

Frequently Asked Questions about TEMPUR Pillows

One of the things we are most proud of is the fact that TEMPUR pillows are different to many of the conventional pillows available today. Whether you're talking design, quality, range, or simply the outstanding level of support and comfort our pillows offer, it is this difference that sets us apart from our competition.

What we also understand, however, is that by being different, we may need to answer some questions regarding how our pillows work, and what they can offer. That's why on this page, we will list answers to some of the questions we are most commonly asked, so you can find out for yourself why different is better.

Q. What are TEMPUR pillows made of?

A. Designed to offer pressure-relieving support within a huggable, easily-shaped design, the Comfort, Traditional and Ombracio pillows are made up of shredded TEMPUR material, enclosed in a TEMPUR membrane.

Within the TEMPUR Ergonomic pillow collection, the Original, Symphony and Millennium pillows are made from TEMPUR material poured into moulds. This provides consistent, all night support, without the need for shifting or reshaping.

Q. Where are TEMPUR pillows made?

A. At TEMPUR, we do not outsource the manufacture of any of our pillows. This allows us to retain the highest manufacturing and design standards with each and every pillow we create. All TEMPUR pillows are made in Denmark.

Q. How long do TEMPUR pillows last?

A. TEMPUR pillows are made to last, which is why we offer a three year warranty on all of our pillows as part of our TEMPUR Guarantee. That means you can rely on your TEMPUR pillow to offer the same great level of comfort and support on day 1095 as it does on day 1.

Q. Why do TEMPUR pillows cost more than conventional pillows?

A. While you may see conventional pillows on sale at 'bargain' prices, you should think about what a pillow should offer before you buy.

First, consider how much time you spend in bed asleep. Your head will rest on your pillow for around eight hours each night, or in other words, one-third of each day. With that much time in use, you need your pillow to offer durability, while also providing the support your head and neck needs to stay properly aligned throughout the night.

Cheap conventional pillows tend not to last long, and it's unlikely they provide the support you need either. That means, not only will you have to spend more money to replace them sooner – creating waste that is not great for the environment – you may also not benefit from comfort or support over time.

On the other hand, TEMPUR pillows offer superior design, with options to suit various sleep styles and preferences. They are built to last, with each TEMPUR pillow offering a three-year warranty. Not only that, TEMPUR pillows are the only pillows to be endorsed by NASA.

So, are TEMPUR pillows worth it? While the initial outlay may be somewhat larger than cheap conventional pillows, TEMPUR pillows provide durability, quality and support from day one, allowing you to invest in your quality of sleep and your comfort over the long term.

Q. What is the best TEMPUR Pillow?

A. Instead of simply asking what is the best TEMPUR pillow, you need to ask what is the best TEMPUR pillow for you. With a wide range on offer, TEMPUR pillows are designed to suit all sleep styles and preferences. So, to find the best TEMPUR pillow for you, you first need to think about how you sleep.

To do this, consider what you want from your pillow. Do you want an ergonomic pillow that is contoured to your head and neck? Within the TEMPUR Ergonomic pillow collection, you can find options that feature design shaping to offer contouring and support for the sleep position you favour most.

Alternatively, if you prefer traditional pillow shaping, you can choose from the TEMPUR Traditional pillow collection. Within this collection, you can choose your pillow according to your sleep style and your preferred level of firmness.

Q. What is the best pillow for a side sleeper?

A. If you are a side sleeper and prefer the feel of a more traditionally shaped pillow, you can find all the support you need within TEMPUR's Traditional pillow collection. However, if you're looking for ergonomic support as a side sleeper, be sure to take the TEMPUR Original Pillow into consideration. Available in a variety of sizes, this pillow offers exceptional support for side sleepers.

The TEMPUR Symphony Pillow may provide another alternative if you tend to switch between sleeping on your side and your back. This ergonomic pillow is designed as two pillows in one, with one side supporting side sleepers, and the other supporting back sleepers.

Q. What is the best pillow for a back sleeper?

A. If you sleep on your back, you may find your perfect fit within TEMPUR's Traditional collection of traditionally shaped pillows, with soft, medium and firm feel on offer.

The TEMPUR Millennium Pillow is designed specifically to suit back sleepers, with a curved edge and a contoured top working to cradle your neck and support your head as you sleep. The TEMPUR Symphony Pillow offers another alternative for back sleepers who also sleep on their side.

Q. What is the best pillow for a front or stomach sleeper?

A. When you sleep on your stomach, it's important to make sure your pillow does not cause improper alignment of your spine. The TEMPUR Ombracio Pillow is ergonomically designed to support stomach sleepers, with indentations at the side allowing for easier breathing. The shape of this pillow, along with its material and cover, all work together to offer superior comfort and support as you sleep on your stomach.

Q. How long does it take to get used to a TEMPUR pillow?

A. When you get a new pillow, no matter what type of pillow you opt for, there is likely to be a period of adjustment as you get used to the way it feels.

How long it takes to get used to your new TEMPUR pillow will usually depend on the type of pillow you choose. If you opt for a TEMPUR pillow from the Traditional pillow collection, this will have the feel of a conventional pillow, so there shouldn't be much of an adjustment period. You may find it softens up slightly over time.

If you opt for a pillow from the Ergonomic pillow collection, there will be a period of adjustment where you will need to allow for the cells within the TEMPUR material to open fully. As these cells open in response to body heat, you may find it helpful to sit on your pillow initially. Over time, the cells will open naturally, to allow for a softer feel.

Q. What do you do if your TEMPUR pillow is too firm at first?

A. If you find your new TEMPUR pillow is too firm at first, you may want to sit on it to soften it. Why? When the pillow is new, the cell structure within the TEMPUR material is not fully open. By sitting on the pillow, your body weight and heat will help to open those cells, working to soften it faster. You will only need to do this over the short adjustment period, as once the cells are fully open, they will become more responsive to offer a softer and more comfortable feel.

Q. Does my TEMPUR pillow offer the same support after it softens?

A. After the initial adjustment period, your TEMPUR pillow will become softer and offer a more comfortable feel. But, does it still provide the support you need? The answer is yes. The TEMPUR material in your pillow is working exactly as it should. The open-cell structure is now fully open, promoting better ventilation and continued support, despite feeling different to the way it felt when you first started using it.

Q. Do TEMPUR pillows help if you have neck pain?

A. If you have a stiff neck or neck pain, TEMPUR pillows may provide some pressure relief and support as you sleep. But, while TEMPUR pillows are designed to help provide comfort for your back and neck, it is always advisable that you consult a qualified medical practitioner for advice with neck pain.

Q. How do you sleep on a TEMPUR pillow?

A. Wondering how to sleep on a TEMPUR pillow? With the Traditional pillow range, it's just as you would any other pillow! Simply place your head on your TEMPUR pillow, in whatever sleep position you find comfortable.

Alternatively, if you're using a TEMPUR Ergonomic pillow, for example, the TEMPUR® Original Pillow, these are uniquely shaped to follow the natural curve of your body. Place the pillow contour side up, as pictured below. This helps to support the alignment of your spine, making sure your body remains supported throughout the night.



Q. What side of a TEMPUR pillow do you sleep on?

A. Within the TEMPUR pillow range, there are two collections: Traditional and Ergonomic. With their classic pillow shaping, TEMPUR pillows within the Traditional collection can be slept on in any way you find comfortable. However, TEMPUR pillows in the Ergonomic collection are designed to offer support according to your favoured sleep position. That means the pillow you choose will work best when you place it according to the instructions provided.

Q. Can the TEMPUR pillow be washed?

A. Can you wash a TEMPUR pillow? That depends on the type of TEMPUR pillow you choose. In general, TEMPUR material cannot be washed or dry cleaned. If you try to wash traditional TEMPUR pillows, the TEMPUR material within them will no longer function as it should.

Instead, if you have a traditional TEMPUR pillow, first remove the cover to ventilate the TEMPUR material. You may carefully wipe the surface of the pillow with a well-wrung cloth to remove surface stains or dirt. To wash the cover, turn it inside-out, close the zipper, and follow the care instructions. You may air dry or tumble dry the cover.

Q. Do TEMPUR pillows come with pillowcases?

A. Every TEMPUR pillow comes with a washable cover. Designed to meet OEKO-TEX® CLASS 1 standards, these hypoallergenic covers can be removed and washed as needed at temperatures up to 60°C to kill dust mites.

It is up to you whether you decide to put a pillowcase over this cover.

Q. Do you put pillowcases on TEMPUR pillows?

A. We understand your sleep space is your sanctuary. Which means it has to look the part for it to feel the part. Helping you create a cohesive environment, no matter your choice of décor, your TEMPUR pillows will blend seamlessly within your sanctuary using your choice of pillowcase. So yes, in short, you can put pillowcases on your TEMPUR pillow.