

## STUDY SUMMARY

### Stop snoring, Start Sleeping at Night

*Tempur-Pedic® Original Swedish Neck Pillow™ found to reduce snoring and increase quality of sleep*

Snoring is more than just an inconvenience to one's partner, it disturbs sleep and elicits significant daytime sleepiness to all those affected. A 30-day study<sup>1</sup> involved 48 snorers. Prior to the study, 68.8 percent of snorers slept on a polyester or cotton fiber-filled pillow, 12.5 percent of snorers slept on a feather- or down-filled pillow and 18.8 percent of snorers slept on a foam pillow.

#### Key Findings

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

#### Respondent Comments

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.

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.

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<sup>1</sup> Study executed by Preston-Osborne Marketing Communications and Research