The Pillow Loft Fit Sheet

Measure your ideal gap, adjust your fill, and track your perfect alignment.

Achieving perfect spinal alignment requires calculating your exact target height rather than guessing. Use this sheet to find your baseline, adjust for your mattress, and log your nightly progress.



Your Alignment Baselines

3 folded bath towels
starting test stack on your mattress

> 19 inches
shoulder width retains most factory fill

48 hours
expansion time before extracting handfuls

2-3 handfuls
safe removal batch at one time

3 nights
sleep-test before making further changes

6 months
when natural foam settling requires top-ups

Bank the extra fill

Store extracted foam in a breathable cotton bag or woven basket—never airtight plastic. Keep it in a dry linen closet to refresh the height as it naturally compresses.

Test Loft With Towels

1. **Stack folded towels** Place thick folded bath towels flatly on your own mattress to create a stable testing block.
2. **Check your alignment** Lie on your side, adding or removing towels until your cervical spine forms a straight horizontal line.
3. **Measure the gap** Stand a soft tape measure upright from the mattress to the top towel for your baseline height.
4. **Fluff, then sleep-test** Massage remaining foam into the structural gussets, strike sides with open palms, and test for three nights.

Soft Bed, Lower Loft

Find your row: **Mattress Firmness**

Mattress Firmness	Your pick	Why
Ultra Firm (0.5" sink)	Add 1 handful	Maintains a high profile
Medium Firm (1.0" sink)	Keep baseline	Ideal medium-high profile
Medium (1.5" sink)	Remove 1-2 handfuls	Adjusts for a medium profile
Medium Plush (2.0" sink)	Remove 3-4 handfuls	Compensates for deeper shoulder sink
Ultra Plush (2.5"+ sink)	Remove 5+ handfuls	Prevents head from pushing upward

Morning Alignment Checks

- [ ] Subtract your shoulder sink depth from your baseline towel height.
- [ ] Check for neck stiffness when turning your head side to side.
- [ ] Note lower arm numbness, indicating the loft is too low.
- [ ] Notice if your chin feels tucked; remove another handful if so.
- [ ] Track mid-night waking to fold or bunch the casing.
- [ ] Ensure stiffness isn't just temporary adaptation that fades after a shower.

Nightly Tracking Log

Here is to waking up beautifully aligned and completely refreshed every single morning.