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7 Best Down Pillows of 2024

By [Alexandra Kelly](#) and [Lauren Allain](#)



Edited by [Marlo Jappen Porto](#) and [Haniya Rae](#)

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Down pillows are a match for sleepers seeking luxury. These pillows – which are stuffed with the soft, fluffy undercoating of feathers from geese, ducks, or swans – are known for their cloud-like plushness and moldable support. They come in a range of sizes, heights, and fill power, so you'll be able to find the right match for your exact sleeping preferences.

To come up with our list of recommendations, we researched dozens of down pillows, surveyed 100 people to gather their top priorities (78% said quality and durability were the biggest factor), and interviewed a sports medicine chiropractor and a physiatrist. Our top overall choice is the Parachute Down Pillow thanks to its high-quality cotton sateen cover and fill materials. It also comes in three firmness levels so all sleepers can find their ideal feel.

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Best Overall

Parachute Down Pillow »

**PROS:**

- ✓ Available in three firmness levels
- ✓ Breathable cotton sateen cover
- ✓ Three-year warranty

CONS:

- ✗ No sleep trial
- ✗ Pricey

[Buy from Parachute](#)

Our best overall pick, the Parachute Down Pillow, comes in three firmness levels to suit a wide range of sleepers (soft, medium, and firm) and features a filling mix of 85% European white down clusters and 15% down and feather fibers. The outer cover is a smooth, 100% cotton sateen that prevents feathers from sticking out and poking you while you sleep. Side and back sleepers will likely appreciate the medium and firm filling levels that offer a bit more support, while stomach sleepers will likely enjoy the soft level the best. If you're a side sleeper who needs extra support, Parachute recommends leveling up with its Down Side Sleeper Pillow.

Professional reviewers agree that the Parachute Down Pillow's breathable cover and superior construction (the cotton sateen shell is reinforced with a

double-stitched piping seam) coupled with its overall comfort and fluffiness makes it a [stand-out pillow](#).

While Parachute reserves its sleep trials for its mattresses, all down products are covered by a three-year warranty, including pillows.

Specs

List Price:	Starting at \$130 (Standard, Soft)
Material and Filling:	European white down (85% down clusters and 15% down and feather fibers) with a 100% cotton sateen shell
Sizes:	Standard, king
Shape:	Standard

[EXPAND LIST](#) ▾

[Buy From Parachute](#) »

Best Budget

Puredown Natural Goose Down Feather Bed Pi...

**PROS:**

- ✓ Affordable, especially for a two-piece set
- ✓ Machine-washable
- ✓ 100% cotton cover

CONS:

- ✗ Only one firmness option
- ✗ Only 5% down feathers

[Buy from Amazon](#)

If you're looking to test the waters with down pillows before splurging for a pricey one, the Puredown Natural Goose Down Feather Bed Pillow is a good starter option. The fill is 95% feathers and 5% down and is Responsible Down Standard (RDS) certified, which means the feathers come from animals that haven't been subjected to unnecessary harm. The pillow has a medium to firm feel, and the cover is 100% breathable cotton with a down-proof lining. This pillow is offered in three sizes and it's machine-washable. Only one firmness level is offered, though, so you may need to look elsewhere for more customizable options.

Puredown offers this pillow as a set of two, making it a great budget-friendly option. There's a 30-night risk-free trial offer for this pillow as well.

Specs

List Price:	Starting at \$65.99
Material and Filling:	95% goose feathers and 5% goose down with a 100% cotton cover and high-density, down-proof lining
Sizes:	Standard, queen, king
Shape:	Gusseted standard

EXPAND LIST ▾

[Buy From Amazon »](#)

Best for Side Sleepers

Cuddledown 800 Fill Power European Goose D...



PROS:	CONS:
✓ 800 fill power for ideal	✗ Pricey

- side-sleeping height

✗ No sleep trial or warranty
- ✓ Four firmness levels offered
- ✓ Machine-washable

Buy from Cuddledown

Side sleepers often need a slightly firmer and higher pillow to support their neck adequately, and the Cuddledown 800 Fill European Goose Down Sateen Pillow covers those bases, which is why it’s our pick for the best down pillow for side sleepers.

Professional reviewers note that the Cuddledown 800 Fill Power provides the height and firmness needed for side sleepers while also providing that plush, cushy feel that comes with a down pillow.

The Cuddledown’s cover is a 450-thread count, 100% cotton sateen that’s completely down-proof so sleepers won’t be bothered by the prickly feeling of feathers poking through. This down pillow is available in four firmness levels (stomach, soft, medium, and overfilled) as well as four sizes (standard, queen, king, and European). The down used in this pillow is also responsibly sourced and RDS-certified.

The Cuddledown is not budget-friendly – the cheapest option (standard, stomach) is priced at \$259, while the most expensive option (king, overfilled) clocks in at \$659. What this pillow lacks in affordability is made up in its washability (it’s machine-washable) and how well it holds up after laundering.

Specs

List Price:	Starting at \$259 (Standard, Stomach)
Material and Filling:	800 fill power European white goose down with a down-proof cotton sateen cover
Sizes:	Standard, queen, king, European

Shape:

Standard

EXPAND LIST ▾

[Buy From Cuddledown »](#)

Best for Stomach Sleepers

Brooklinen Down Pillow »



PROS:

- ✓ Comes in three firmness levels, including plush for stomach sleepers
- ✓ Affordable
- ✓ Two-year warranty

CONS:

- ✗ Not machine-washable
- ✗ Needs daily fluffing

[Buy from Brooklinen](#)

The Brooklinen Down Pillow is offered in three firmness levels (plush, mid-plush, and firm), but it’s the plush level that Brooklinen – and professional reviewers – specifically recommends for stomach sleepers. Stomach sleepers typically need a flatter pillow for healthy spinal alignment, and the Brooklinen Down Pillow’s Plush version fits the bill.

This pillow is also available in two sizes and features a filling made of down clusters and feathers with a 100% cotton sateen shell. (Though, the plush version for stomach sleepers is filled only with down clusters for soft, “cloud-like” support.) The down filling is ethically sourced specifically from Hutterite Farms in Canada and is Down Association of Canada (Downmark) certified. The Brooklinen Down Pillow also features double-stitched edges and is treated with the brand’s “ultra-fresh antimicrobials,” though the brand doesn’t specify what that means. You’ll need to spot- or dry-clean your pillow to keep it in top shape.

Costing a little more than \$100, budget-conscious shoppers will appreciate the wallet-friendly price tag for this pillow.

Specs

List Price:	\$109
Material and Filling:	Down clusters and feathers with a 100% cotton sateen shell
Sizes:	Standard, king
Shape:	Standard

EXPAND LIST ▾

[Buy From Brooklinen »](#)

Best for Back Sleepers

Casper Down Pillow »

**PROS:**

- ✓ Five-chamber design for proper support and fill distribution
- ✓ Machine-washable
- ✓ 30-night risk-free trial

CONS:

- ✗ Only one firmness level
- ✗ Needs frequent fluffing

[Buy from Casper](#)

[Back sleepers](#), like stomach sleepers to a degree, need a slightly lower-profile pillow for optimal comfort. According to professional reviewers, the Casper Down Pillow offers the lower profile needed for back sleepers and retains its shape thanks to the 2-inch gusseted construction.

Back sleepers will find that the inner five-chamber design keeps the pillow's white duck down and feather filling evenly dispersed, providing consistent support all night long. The pillow also has a 100% cotton outer shell. This pillow is machine-washable, making it easy to care for, although Casper also recommends regular, if not daily, fluffing to maintain the pillow's shape. A 30-night trial means you can try this pillow out risk-free as well.

Specs

List Price:

\$139

Material and Filling:

White duck down and feather chambers with a 100% cotton outer shell and 100% polyester inner panels

Sizes:

Standard, king

Shape:

Gusseted standard

[EXPAND LIST](#) ▾

[Buy From Casper](#) »

Best Eco-Friendly

Company Conscious Down Pillow »



- PROS:

✓

 Recycled materials
- CONS:

✗

 Only one firmness

- ✓

Outer shell features sustainable Tencel Lyocell and cotton
- ✗

Not adjustable
- ✓

Protects against dust mites

Buy from Home Depot

If you’re looking for an eco-friendly down pillow beyond being RDS-certified, the Company Conscious Down Pillow checks a lot of boxes, which is why we chose it as our best eco-friendly down pillow.

The fill is a blend of recycled, secondhand down mixed with virgin down (at a ratio of 75% down and 25% feather blend). Then, the outer shell is made with a blend of 50% cotton and 50% Tencel Lyocell, a sustainable fiber sourced from renewable raw wood material. According to Company Conscious, this outer shell is naturally resistant to dust mites, hypoallergenic, breathable, and temperature-regulating.

The Company Conscious Down Pillow is only offered in one firmness – medium – but does come in three sizes. The pillow is also eligible for the company’s 30-day Rest Easy Guarantee, which gives shoppers 30 days to try the pillow risk-free.

Specs

List Price:	Starting at \$129 (Standard)
Material and Filling:	75% secondhand down and 25% feather blend fill with 400-thread count, 50% cotton and 50% Tencel Lyocell outer shell
Sizes:	Standard, queen, king
Shape:	Standard

EXPAND LIST ▾

Buy From Home Depot »

Best Luxury

Boll & Branch Down Chamber Pillow »



PROS:

- ✓ Organic cotton shell
- ✓ Ethically sourced down fill
- ✓ Adjustable
- ✓ Three chamber options available

CONS:

- ✗ Expensive
- ✗ No warranty

[Buy from Amazon](#)

Our pick for the best luxury down pillow, the Boll & Branch Down Chamber Pillow, is a good choice for all types of sleepers who place value in organic fabrics and ethically sourced down.

This pillow comes in three different fill densities – soft, medium, and firm – and two sizes. Stomach sleepers will likely be happiest with the soft version of this pillow, which only features adjustable down for optimal support, while back and side sleepers should opt for the medium and firm fills, respectively. The one downside to the medium and firm options is that these fills are not adjustable like the soft version, but these do feature a three-chamber construction with a feather and down mix to aid in support and provide a little more structure to the pillow.

Another perk to the Boll & Branch Down Chamber Pillow is that all of the down filling is triple-washed, meaning it’s cleaner and less likely to irritate those who have allergies. The triple-washed down is also International Down Standard certified and ethically sourced from farms in the United States. Lastly, the outer shell is made from completely organic cotton and is downproof.

Specs

List Price:	Starting at \$159 (Standard, Soft)
Material and Filling:	Adjustable down or feather and down mix with a 100% organic cotton, down-proof shell
Sizes:	Standard, king
Shape:	Standard

EXPAND LIST ▾

[Buy From Amazon »](#)

The Bottom Line

When it comes to down pillows, the most important consideration is your personal sleep position preference and comfort level for optimal neck and spinal alignment.

“The ultimate goal is restful and restorative sleep,” says Joe Carfora, a sports medicine chiropractor. “There is no magic position or pillow that is the be-all-end-all for perfect sleep. However, being mindful of the position and pressure that the pillow places on one’s cervical spine and upper back can make all the difference.”

Not all down pillows are created equal, and factors such as fill power, material, and construction should all be considered before investing in a quality down pillow. We chose the Parachute Down Pillow as our overall best pick because of its sturdy, breathable construction. It’s available in three firmness levels, so it can work for a variety of sleepers.

Things To Consider When Buying Down Pillows

Fill Power: Fill power is the measure of how much volume one ounce of down will fill one cubic inch. Common fill powers that you’ll see are 600, 700, and 800. The higher the fill power, the loftier and softer the pillow. Higher fill power also generally indicates a higher quality down with larger down clusters. Fill power comes into play when choosing a firmness density; lower fill power will mean a softer pillow, while a higher fill power will be firmer and provide a bit more structure. Over 60% of the 100 consumers we surveyed said that the firmness level of a down pillow was one of their top five considerations.

Your preferred sleep position is the best determinant for the type and firmness of down pillow you should look for. Carfora points out: “No matter if a person sleeps on their side, stomach, or back, the end goal is the same –keep the cervical spine and upper back in a neutral alignment,” he says. “A pillow of any makeup or fill height that causes one’s neck to be in a hyper flexed or hyperextended position will cause discomfort and soreness during and after periods of sleep.”

To ensure neutral spine and neck alignment, stomach and back sleepers should opt for softer down pillows with a lower fill power, while side sleepers should consider firmer down pillows with a higher fill power. “For side sleeping, a thicker and firmer pillow e.g., firm memory foam, buckwheat, water pillows, or firm down, is preferred,” says Dr. George Cyril, physiatrist at the Hospital for Special Surgery (HSS). “A firm pillow in this position helps to keep the neck aligned in this position longer

throughout the night rather than a softer pillow which allows the head to sink in and disrupt natural alignment.”

Fill Material: Down pillows are filled with either goose down, duck down, or a blend of down and feathers. Down refers to the softer feathers that are close to a goose or duck’s body. The main difference between goose and duck down is that goose down features larger down clusters (because geese are bigger!). Because of this, pillows with a higher fill power are more likely to be filled with goose down than duck down because higher fill power means larger down clusters, which typically come from geese and not ducks. The other difference between the two is that, with certain types, duck down may have an odor that is not generally present with goose down. In our consumer survey, 37% of respondents said they consider the fill material to be one of the top five considerations when buying a down pillow.

Construction: You’ll find down pillows in either a standard construction or a gusseted standard construction. A standard pillow is your typical pillow with just one seam around the edge. A gusseted standard pillow has an extra panel of fabric around the edge of the pillow to create a more boxlike construction and offer more height and support. Side sleepers typically benefit from a gusseted pillow because of the added height.

Hypoallergenic Claims: People with indoor allergies have typically been given the advice to stay away from down pillows due to possible dust mite buildup. However, recent studies suggest that down pillows pose no more allergic threat than synthetic fiber pillows.

Size Options: Most pillows are generally available in a standard size, but some come in queen, king, and European sizes as well. The size you choose will be based on your personal preference for your comfort and design aesthetic.

Certifications: Many down products are Responsible Down Standard (RDS) certified, which ensures that the down and feathers used in down products like pillows are sourced in a way that does not cause the goose or duck pain or stress. Other certifications like this include the International Down Standard, which holds farms accountable for certain criteria such as no live-plucking and no force-feeding of the animals whose down is being collected. More than 35% of our consumer survey respondents said they care if the down in a pillow is ethically sourced.

Return Policy: Some down pillows come with 30-night, risk-free trial periods, while others are subject to standard 60-day return policies. Check before you purchase your pillow if it's important to you to try it out before fully committing.

How We Chose the Best Down Pillows

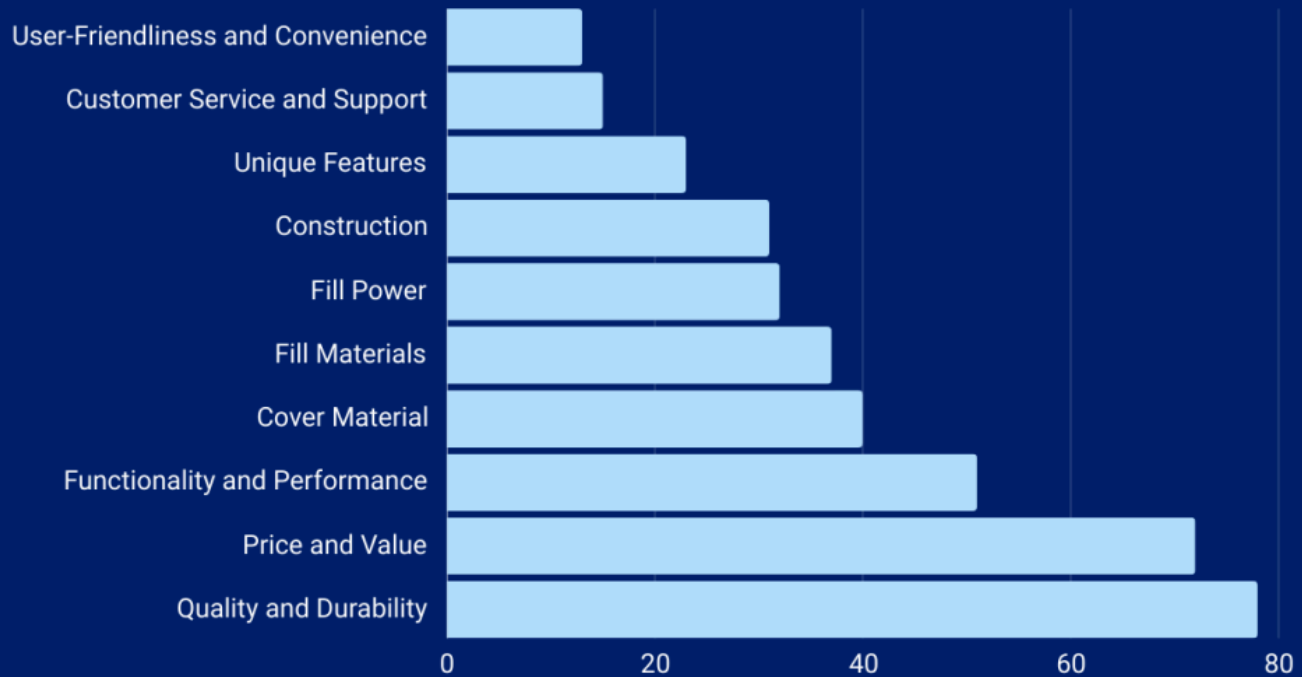
At U.S. News 360 Reviews, our editors consulted with experts, including [Joe Carfora](#), a sports medicine chiropractor, and [Dr. George Cyril](#), a physiatrist at the Hospital for Special Surgery (HSS), to create this list of the best down pillows. We then narrowed down our selection with thorough research considering price, comfort, fill power, and eco-friendliness.

Our Survey Results

We surveyed 100 people to find out what's most important to shoppers when finding the right down pillow. According to the survey results, the top five most important factors are quality and durability (78% of respondents), price (72%), firmness level (61%), performance (51%), and if the cover material is breathable and easy to clean (40% of respondents). When it comes to fill material, 37% of survey respondents said they care if the pillow's down is ethically sourced and hypoallergenic, which can be important to people who suffer from allergies. Covering your down pillow with a [pillow protector](#) can prevent it from accumulating dust, dander, and moisture – all of which can be detrimental to the lifespan of a pillow.



Most Important Considerations



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WHY SHOULD YOU TRUST US?

Our contributors and editors have years of experience researching, testing, and reviewing products. [Alexandra Kelly](#), the author of this piece, is a former editor of 360 Reviews and current editor at Martha Stewart Living. [Lauren Allain](#), the co-author of this piece, has more than six years of experience with testing products and writing reviews on sleep products. [Haniya Rae](#), a former sleep editor at 360 Reviews, has a decade of product reviewing experience with a concentration on sleep products and sleep health. Rae has worked at Consumer Reports and has written for Architectural Digest, Elle Decor, and This Old House. [Marlo Jappen Porto](#), who also edited this piece, is a home goods editor at 360 Reviews, focusing on sleep and fitness.

FAQ

What does fill power mean?



How often should I fluff and reshape my down pillow?



Do I need to use pillow protectors or covers for the down pillows?



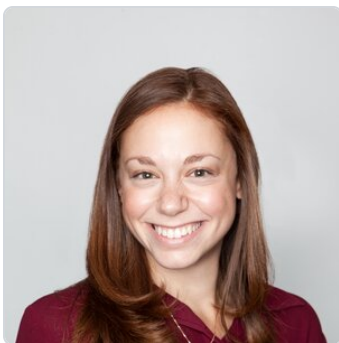
How do you clean a down pillow?



When should I replace a down pillow?



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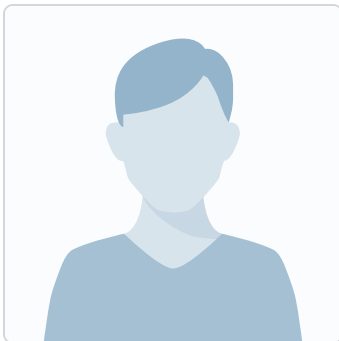
Alexandra Kelly

Contributor



Alexandra Kelly is a writer and editor based in New York. She has worked for U.S. News, Reader's Digest, and The Huffington Post.

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Lauren Allain

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Lauren Allain is a contributing writer for U.S. News 360 Reviews where she covers sleep products and other home goods. She's a trained journalist with expertise in sleep health, fitness, and wellness. In addition to 360 Reviews, her sleep-product writing has appeared in Homes & Gardens, INSIDER, tuck.com, Mattress Firm, and sleep.com.

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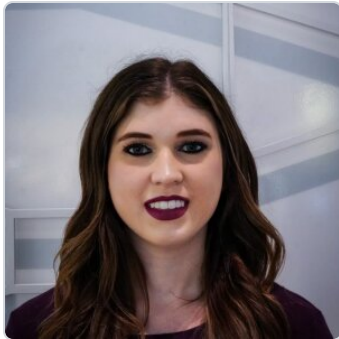


Contributor



Haniya Rae is a journalist, editor, and Certified Sleep Science Coach. She has nearly a decade of product reviewing experience, and more than five years of experience writing about sleep products and sleep health. She has previously reported on test results for mattresses, pillows, and sheets at Consumer Reports.

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