

Side Sleeper

Your Body Structure

Your Height	Your Body Structure		
	Small	Medium	Large
4'8"-5' 142-152 cm	S	S	S
5'-5'6" 152-168 cm	S	M	M
5'5"-6' 165-183 cm	M	M	L
5'11"-6'6" 180-198 cm	M/L	L	XL

Back Sleeper

Your Body Structure

Your Height	Your Body Structure		
	Small	Medium	Large
4'8"-5' 142-152 cm	XS	S	S/M
5'-5'6" 152-168 cm	S	S	M
5'5"-6' 165-183 cm	S/M	M	M
5'11"-6'6" 180-198 cm	M	M	L

How to Quickly Estimate Body Structure

Grip your wrist using your thumb and longest finger.



Finger and thumb overlap

= **SMALL** Structure



Finger and thumb just touch

= **MEDIUM** Structure



Finger and thumb don't touch

= **LARGE** Structure