-woven polyester.
- Filling: 100% polyester microfibre.
- Pillow core, side sleeper: Cover: 100% polyester.
- Filling: Polyurethane memory foam.
- The combination consists of two articles which are sold separately.

GOSA VIDE
- 50x80 cm
- 201.735.18 RM119

GOSA KÄRNA
- 33x60 cm
- 701.735.06 RM69
If you prefer to sleep on your back, a pillow of medium height is best. This gives your head and neck the support they need so that your whole body can totally relax.

### MEDIUM HIGH PILLOWS FOR BACK SLEEPERS

<table>
<thead>
<tr>
<th>PILLOW</th>
<th>DESCRIPTION</th>
<th>FABRIC</th>
<th>FILLING</th>
<th>PRICE</th>
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</thead>
<tbody>
<tr>
<td><strong>GOSA VÄDD.</strong></td>
<td>A synthetic pillow of medium thickness. The fibre ball filling makes the pillow soft and comfortable to sleep on.</td>
<td>Outer fabric: 65% polyester, 35% cotton. Filling: polyester fibre balls.</td>
<td>Filling weight: (50x60 cm) 500 g.</td>
<td>801.735.20 RM19.90</td>
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<tr>
<td><strong>GOSA PINJE.</strong></td>
<td>A medium-high down/feather pillow. A high share of feathers in the filling transports moisture away and makes the pillow both resilient and supportive.</td>
<td>Outer fabric: 100% cotton. Filling: 85% duck feathers/15% duck down.</td>
<td>Filling weight: (50x60 cm) 700 g.</td>
<td>201.291.15 RM39.90</td>
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<tr>
<td><strong>GOSA KRISSLA.</strong></td>
<td>A medium high pillow with an inner pillow made of temperature- and weight-sensitive foam inside a soft pillow cover with temperature-regulating lining. The foam filling gives your head and neck the best support while the lining adapts to your body temperature and keeps you comfortable all night. The fibre ball filling in the cover makes the pillow soft and comfortable to sleep on while the cotton outer fabric breathes and helps keep the pillow cool and dry.</td>
<td>Outer fabric: 100% cotton. Lining: Temperature-regulating lining. Filling Polyester fibre balls.</td>
<td>Filling weight: (50x60 cm) 475 g.</td>
<td>501.735.12 RM45.90</td>
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<tr>
<td><strong>GOSA SYREN.</strong></td>
<td>An easy-to-care-for synthetic pillow of medium thickness with microfiber filling, which makes the pillow extra soft, light and comfortable to sleep on. The cotton outer fabric breathes and helps keep the pillow cool and dry.</td>
<td>Outer fabric: 100% cotton. Filling: 100% polyester micro-fibre.</td>
<td>Filling weight: (50x60 cm) 475 g.</td>
<td>501.735.12 RM45.90</td>
</tr>
<tr>
<td><strong>GOSA RAPS.</strong></td>
<td>A medium-high down/feather pillow. A high share of down in the filling makes the pillow soft and fluffy. Down also absorbs and transports moisture away – and keeps you dry and comfortable all night. The cotton outer fabric breathes and helps keep the pillow cool and dry.</td>
<td>Outer fabric: 100% cotton. Filling: 60% duck down/40% duck feathers.</td>
<td>Filling weight: (50x60 cm) 570 g.</td>
<td>601.313.19 RM139</td>
</tr>
<tr>
<td><strong>IKEA 365+ FAST.</strong></td>
<td>A firm pillow shaped to follow the contours of your neck. The foam adapts to the temperature and weight of your head to give you very good support. The cover of lyocell/cotton outer fabric and polyester/lyocell filling effectively absorbs and wicks away moisture as well as giving you extra comfort and protecting the pillow. The cover is also removable and washable to keep the pillow fresh for a long time.</td>
<td>Cover: 55% lyocell, 45% cotton, polyester/lyocell fibre wadding. Filling: polyurethane memory foam.</td>
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<tr>
<td><strong>GOSA VIDE/KÄRNA.</strong></td>
<td>A medium high pillow combination, ideal if you prefer to sleep on your back. Place a core pillow made of temperature and weight sensitive foam inside an extra soft outer pillow with temperature-regulating lining. The foam filling gives your head and neck the best support while the lining adapts to your body temperature and keeps you comfortable all night. The cotton outer fabric breathes and helps keep the pillow cool and dry. The outer pillow is machine washable.</td>
<td>Outer pillow for core: Outer/inner fabric: 100% cotton. Lining: Temperature-regulating non-woven polyester. Filling: 100% polyester microfiber. Pillow core, side sleeper: Cover: 100% polyester. Filling: Polyurethane memory foam.</td>
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**LOW PILLOWS FOR STOMACH SLEEPERS**

If you prefer to sleep on your stomach, you will sleep best on a low pillow. This reduces pressure on your neck and muscle tension.

<table>
<thead>
<tr>
<th><strong>GOSA VÄDD.</strong> A low synthetic pillow. The fibre ball filling makes the pillow soft and comfortable to sleep on.</th>
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<tbody>
<tr>
<td>Outer fabric: 65% polyester, 35% cotton. Filling: polyester fibre balls. Filling weight: (50x60 cm) 400 g.</td>
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<td>50x80 cm</td>
<td>001.735.24</td>
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<tr>
<th><strong>GOSA PINJE.</strong> A low down/feather pillow. A high share of feathers in the filling transports moisture away and makes the pillow both resilient and supportive.</th>
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<tbody>
<tr>
<td>Outer fabric: 100% cotton. Filling: 85% duck feathers/15% duck down. Filling weight: (50x60 cm) 570 g.</td>
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<td>50x80 cm</td>
<td>101.252.74</td>
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<table>
<thead>
<tr>
<th><strong>GOSA VIDE.</strong> A low easy-to-care-for synthetic outer pillow. The temperature-regulating lining adapts to your body temperature and keeps you comfortably warm all night. The microfiber filling makes the pillow extra soft, light and comfortable to sleep on, while the cotton outer fabric breathes and helps keep the pillow cool and dry.</th>
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<tr>
<td>50x80 cm</td>
<td>201.735.18</td>
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<table>
<thead>
<tr>
<th><strong>GOSA SYREN.</strong> A low easy-to-care-for synthetic pillow with microfiber filling, gives a soft, airy feeling like down. The cotton outer fabric breathes and helps keep the pillow cool and dry.</th>
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</thead>
<tbody>
<tr>
<td>Outer fabric: 100% cotton. Filling: 100% polyester microfibre. Filling weight: (50x60 cm) 375 g.</td>
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<td>50x80 cm</td>
<td>601.735.16</td>
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<tr>
<th><strong>GOSA RAPS.</strong> A low down/feather pillow. A high share of down in the filling makes the pillow soft and fluffy. Down also absorbs and transports moisture away – and keeps you dry and comfortable all night. The cotton outer fabric breathes and helps keep the pillow cool and dry.</th>
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<tbody>
<tr>
<td>Outer fabric: 100% cotton. Filling: 60% duck down/40% duck feathers. Filling weight: (50x60 cm) 420 g.</td>
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<td>50x80 cm</td>
<td>701.312.86</td>
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Some prices may be subject to change.