Side Sleeper

Your Height	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

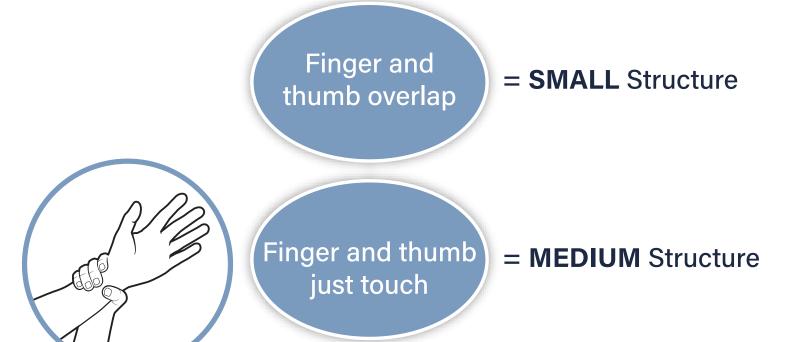
Back Sleeper

Your Body Structure

Your Height	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 don't touch

= **LARGE** Structure