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### Fine Fibre pillow

R139 from Loads of Living

The outer casing is 100% cotton (downproof 233 thread count) which has a fine, luxurious feel. The edges are well-finished, with piping. The inner is made of siliconised polyester balls. This pillow performed the best in our resilience compression tests. It is machine washable and can be tumble-dried. In our dimensional stability test we hand-washed the pillow and flat-dried it. There was a fair amount of shrinkage in the casing, and after washing, the hollow fibre balls felt slightly uneven, with distinct puckering at the seams.



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### Allerbed

R69,99 from Checkers Hyper

This pillow is made of polypropylene and is designed for allergy and asthma sufferers. The unicurl filling is apparently softer than normal hollow-fibre, which is polyester, and should not go flat. This pillow did not perform well in our compression tests, with a resilience of only 58% after 200 cycles – the lowest of all the pillows we tested. However, there was no shrinkage or colour change in the casing after washing and the inner felt the same before and after washing. We did prefer the 100% cotton casings of other pillows.

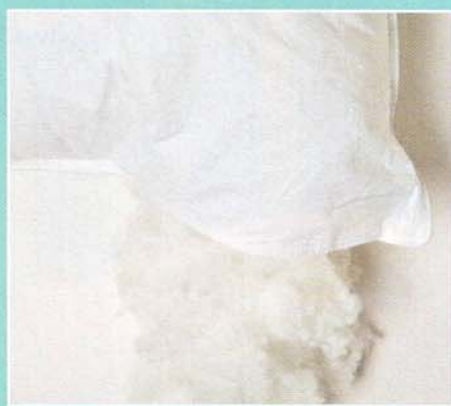


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### Home Zone polyester ball fibre pillow

R89,99 from Mr Price

This pillow showed a fair amount of shrinkage in both the length and width of the 100% percale casing after hand-washing and flat-drying. The casing also showed a slight colour change and slight fuzziness, and had a harder feel after washing. However, the polyester ball fibre inner felt smoother. There was a slight puckering at the seams. The resilience after 200 cycles was fair – at 65%.



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### Re-puffable pillow

R120 from Woolworths

The outer casing is 100% cotton, and has a lush feel. The edges are neatly finished with piping. There was a fair amount of shrinkage after hand-washing and flat-drying, and a slight colour change. The feel was also slightly harder, the inner definitely uneven and coarser. There was a moderate amount of seam puckering. The pillow's inner is made of anti-microbial polyester puff balls. It performed second-best in our compression tests, with a very good resilience of 77%.



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### Hollow-fibre puffs standard pillow

R119 from @home

This pillow comes with two bags of extra hollow-fibre puffs. The 100% cotton percale casing has a zip, so if you need the pillow to be fuller you can add the extra puffs. There was a fair amount of shrinkage in both the length and width of the casing after washing, with some seam puckering. There was no colour change and the puffs still felt smooth – there was no clumping. The compression tests yielded a resilience of 66%.

## HOW WE TESTED

We weren't able to find an independent lab to test feather pillows, so we restricted our survey to synthetic, standard-sized pillows. The pillows were tested and assessed by two independent laboratories. Where permissible, the pillows were washed according to the care label and assessed for dimensional stability to washing (shrinkage) and appearance after washing. All the hollow-fibre pillows weighed between 450g and 700g. Each fibre pillow was tested for resilience to cyclic compression. The resilience is a measure of how well a sample recovers its original bulk after a session of compression cycling.

Our FAIRLADY Best Buy takes our test results as well as price into consideration.