

Tempur-Pedic Snoring Study Results

Executed by: Preston-Osborne Marketing Communications and Research

Study Design

48 couples participated in and completed a 30-day evaluation of The Original Swedish Neck Pillow™. Pillows were provided to those who snore and their bedmates were asked to keep a brief sleep log related to the effectiveness of the pillow in reducing snoring. Users of the pillow were also surveyed regarding the comfort and usability of the pillow.



Prior to the study, 68.8% of snorers slept on a polyester or cotton-fiber filled pillow, 12.5% of snorers slept on a feather or down-filled pillow and 18.8% of snorers slept on a foam pillow.

Key Findings

- The percentage of bedmates who report that their partner's snoring is extremely/very disruptive declined from 85% to 10%.
- The percentage of bedmates awakened 4 or more nights per week decreased from 98% to 31%.
- The percentage of bedmates who report losing one-half hour or more of sleep because of their partner's snoring declined from 92% to 25%.
- 75% of bedmates report that the frequency of their partner's snoring decreased during the test period.
- 75% of snorers reported that they slept better overall when using The Original Swedish Neck Pillow™.
- 73% of bedmates reported that the volume of their partner's snoring decreased during the test period.
- 73% of bedmates reported that they slept better when their partners used The Original Swedish Neck Pillow™.
- 73% of snorers reported they would recommend The Original Swedish Neck Pillow™ to other snorers.

Key Quotes

The pillow has made a huge difference in our lives. Sometimes I work second shift and get off at midnight. Before, he would already be in the bed snoring and it would take me at least 30 minutes to tune him out and fall asleep because he snores like a train. But since he's been doing the study, I come home and have to check and see if he is breathing because he is sleeping so quietly. That pillow really works.

I was amazed! He started using it the first day he got it and it started working the first day. It really helped stop his snoring. It also fit him great. He's a big guy and a lot of things don't fit him, but this did.

My husband doesn't deal with change well, but he loves the pillow. He really embraced the pillow because it was really working and helping him with his snoring. He said it helped him sleep better, and he didn't have aches and pains after sleeping on it.

The biggest thing that I noticed was the pillow helped decrease the intensity of the snoring. He still snored, but it was much less disruptive with the Tempur-Pedic pillow.

My husband left for a fishing trip this weekend with some of his buddies, and he made sure not to leave his pillow. He has really become attached to it.