

Pillow Care Cheat Sheet

Wash, dry, and replace by what is inside the pillow. The wrong method flattens a good pillow early, so match the fill.

Fill	Wash	Dry	Replace
Memory foam (solid)	Spot clean only; never machine wash	Air dry flat, out of direct sun	2-3 yrs
Shredded memory foam	Check tag; many wash cold / gentle	Low heat or air; break up clumps	2-3 yrs
Latex	Spot clean; machine-wash the cover	Air dry, away from direct heat	5-7 yrs
Down / feather	Machine wash cold, gentle, feather-safe soap	Low heat plus dryer balls to re-loft	2-5 yrs
Down alternative / poly	Machine wash warm, gentle	Low heat plus dryer balls	1-2 yrs
Buckwheat	Empty hulls; wash shell only	Air hulls in sun; dry fully before refill	Refresh as needed

Make it last. Fluff daily to restore loft, and always use a protector; it can roughly double a pillow usable life and lets you wash less often.

When to replace

The fold test: fold the pillow in half and let go. If it springs back, it still has life. If it stays folded, it is done; replace it.

Always follow the care tag on your specific pillow; it overrides any general guidance here.