

# Pillow Size Chart

Every standard pillow dimension, the bed it fits, and the case it needs, so you can size the pillow before you tune the loft.

Pillow	Inches (W × L)	cm	Best for bed (count)	Pillowcase
Standard	20 × 26	51 × 66	Twin (1) · Full/Queen (2)	Standard
Super Standard	20 × 28	51 × 71	Same as standard, roomier	Standard
Queen	20 × 30	51 × 76	Queen (2)	Queen (or standard, snug)
King	20 × 36	51 × 91	King / Cal King (2)	King (not standard)
Body	20 × 54	51 × 137	Queen / King (1, side support)	Body
Euro (sham)	26 × 26	66 × 66	Back row: 2 Queen / 3 King	Euro sham
Lumbar	12 × 20	30 × 51	Back support, sitting up	Lumbar
Travel	12 × 16	30 × 41	Travel · kids	Travel

## Quick rules

### How to measure

Lay the pillow flat, measure seam to seam with a rigid tape, and round up to the nearest inch.

### Case fit

Choose a case about ½–1 in longer and 2½–4 in wider than the pillow. King and body pillows need their own cases.

### Bed coverage

Two standard or queen across a Queen; two king across a King or Cal King; three standard if you skip king pillows.

### Next step

Size sets the footprint; loft sets the support. Use the [Pillow Loft Calculator](#) to find your exact target height.