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8 Best Pillows for Snoring of 2024

By [Lindsay Boyers](#)



Edited by [Marlo Jappen Porto](#) and [Chelsea Van Bloom](#)

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Calling all snorers! The right pillow can help alleviate the nightly noisy struggle. If you're looking for a pillow to help with snoring, look for one that provides the right amount of support, while aligning your head and neck to open up airways. According to experts, memory foam and latex are the best materials for the job since they're denser and don't flatten as much as other types of pillows.

With that guidance in mind, we combed through dozens of pillows to narrow down the options. The Tempur-Neck Pillow is our top recommendation because of its ergonomic design and firm support. But, our list includes other models that accommodate various needs and sleep positions.

Table of Contents

[Best Pillows for Snoring](#)

[Things To Consider When Buying](#)

[How We Chose](#)

[More +](#)

Our Top Picks

Best Overall: [Tempur-Neck Pillow](#) »

[Jump to Review](#) ↓

Best Budget: [Cushion Lab Ergonomic Cervical Pillow](#) »

[Jump to Review](#) ↓

Best with Adjustable Firmness: [Luxome Layr Pillow »](#)[Jump to Review ↓](#)**Best for Side Sleepers:** [Eli & Elm Cooling Side Sleeper Pillow »](#)[Jump to Review ↓](#)**Best for Back Sleepers:** [Pluto Pillow »](#)[Jump to Review ↓](#)**Best Cooling:** [Purple Harmony Pillow »](#)[Jump to Review ↓](#)**Best for Machine-Washability:** [Coop Sleep Goods The EdenCool Adjustable Pillow »](#)[Jump to Review ↓](#)**Best Organic:** [Avocado Green Pillow »](#)[Jump to Review ↓](#)**Best Overall****Tempur-Neck Pillow »**

**PROS:**

- ✓ Ergonomic design
- ✓ Firm for more support
- ✓ Comes in three sizes

CONS:

- ✗ Pricey
- ✗ Final sale

[Buy From Tempur-Pedic](#)

Since the goal is to align your head and neck to open up airways, anti-snore pillows need to be a little firmer to provide the proper support. [Pillows with a memory foam core](#) are generally better at this than [ones filled with down](#) or similar materials, since your head tends to sink into these pillows too much, which can collapse your airway.

We chose the Tempur-Neck Pillow as the best overall because it combines that solid foam core interior with a specialized contoured design that offers more support for the nape of your neck. This ergonomic pillow follows the natural curve of your spine, providing gentle support without throwing your head out of alignment.

The shape of the pillow accommodates side and back sleepers and it's available in small, medium, and large sizes, so it can work for different body

types and sleep styles.

One downside is that Tempur-Pedic’s pillows are final sale, so you can’t return them if you don’t like them. But they are backed by a generous five-year warranty that protects against defects and premature breakdown.

Specs

List Price:	Starting at \$119 (small)
Materials:	Memory foam, polyester knit cover
Height:	3.5-4.75 in. (depending on size)
Firmness:	Firm

[Buy From Tempur-Pedic »](#)

Best Budget

Cushion Lab Ergonomic Cervical Pillow »



PROS:

- ✓ Relatively affordable for a specialized pillow
- ✓ Medium-firm feel for added comfort
- ✓ Gel-infused foam for heat regulation

CONS:

- ✗ Some reviewers say it doesn't work well for those with shorter necks
- ✗ Have to pay shipping for returns

[Buy From Cushion Lab](#)

If you like the idea of a contoured pillow, but don't want to spend too much, this option from Cushion Lab is a good place to start. To be fair, it's not the cheapest pillow out there, but it's relatively inexpensive compared to our other similar top picks.

Like other anti-snoring pillows, this one has an ergonomic, contoured design that supports the natural curvature of your spine. It has a solid core of gel-infused memory foam that adapts to your curves and your movements, while still providing enough support to properly open up the airways. The added gel also helps reduce heat trapping that can come with traditional memory foam, so this pillow works well for hot sleepers, too.

It's medium-firm – Cushion Lab rates it a 7.5 out of 10 on the firmness scale – so it's a good option for those who want a little more cushioning without too much sinkage. The company also gives you a chance to try the pillow at home for 30 days; if you don't like it you can send it back, but you'll have to pay for return shipping.

Specs

List Price:	\$85
Materials:	Memory foam, polyester, cotton
Height:	4.3 in.
Firmness:	Medium-firm

[Buy From Cusion Lab »](#)

Best with Adjustable Firmness

Luxome Layr Pillow »



PROS:

- ✓ Adjustable height and firmness
- ✓ Memory foam inserts for more support
- ✓ Can work for all sleeping positions

CONS:

- ✗ A little pricey
- ✗ Returns must be in like-new condition

[Buy From Luxome](#)

The Luxome Layr Customizable Pillow has three separate inserts that you can mix and match to change both the firmness and the height. Because of

this, it can accommodate all sleeping positions, body types, and preferences, which is why we chose it as the best with adjustable firmness.

The three inserts include a gel-infused memory foam layer, a solid memory foam layer, and a down-alternative layer. You can mix and match these in any combination to change the feel and the loft of the pillow to find your ideal head and neck positioning.

In addition to its adjustability, the Layr pillow earned points for its construction. Two of the inserts are made with CertiPUR-US-certified memory foam, which provides better neck and head support than other materials, according to [Dr. Chester Wu](#), a double board-certified physician in sleep medicine and psychiatry and a medical reviewer at Rise Science.

While you can play around with the firmness until you find what’s comfortable for you, we recommend trying a medium-firm to firm combination, since this can provide the support you need to keep your airways open and reduce snoring.

Luxome is also pretty generous with returns. The company gives you 30 days to try the pillow at home to decide if you like it. If you don’t, you can send it back (as long as it’s in like-new condition).

Specs

List Price:	Starting at \$120 (Standard)
Materials:	Memory foam, natural viscose from bamboo
Height:	Adjustable
Firmness:	Adjustable

[Buy From Luxome »](#)

Best for Side Sleepers

Eli & Elm Cooling Side Sleeper Pillow »



PROS:

- ✓ Specifically made for side sleepers
- ✓ U-shaped design to help with neck pain
- ✓ Latex fill promotes cooling
- ✓ Adjustable height and firmness
- ✓ Oeko-Tex certified

CONS:

- ✗ Pricey
- ✗ Removable fill can get messy

[Buy From Eli & Elm](#)

Side sleepers are less likely to snore than back sleepers, but you still need a pillow that can properly support your head and promote proper alignment. The Cooling Side Sleeper Pillow from Eli & Elm has a U-shaped design that

holds your head up and maintains spinal alignment without extra materials getting in the way and throwing your shoulders out of whack.

It’s filled with a shredded blend of polyester fill and latex, which [Lauri Leadley](#), sleep technologist, former respiratory therapist, and founder of Valley Sleep Center, recommends as a more supportive material to help alleviate snoring. The pillow is adjustable, too – the fill is contained in a zippered inner layer, so you can remove or add fill as needed to get the right loft and firmness level for you. Reviewers say this pillow not only helps with snoring but has alleviated their shoulder pain too.

For peace of mind, this pillow is Oeko-Tex certified so it doesn’t contain any harmful chemicals. Eli & Elm also allows you to return the pillow, even after trying it, up to 45 days after delivery so you’ll have an ample adjustment period to see if it works for you.

Specs

List Price:	\$129.99
Materials:	Latex, polyester, cotton, spandex
Height:	Adjustable
Firmness:	Adjustable

[Buy From Eli & Elm »](#)

Best for Back Sleepers

Pluto Pillow »

**PROS:**

- ✓ Made-to-order to meet your specific firmness and loft needs
- ✓ CertiPUR-US certified foam
- ✓ 125-day sleep trial

CONS:

- ✗ Some reviewers say it's too firm
- ✗ Can take longer to ship

[Buy From Pluto](#)

Back sleepers typically need a medium loft pillow. If the pillow is too thick, it can force your head too far forward; if it's too thin, it can cause your head to tilt back, putting extra pressure on your neck and airways, which can contribute to snoring. But, since everyone is different, it can be hard to find one pillow that has the right loft and feel across the board.

To resolve this problem, Pluto makes custom-order pillows that are specifically designed for you. Instead of ordering a standard pillow, you take a short questionnaire about your body type, sleeping position, and preferences and Pluto will make a pillow with specs designed to properly support you.

All pillows are made with a CertiPUR-US certified foam core, but the thickness of that layer differs depending on your body type and preferences. Back-sleeping reviewers say that this pillow has stopped them from snoring and that it helped reduce pain, too.

Even though the pillows are custom-made, Pluto still offers a very generous trial period. You can try the pillow for 125 days and return it for a full refund if you don't like it.

Specs

List Price:	Starting at \$125 (Original Size)
Materials:	Memory foam, lyocell
Height:	Varies
Firmness:	Varies

[Buy From Pluto »](#)

Best Cooling

Purple Harmony Pillow »

**PROS:**

- ✓ Cooling materials and construction
- ✓ Comes in three height options
- ✓ 100-night trial and one-year warranty

CONS:

- ✗ Some reviewers say it's too firm
- ✗ Expensive

[Buy From Purple](#)

Memory foam may be good for support, but some types of foam can trap heat, which can be a dealbreaker for hot sleepers. Thanks to its latex construction, the Purple Harmony Pillow offers the same support level as memory foam, but with more cooling properties.

For starters, latex is naturally more airy and breathable than memory foam, so it promotes airflow instead of trapping heat. Purple combined this with its GelFlex grid, which also encourages airflow while offering some additional pressure relief. And the pillow is wrapped in a breathable knit cover that has moisture-wicking properties.

The pillow has a medium-firm feel so it has a good amount of support to keep your head in alignment, but some bounce back to make you feel comfortable. Some reviewers do say it feels a little too firm, but this is necessary to help combat snoring. This pillow also comes in three height options – low, medium, and tall – so it can work for all sleeping styles.

Specs

List Price:	Starting at \$199 (Standard)
Materials:	Latex, hyper-elastic polymer
Height:	5.5, 6.5, or 7.5 in.
Firmness:	Medium-firm

[Buy From Purple »](#)

Best for Machine-Washability

Coop Sleep Goods The EdenCool Adjustable Pil...



PROS:

- ✓ Fully machine-washable
- ✓ Adjustable height and firmness
- ✓ Comes in two sizes

CONS:

- ✗ May take a few dryer cycles to dry
- ✗ Some reviewers say it gets hot

[Buy From Coop Sleep Goods](#)

Many pillows have washable covers, but you still have to spot-clean the inner core. This isn't the case with the EdenCool, which is fully washable. The fill is contained in a zippered inner layer that you can put in the washing machine on a cold, delicate cycle. Coop Sleep Goods recommends securing the zipper with a safety pin to prevent the fill from spilling out while in the wash. It's dryer-safe too, although it might take a few cycles to get the fill completely dry.

Aside from this convenience factor, we think The EdenCool pillow is a solid pick for snorers because it has an adjustable loft and firmness so you can play around with it to get a customized feel. This can help ensure proper alignment specifically for your anatomy and sleep position.

The inner fill is made of shredded memory foam, which is a material recommended by the experts we talked to, and it's GreenGuard Gold and CertiPUR-US certified so you know it's made with safe materials.

Coop Sleep Goods also has impressive customer policies. You can try the pillow for 100 nights at home and return it for a full refund if you don't want to keep it. Plus, if you buy two or more pillows, you can get a bulk discount from 10 to 15 percent off.

Specs

List Price:

Starting at \$96 (Queen)

Materials:

Memory foam, microfiber, polyester

Height:Adjustable

Firmness:Adjustable

[Buy From Coop Sleep Goods »](#)

Best Organic

Avocado Green Pillow »



PROS:

- ✓ Global Organic Latex Standard (GOLS)-certified latex
- ✓ Global Organic Textile Standard (GOTS)-certified cotton cover
- ✓ Adjustable loft

CONS:

- ✗ Not entirely machine-washable
- ✗ Regular fluffing is recommended

[Buy From Avocado](#)

Eco-conscious shoppers will appreciate how the Avocado Green Pillow uses certified organic materials. It has a machine-washable cotton cover and a breathable fill, which consists of a combination of shredded latex foam and kapok fibers (silk-like fibers that are moisture-resistant.)

Its loft is adjustable, allowing snorers to achieve an ideal elevation to breathe comfortably. A bag of extra fill comes with your purchase in case you want to add height to your pillow. Alternatively, you can choose to remove some fill if you prefer less loft.

The Avocado Green Pillow is a moldable pillow, providing contouring support to your neck and head.

Specs

List Price:	\$109 (Standard)
Materials:	GOTS-certified organic cotton, GOLS-certified organic latex, GOTS-certified organic kapok fiber
Height:	Adjustable
Firmness:	Adjustable

[Buy From Avocado »](#)

The Bottom Line

Snoring can have many causes, but the ultimate goal of an anti-snoring pillow is to align your head and neck while also providing comfort. Our best overall pick, the Tempur-Neck Pillow, can help most sleepers achieve these goals thanks to its sturdy construction and ergonomic design. But, since sleep styles and body types differ, you may need an adjustable pillow to get that just-right loft.

Things To Consider When Buying Pillows for Snoring

Pillow type: While [standard pillows](#) are most common, other pillow types, like cervical pillows and those with a contoured design, can also be a good option for people who snore.

Cervical pillows, also called orthopedic pillows, are designed to correct your body positioning and keep your spine in neutral alignment. They often have additional neck support to guide your neck and head into the right placement.

Contoured pillows, like the Tempur-Neck Pillow, have a small dip in the middle with raised edges on each side. This mirrors the natural curvature of your upper spine and neck to provide gentle support where you need it. This also keeps your spine in neutral alignment, which can open up the airways and help reduce snoring, according to Dr. Wu.

Cervical and contoured pillows are a good option for those who like a firmer pillow since they're often made with a single block of memory foam.

You may also want to consider a [wedge pillow](#), which can slightly elevate your head and upper body, and put you in a reclined position. According to Dr. Wu, sleeping in a reclined position with your head angled up can help open nasal airways and prevent snoring. These pillows can take a little more getting used to, but if you have severe snoring or sleep apnea, you may want to consider one.

Otherwise, you can get a standard pillow, just make sure it has the right firmness level (medium-firm to firm is recommended).

Materials: When choosing a pillow for snoring, the goal is to find one that offers the right amount of support to keep the head and neck in a neutral position. Of course, you want to make sure that the pillow is comfortable, otherwise, you'll probably toss it in the closet before you give it a chance to help you.

Leadley recommends [latex](#) and memory foam since they mold to the shape of your body to provide the proper support. Latex and memory foam are also denser than softer materials, like down feathers, so they won't compress as much under the

weight of your head during the night. This is a plus since flattening can contribute to snoring if it throws your head and neck out of neutral alignment.

When choosing between these two materials, there are some other things you can consider too. Latex is more breathable than conventional foams, so it could be a better pick for hot sleepers. It's also more responsive, meaning it bounces back faster than slower-moving foams. This can make it a better choice for combo sleepers who change positions in the middle of the night too.

Adjustability: Adjustability isn't necessary, but it can be an important consideration if you're not sure exactly what pillow loft or firmness level suits you. Because everyone is so different, there's no one-size-fits-all pillow solution, and adjustable pillows give you the freedom to play around with the fill to find the right support and comfort level for you.

Some adjustable pillows allow you to remove (or add) handfuls of shredded fill until you get your preferred height and feel. Others have interchangeable layers made with different materials. These types of pillows allow you to mix and match materials and firmness levels to create a somewhat customized pillow.

Beyond that, you find fully customizable pillows, too. While these aren't adjustable in the basic sense of the word, they allow you to create a pillow that's made just for you and your sleep style.

Sleep position compatibility: Your sleep position largely determines the pillow you should get to help combat snoring. Side sleepers need a higher loft to prevent the head from angling too much and compressing the airways. Back sleepers need a medium loft, and stomach sleepers need a low loft.

When shopping for a pillow, the loft should be top of mind to ensure that you're choosing the right one for you. For reference, here's a chart breaking down the loft heights:

- **Low loft:** 3 inches or less
- **Medium loft:** 3 to 5 inches
- **High loft:** 5 inches or more

In addition to the loft, you might also want to look at additional features that make a pillow more comfortable for a certain sleeping position. For example, a U-shaped design can help take pressure off the shoulders when side sleeping and contribute to a better night's sleep.

Trial periods and return policies: Pillows can be a pretty pricey investment, especially when you're getting one that's specifically designed for a purpose, like combating snoring. While they're certainly worth the price, it can take some trial and error to find the best one for you.

Because of this, you may want to look for companies that offer at-home trial periods and/or generous return policies. This can provide some peace of mind when shopping online since you can't feel the pillow before you buy it.

Generally, you can expect around 30 days to return a pillow, but some companies offer as much as 100 to 120 days. On the opposite end of that spectrum, some companies don't allow you to return pillows at all. In this case, make sure you're comfortable spending the money and look for a generous warranty, at least.

How We Chose the Best Pillows for Snoring

To choose the best memory foam pillows, we first consulted with three sleep experts: [Dr. Jeremie Walker, MD](#), a board-certified anesthesiologist, longevity expert, and practicing physician at Opt Health; [Dr. Chester Wu](#), a double board-certified physician in sleep medicine and psychiatry and medical reviewer at Rise Science; and [Lauri Leadley](#), sleep technologist, former respiratory therapist, and founder of Valley Sleep Center.

Using their expert insight, we narrowed down the hundreds of available options. We considered pillow type, materials, adjustability, sleep position compatibility, and customer policies, like trial periods and return policies. We also factored in price, although we think it's worth investing a little more in a high-quality pillow that won't break down prematurely.

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At U.S. News & World Report 360 Reviews, our editors and contributing writers have years of firsthand experience researching, testing, and reviewing sleep products.

[Lindsay Boyers](#), the author of this piece, has written about sleep products and sleep health for almost five years. She has personally tested more than two dozen pillows, along with other sleep products like mattresses, sheets, and weighted blankets. Her work has been featured in Forbes, CNET, CNN Underscored, The Spruce, and Healthline, among others. In addition to relying on her personal expertise and experience, Boyers consulted with three medically trained sleep experts to write this piece.

FAQ

How do anti-snoring pillows work?

+

How do anti-snoring pillows contribute to a better night's sleep?

+

How can the right pillow improve overall health for someone who snores?

+

Can a specially designed pillow for snoring be used in conjunction with other snoring remedies or therapies?

+

About Our Team



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Lindsay Boyers is a certified nutritionist and freelance writer and editor with extensive experience in sleep and other areas of health and wellness. She has personally tested over four dozen mattresses and many other sleep products, like pillows, sheets,

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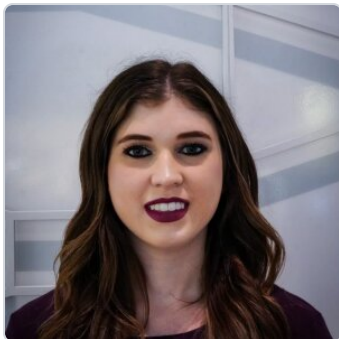
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