



# PILLOW PAIR GAME

The right pillow will help you get into good sleeping position, helping you stay comfortable and reduce sleep problems.

In this self-led workshop follow along our pillow pair chart to help pair you with your perfect pillow! Once you’ve determined what type of pillow works best for you, use our product & solution to see what IKEA pillow you match with.

Let’s find out what best describes your sleeping habits in the quiz below!

Pillow Pair Game – What describes you best?										
SLEEPING POSITION			PILLOW FIRMNESS		PAIN		ALLERGIES?		TEMPERATURE CONTROL	
Back sleeper?	Side sleeper?	Front sleeper?	Soft?	Firm	Neck pain?	Back pain?	Yes?	No?	Too hot?	Too cold?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Are you a back sleeper, a side sleeper, or a front sleeper?

Which position you sleep in plays a big part in the kind of pillow you should be using. Back sleepers should have a medium height pillow to support the natural curve of the spine. Side sleepers should have a firm, high pillow, while stomach sleepers should sleep with a pillow that is flatter.

## Do you prefer a firm pillow or a soft pillow?

Back and side sleepers should consider a firmer pillow, while front sleepers should opt for a low, soft pillow.

## Do you suffer from any pain?

Certain pillows in our range mold to the shape of your neck and head to support and prevent further pain.

## Do you suffer from allergies?

Customers with allergies should go with synthetic fillings in their pillow, such as microfiber.

## Are you too hot or too cold at night?

Some of our pillows adjust to your temperature during the night and/or absorb moisture.

PILLOW PAIR QUIZ RESULT SOLUTIONS				
Sleeping position	Pillow firmness	Pain	Allergies	Temperature control
Which position you sleep in plays a big part in the kind of pillow you should be using. What sleep position do you sleep	What level of pillow firmness do you prefer?	Do you suffer from any pain?	Does you suffer from any allergies?	Does you get too hot during the night?
Back sleepers should have a medium height pillow to support the natural curve of the spine. Side sleepers should have a firm, high pillow, while stomach sleepers should sleep with a pillow that is flatter.	Back and side sleepers should consider a firmer pillow, while front sleepers should opt for a low, soft pillow.	Some of our pillows mold to the shape of your neck and head to support and prevent further pain.	Customers with allergies should go with synthetic fillings in their pillow, such as microfiber.	Some of our pillows adjust to your temperature during the night and/or absorb moisture

## What pillow is your best match?

If you are a back or side sleeper, and prefer a softer pillow, LAPPTÅTEL pillow or the LUNDTRAV pillow are both great options for you.

Are you looking for additional support of your neck or back and a pillow that will keep you cool throughout the night? The KLUBBSPORRE ergonomic pillow fits that request.

Learn more about what your pillow pair match is in the chart below.

	SLEEPING POSITION			PILLOW FIRMNESS		ADDITIONAL SUPPORT		ALLERGIES	TEMPERATURE CONTROL	
	Back sleeper?	Side sleeper?	Front sleeper?	Soft?	Firm?	Neck?	Back?	Yes?	Too hot?	Too cold?
LAPPTÅTEL	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>						
LUNDTRAV	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>						
RUMSMALVA	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
KLUBBSPORRE	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
GULKAVLE	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>	
SKOGSFRÅKEN			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						
GRÖNAMARANT	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				
NÄBBSTARR	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>				
VILDKORN	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					
MJÖLKKLOCKA	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
BERGVEN	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
SKOGSOLVON	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
ROSENSKÅRM	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
KVARNVEN	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

In-store and online availability may vary.