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(54) **PILLOW SYSTEM AND PILLOW ASSEMBLY**

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(71) Applicants: **Temeka Renee Thedford**, Andover,
MN (US); **Artiesha Mechelle Wilkins**,
Ramsey, MN (US)

(57)

ABSTRACT

(72) Inventors: **Temeka Renee Thedford**, Andover,
MN (US); **Artiesha Mechelle Wilkins**,
Ramsey, MN (US)

A pillow system includes a first pillow including a chin-support portion and first and second arm portions extending generally along a same first direction from opposing sides of the chin-support portion, a movable support being movable relative to the first pillow, and a strap. The strap can connect the movable support to the first pillow to form a pillow assembly. The pillow assembly is configured to support, and limit a movement of, a head of a user in a first position when the pillow assembly is disposed such that a chin of the user rests on the chin-support portion of the first pillow with a neck of the user disposed between the first and second arm portions and the movable support is disposed such that a first portion of the movable support is disposed between the first pillow and a chest of the user to support the first pillow.

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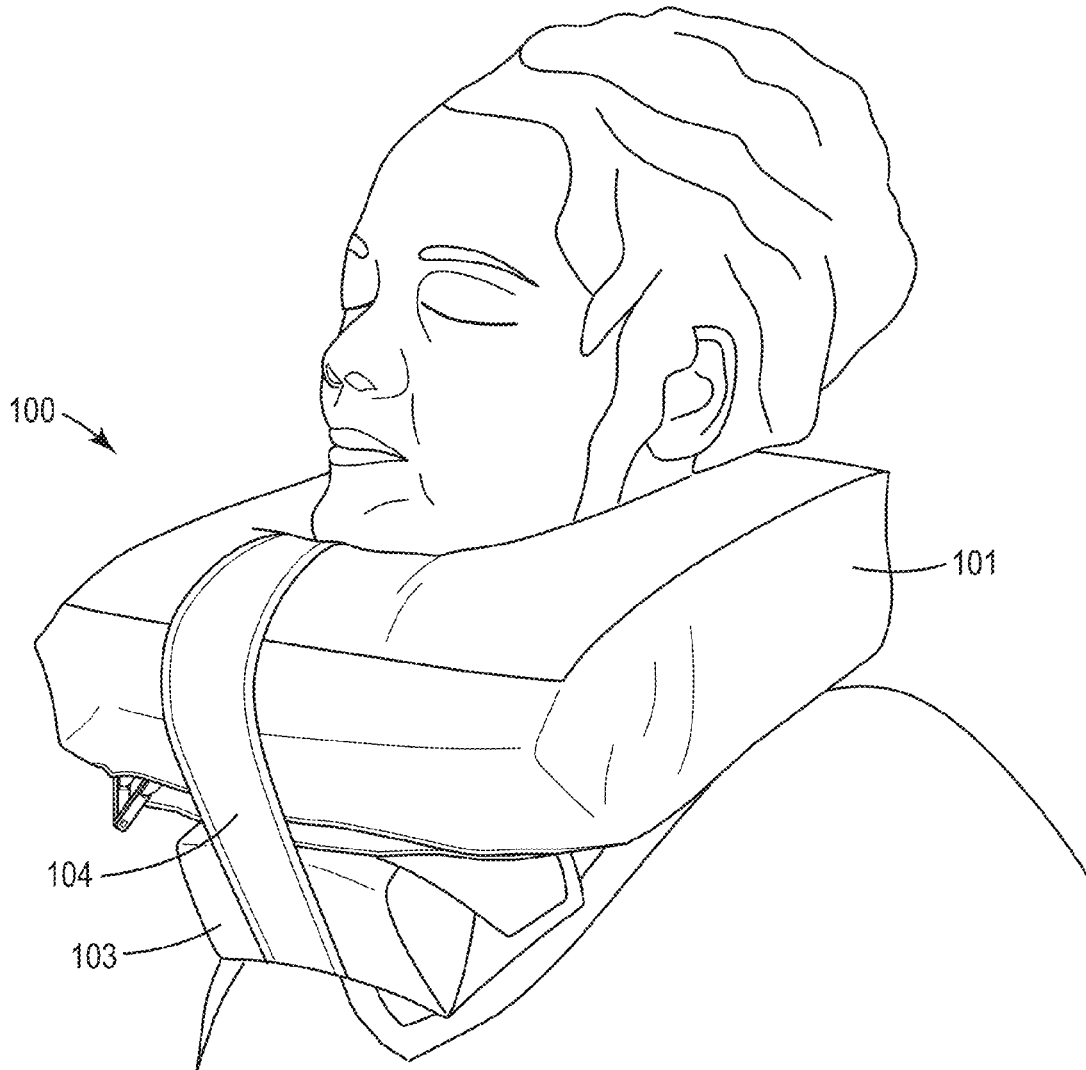
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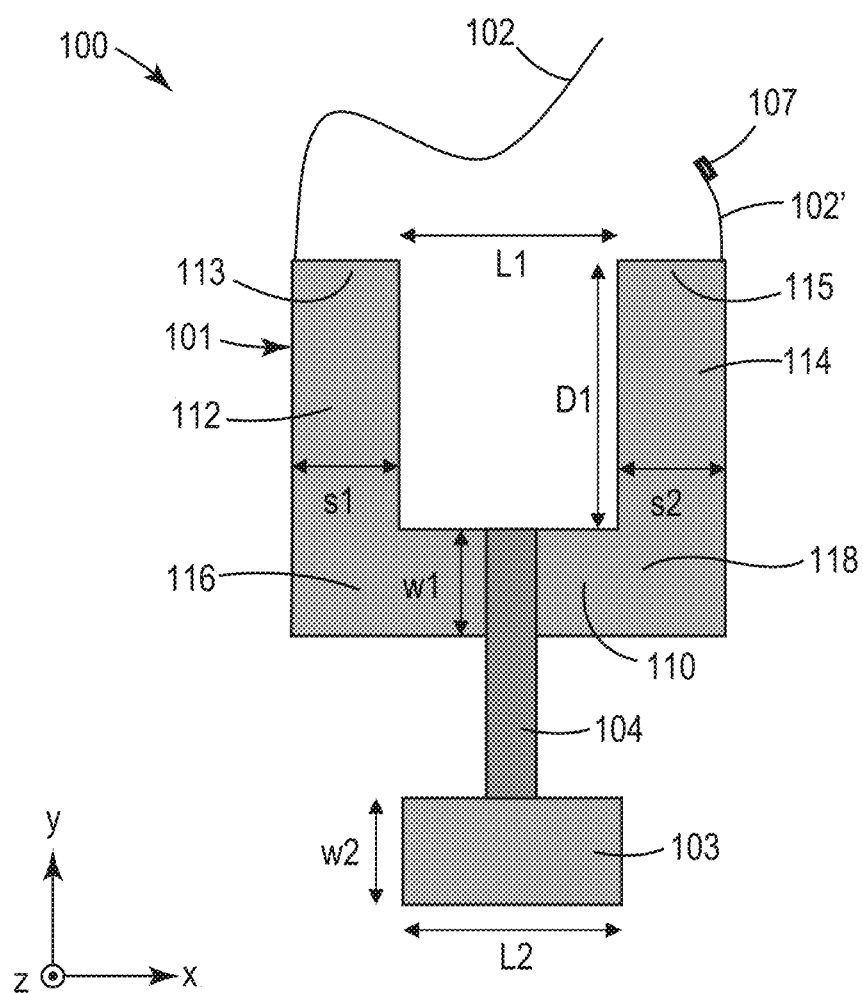


FIG. 1

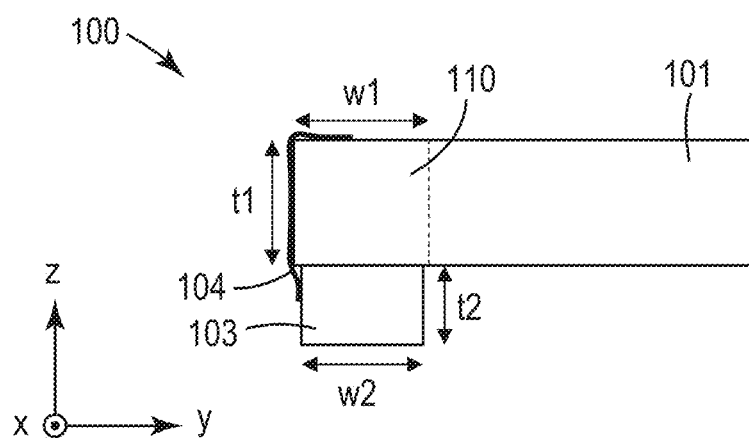


FIG. 2

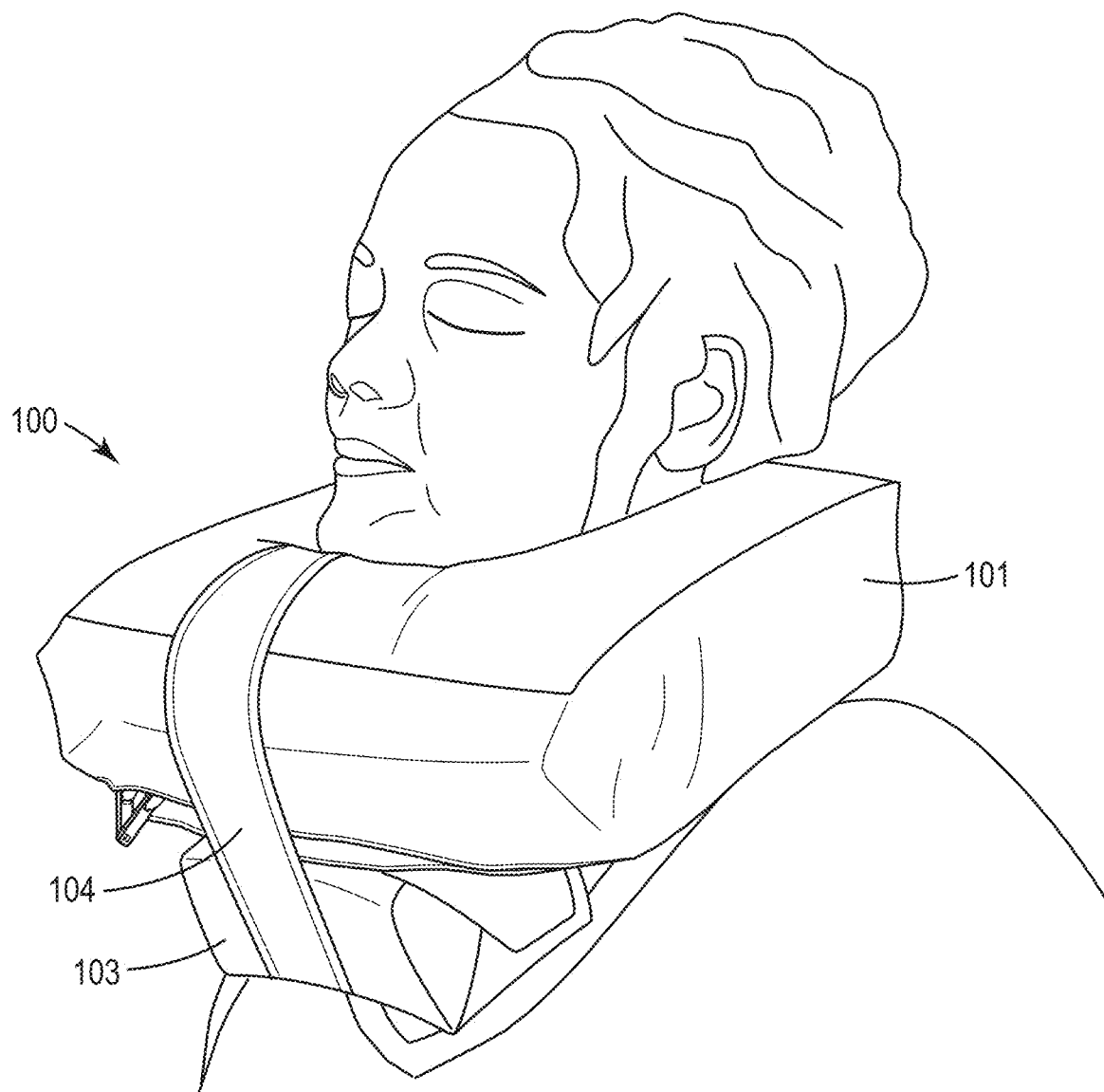
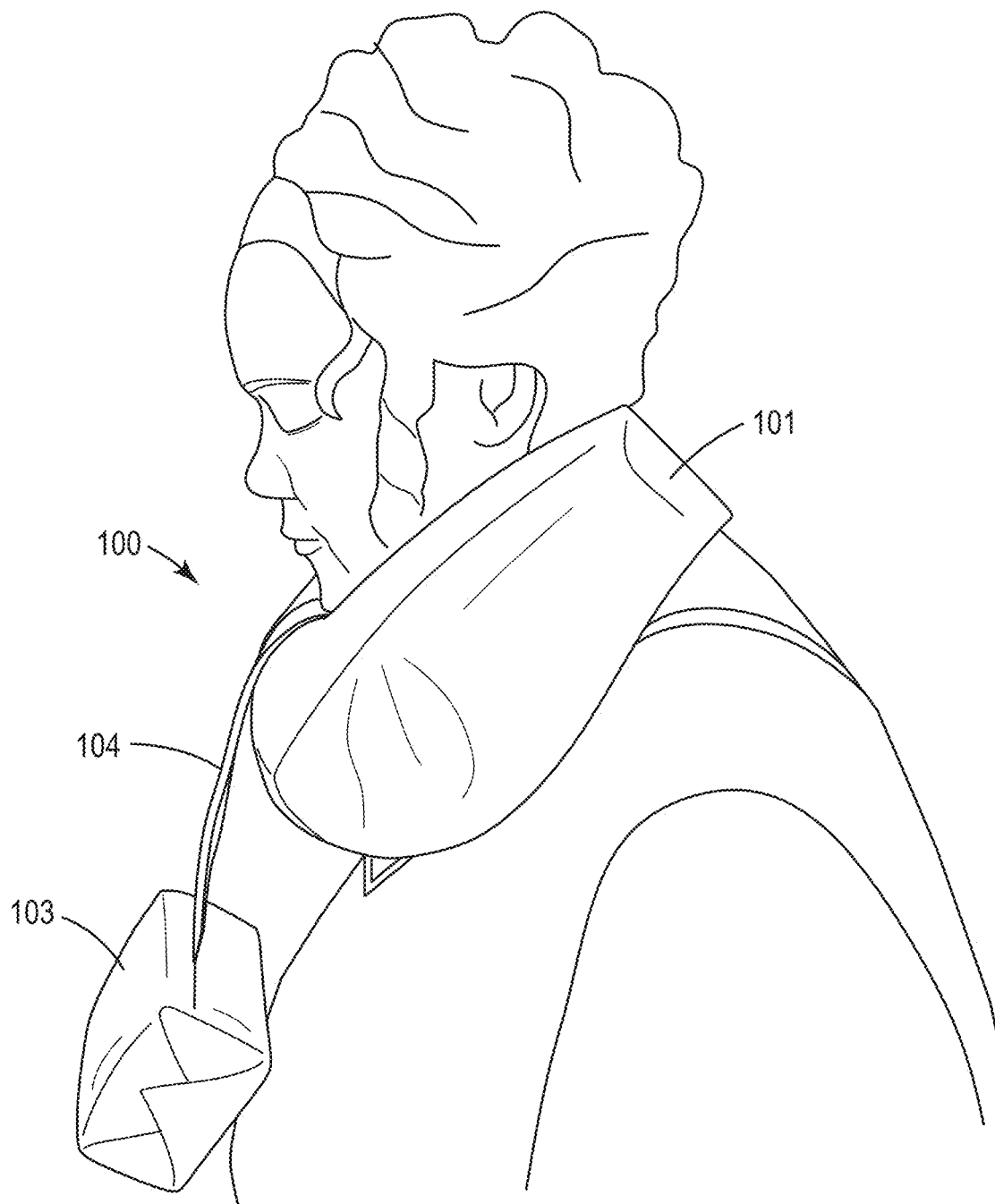


FIG. 3

*FIG. 4*

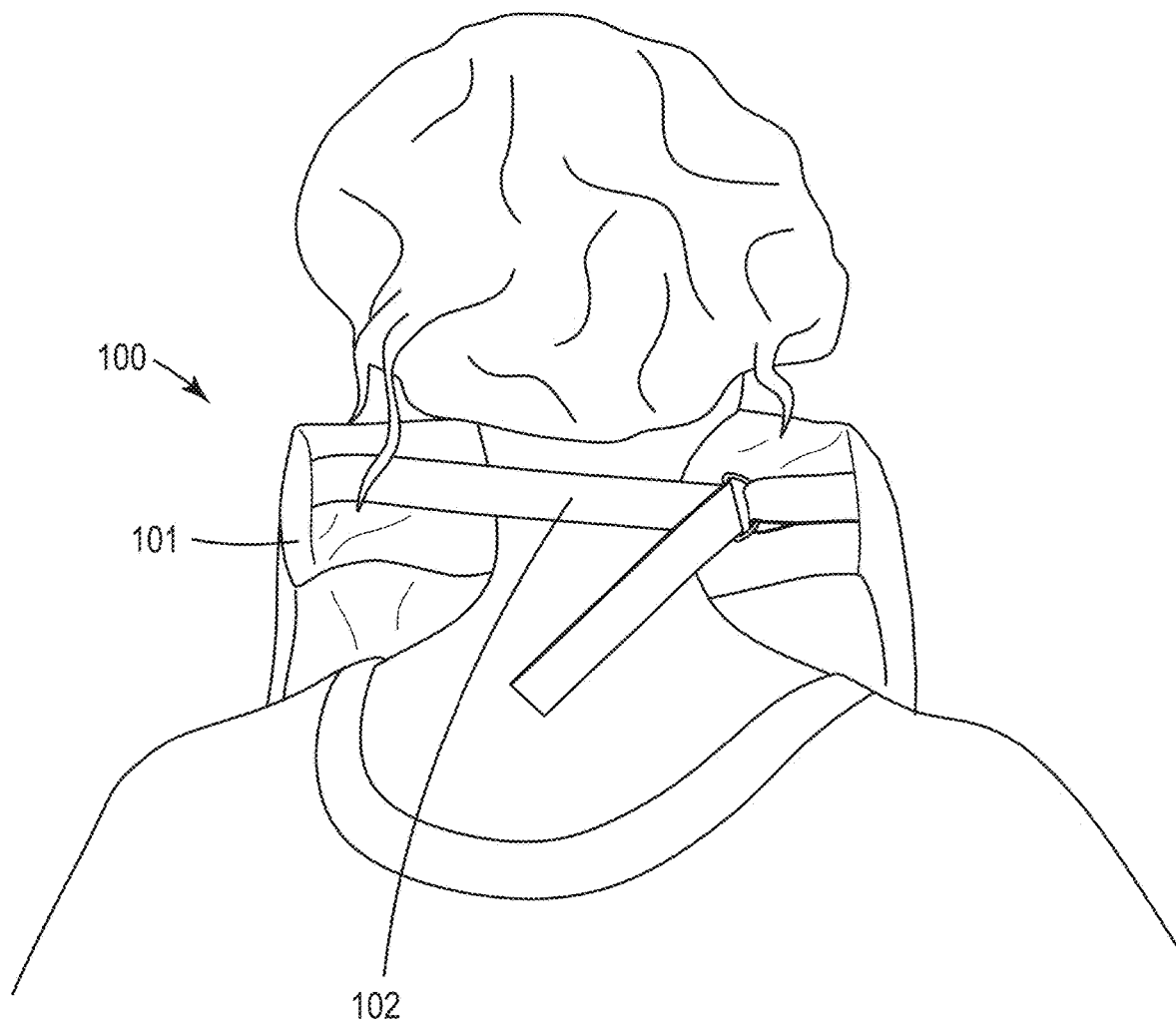
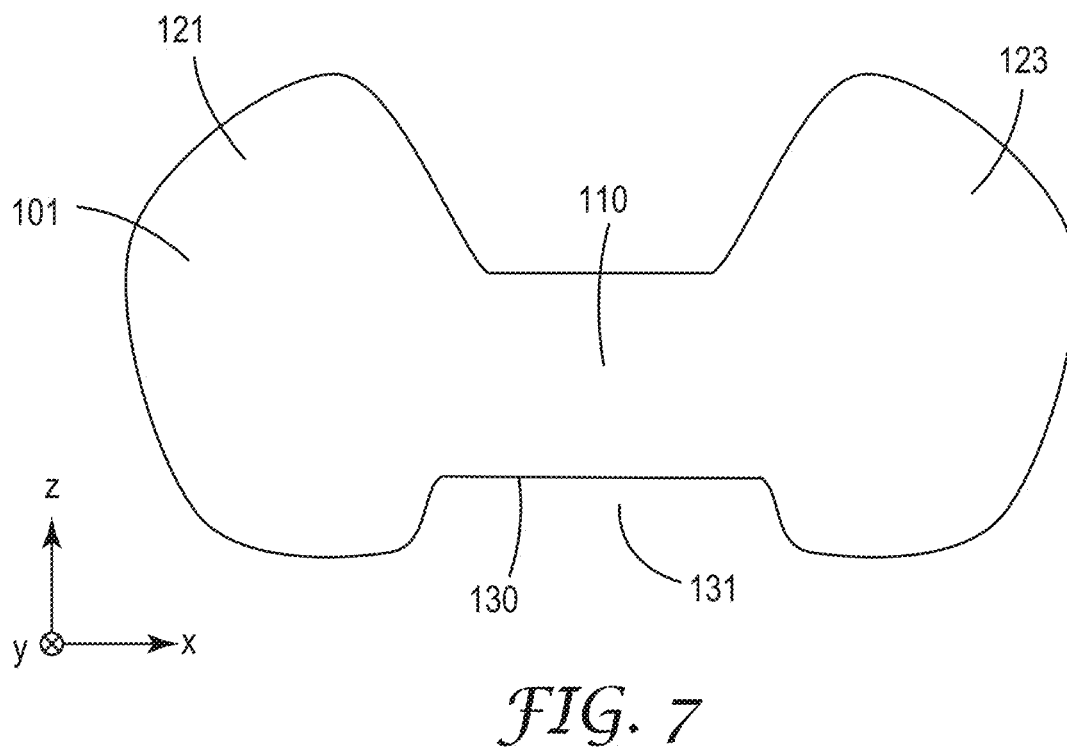
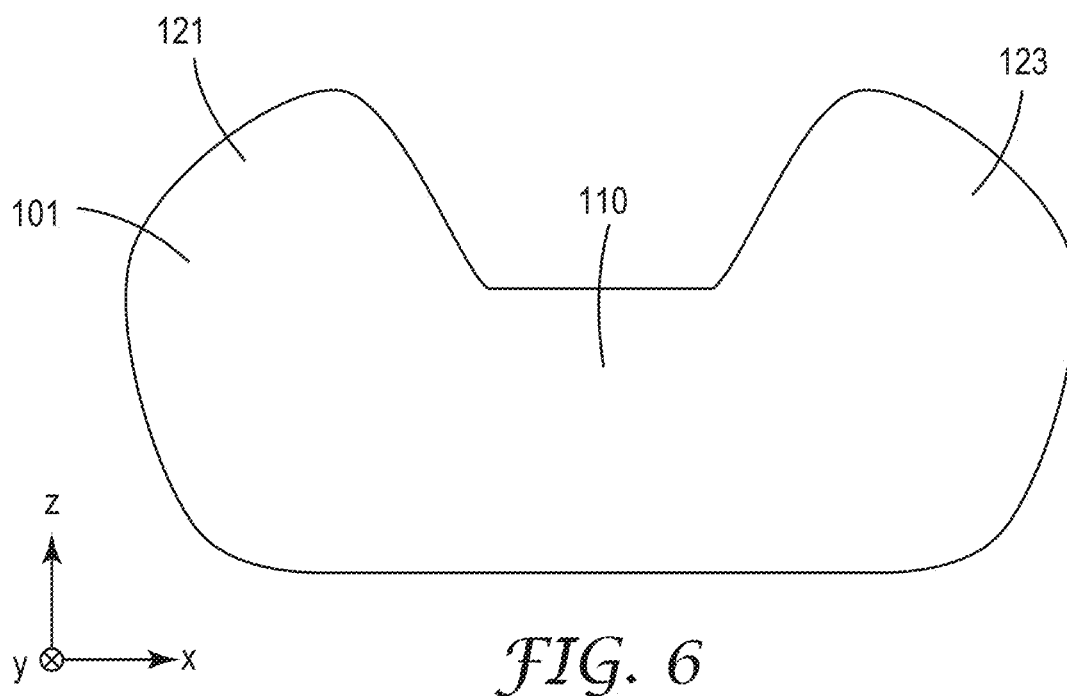


FIG. 5



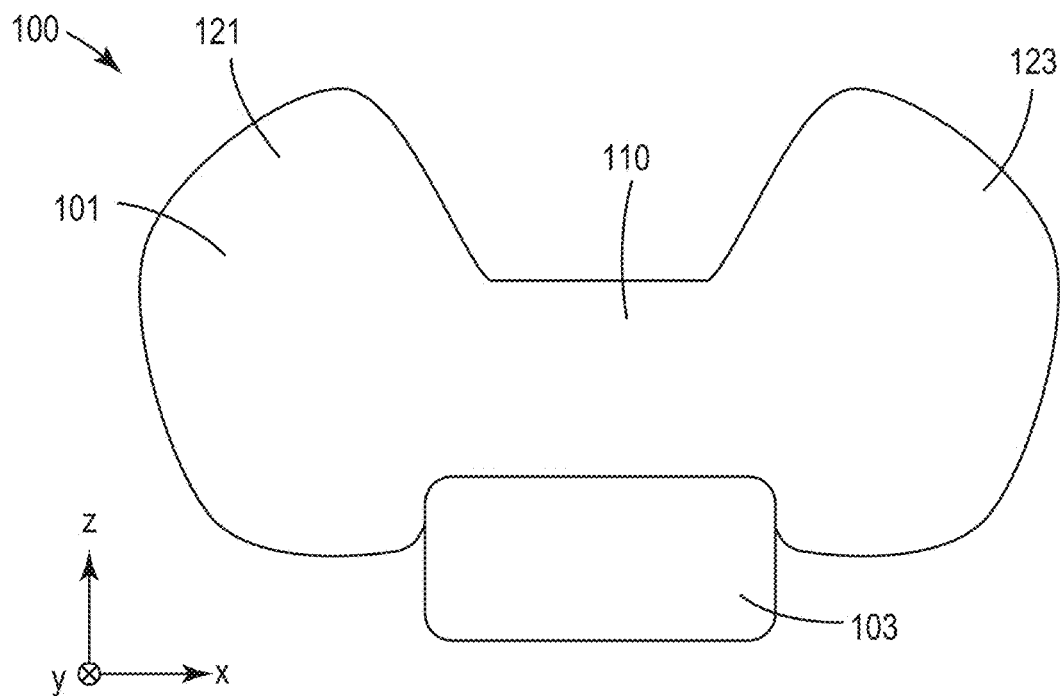


FIG. 8

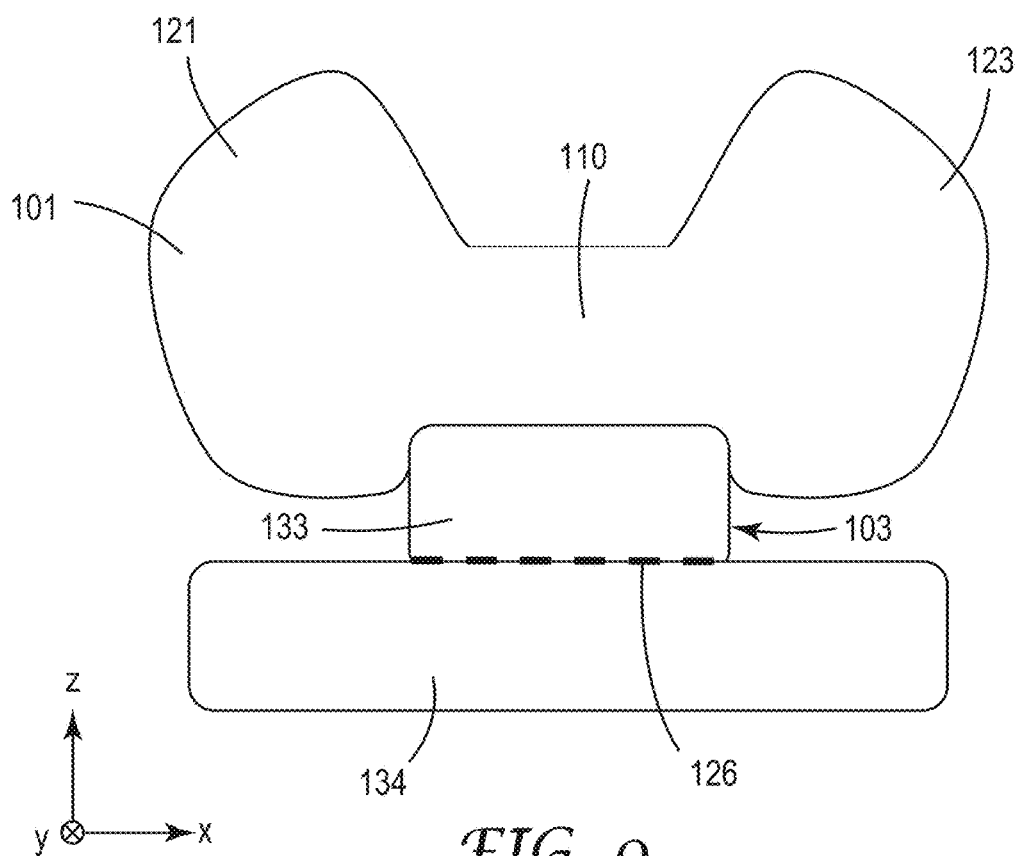


FIG. 9

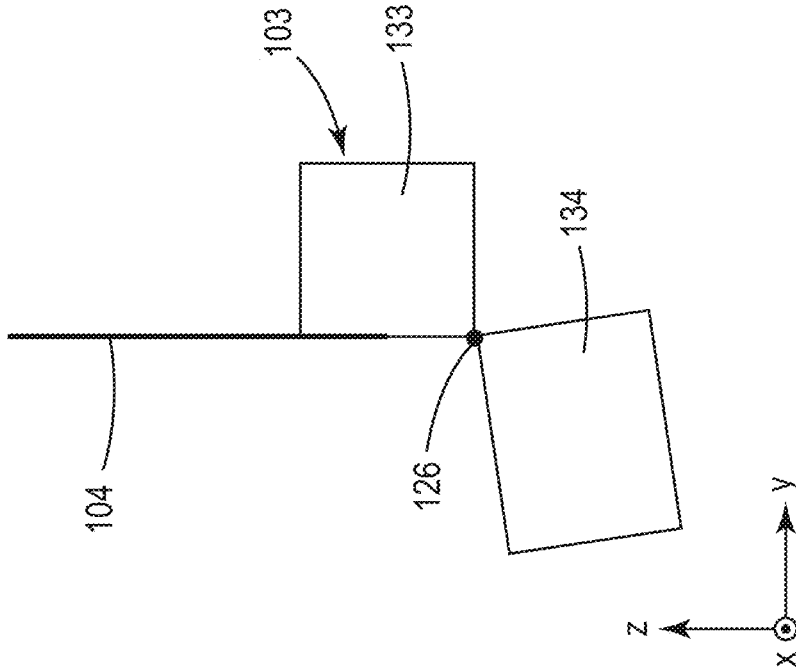


FIG. 10B

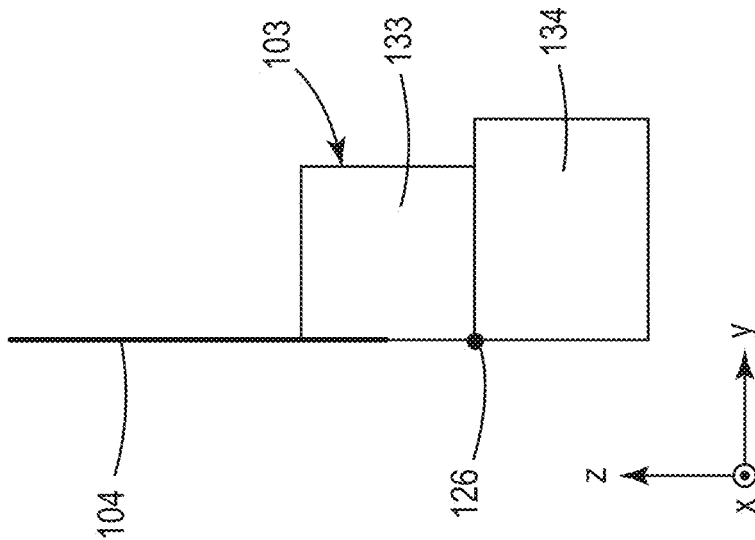
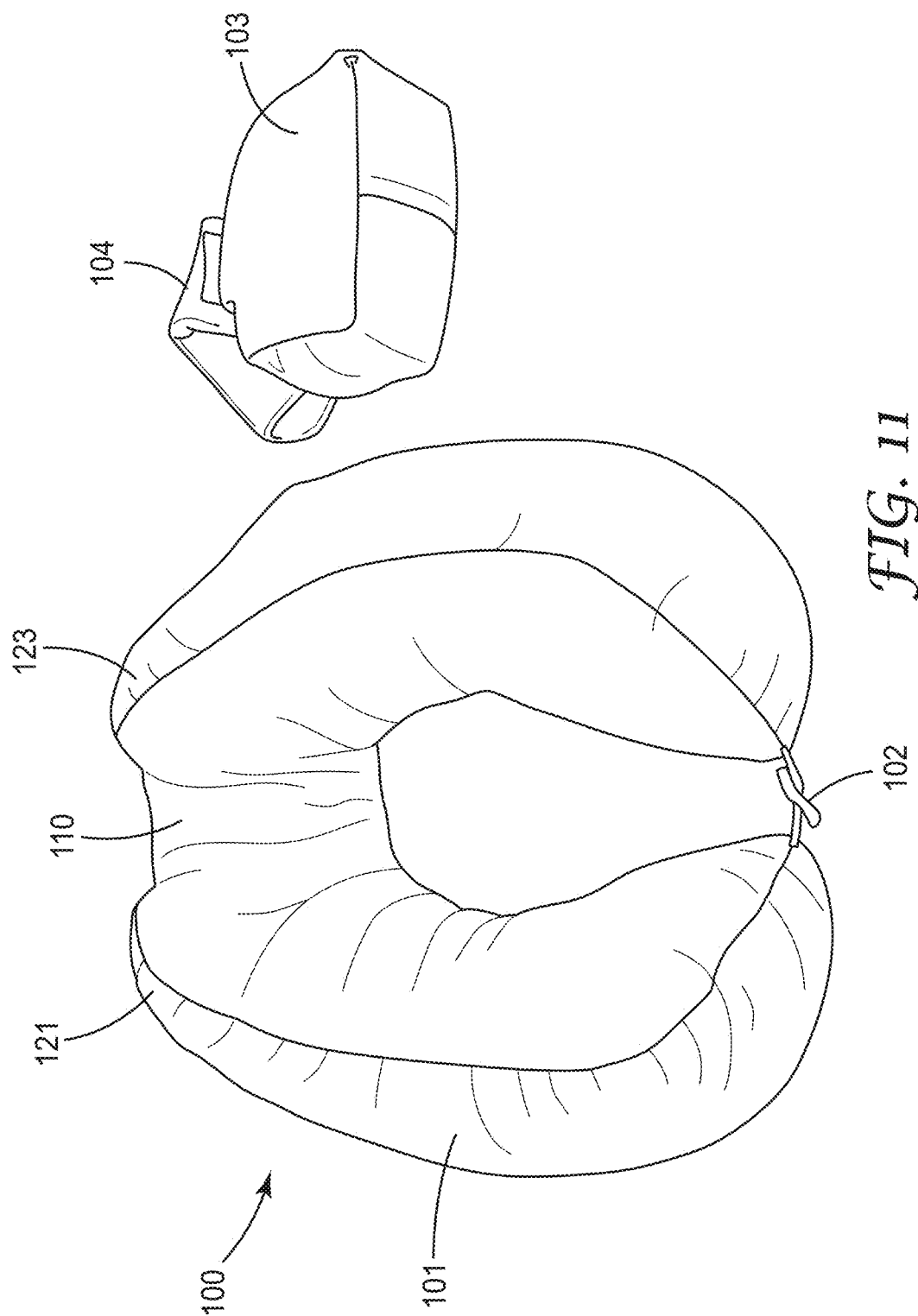


FIG. 10A



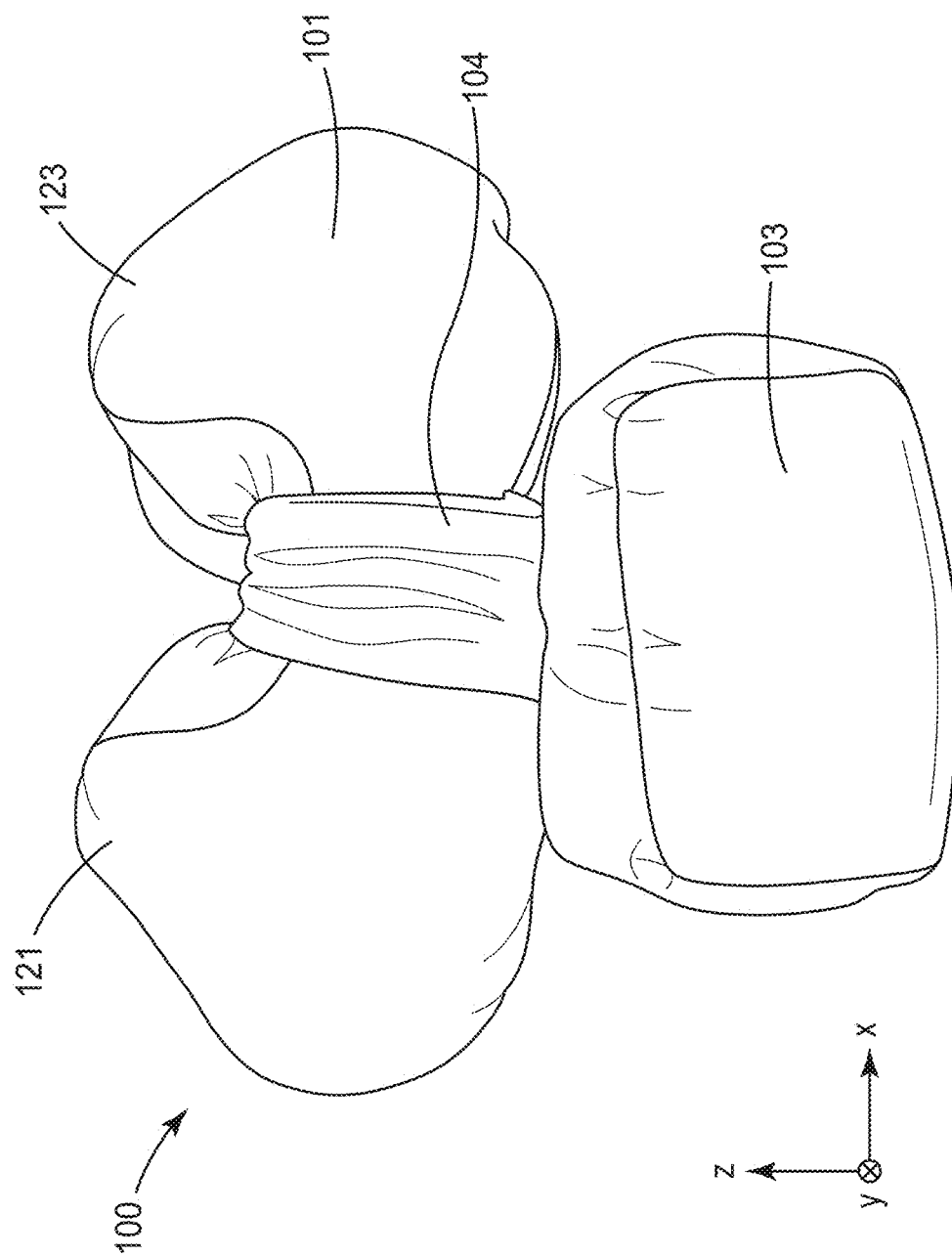


FIG. 12

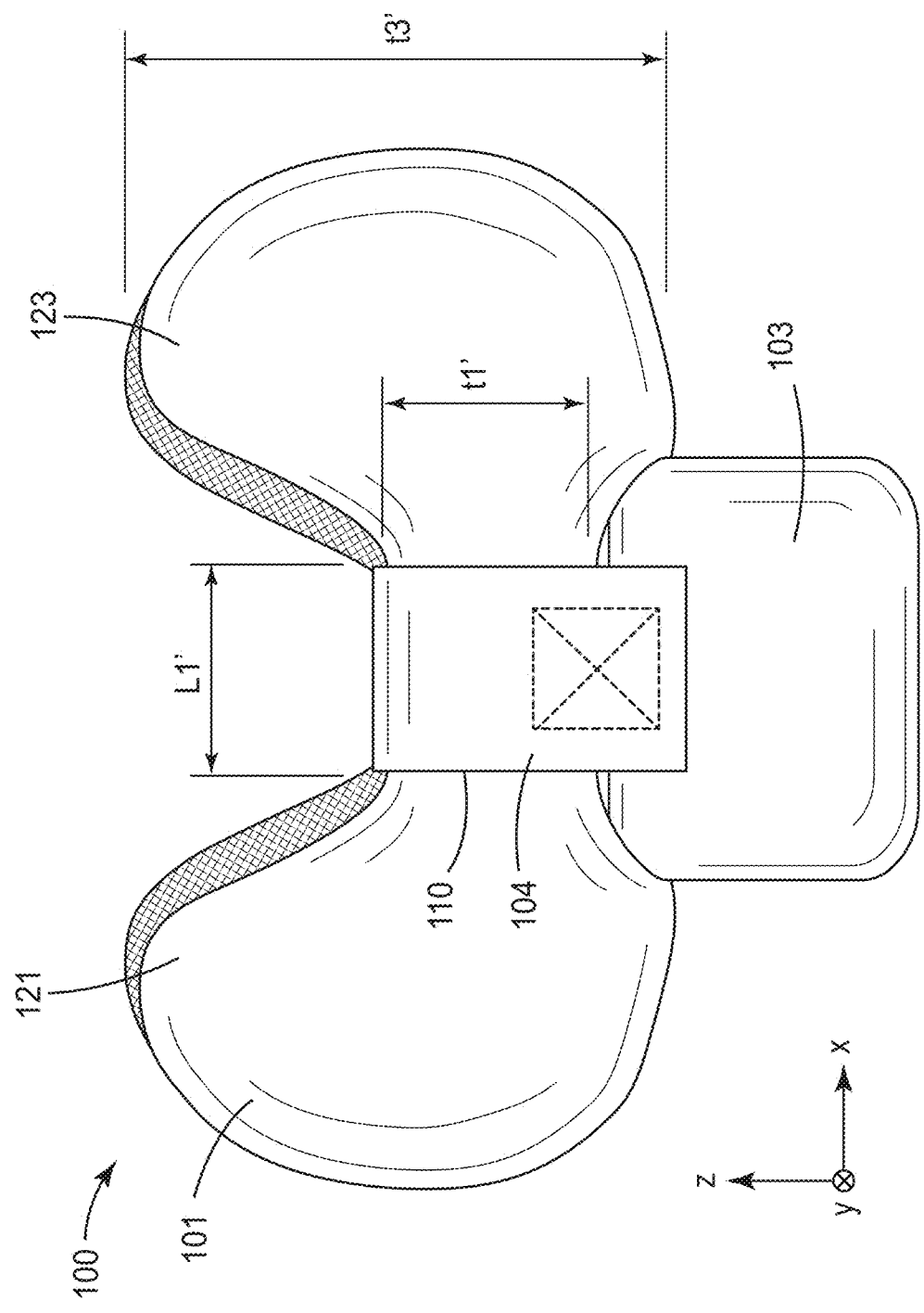


FIG. 13

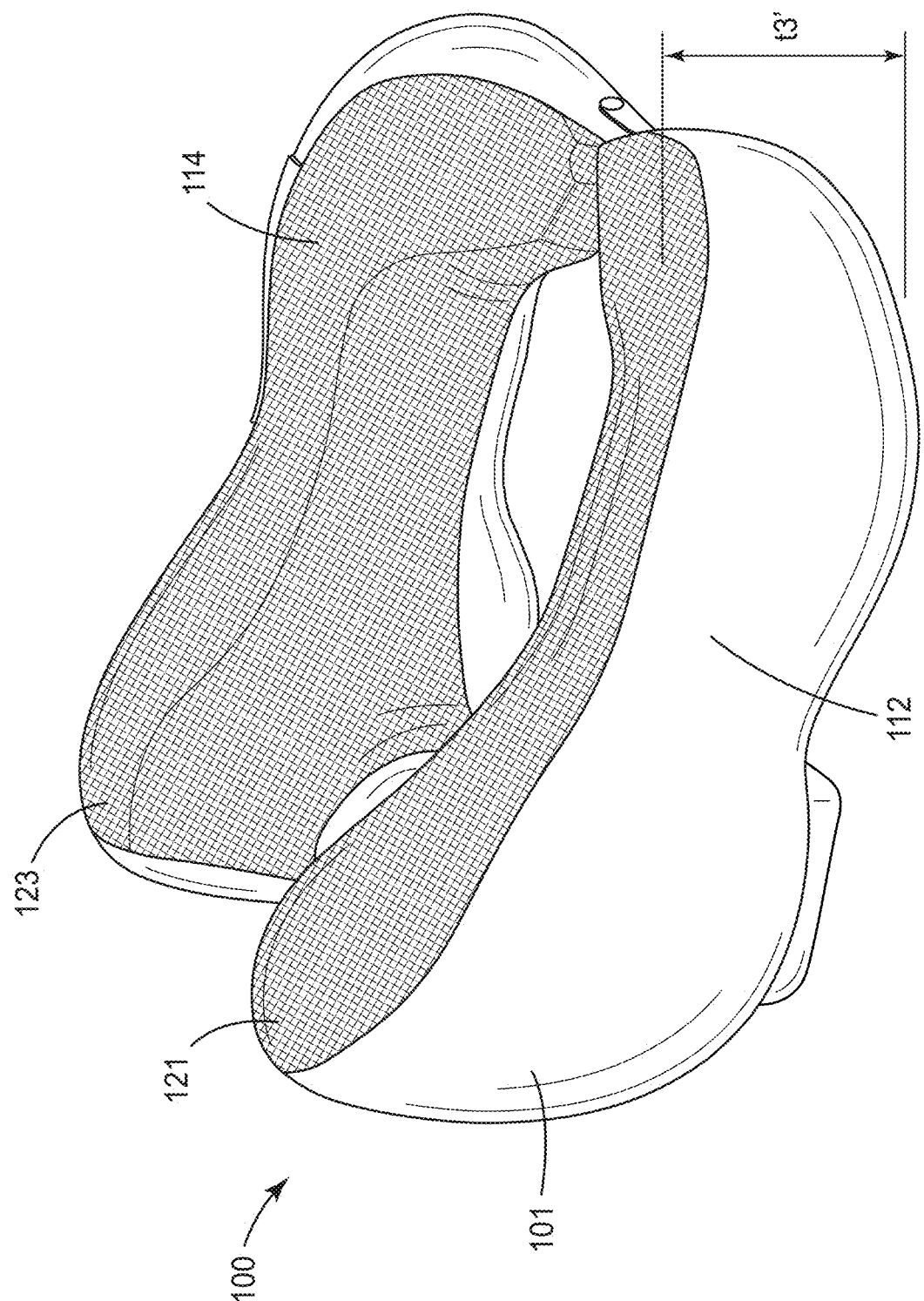
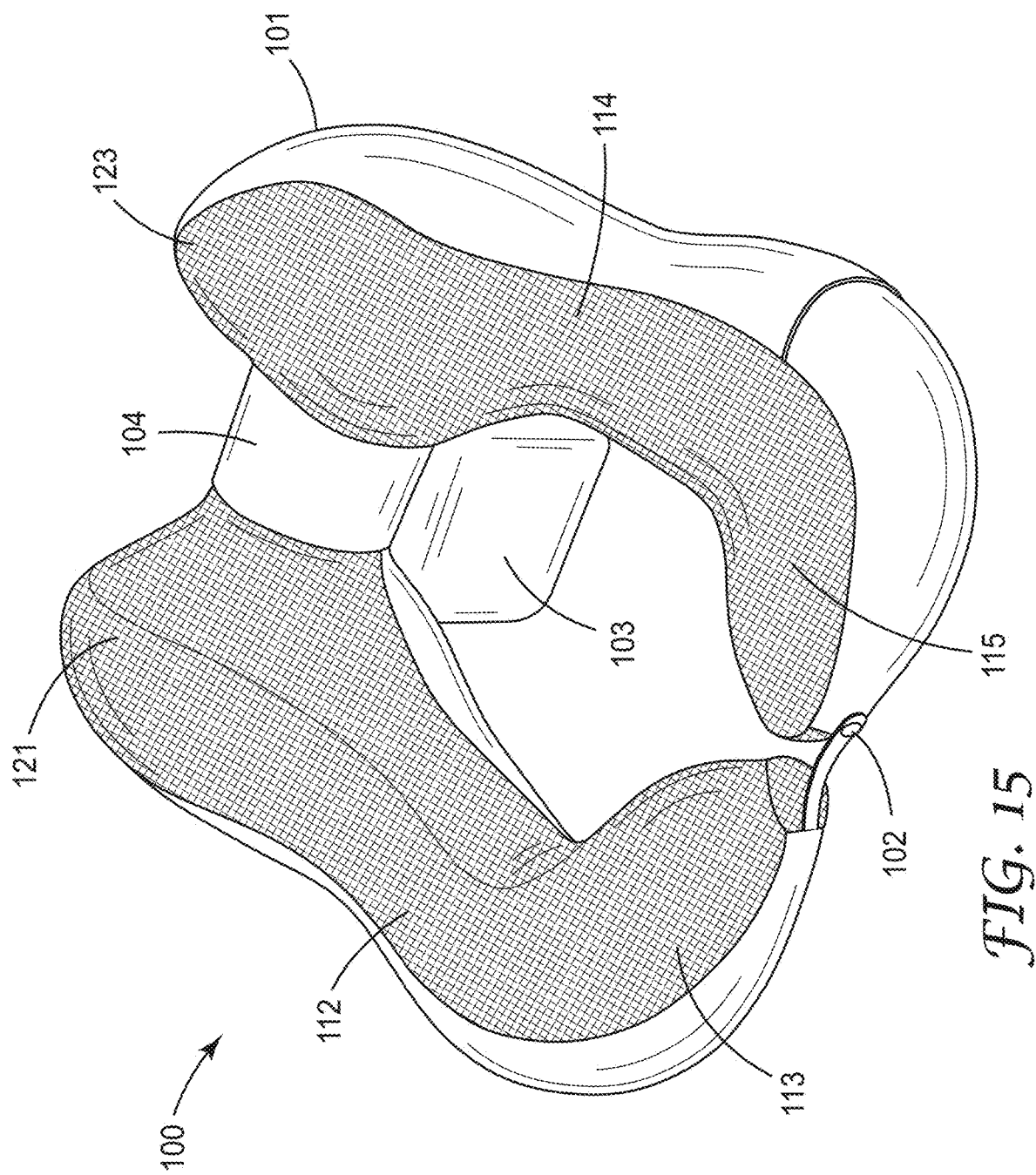


FIG. 14



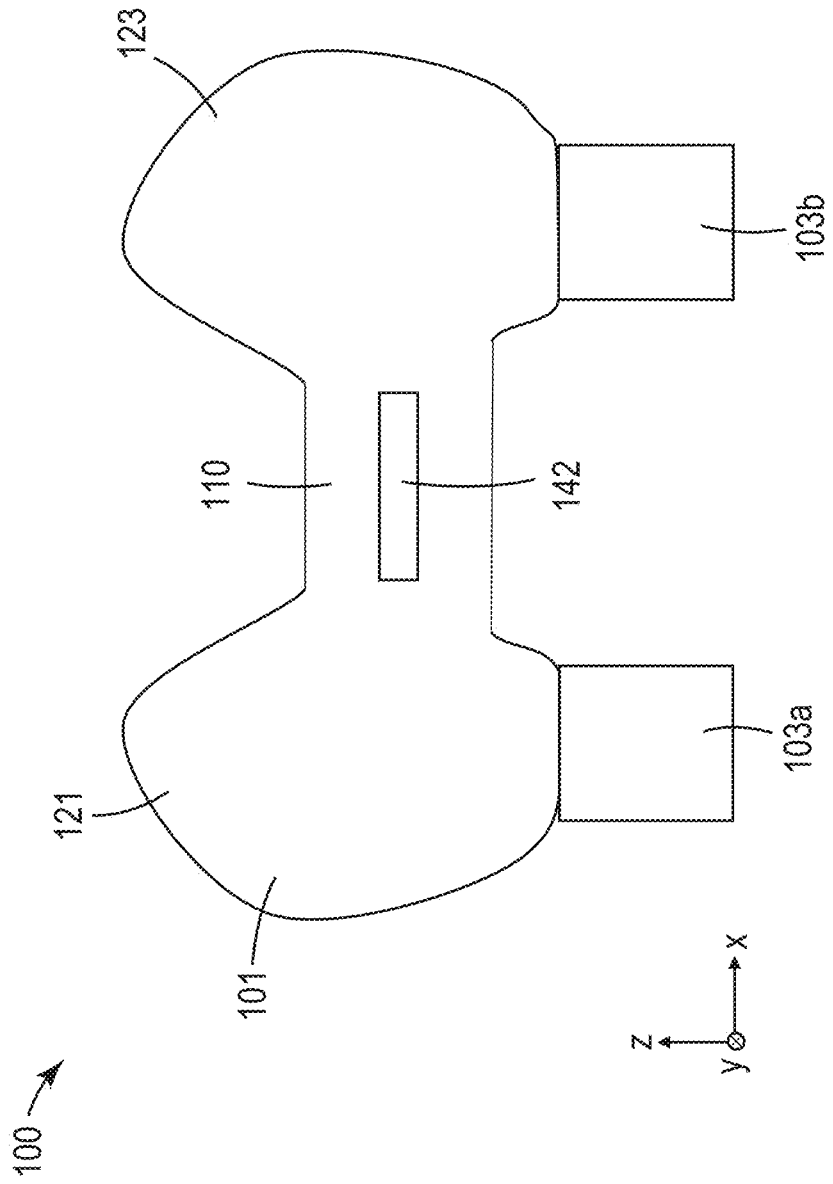


FIG. 16

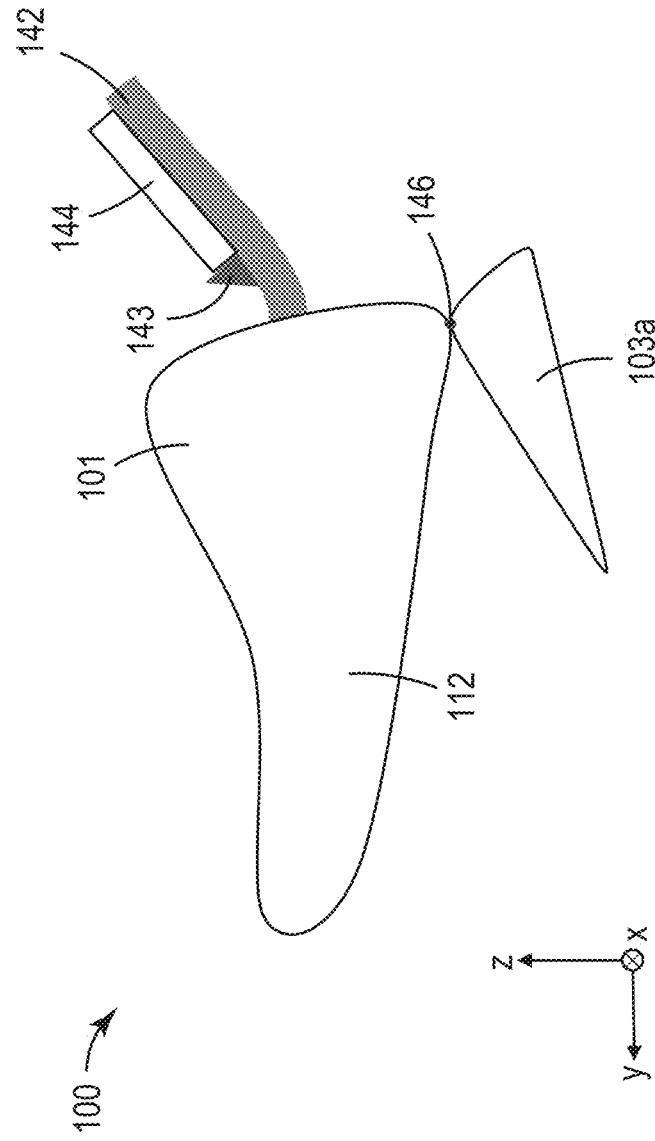


FIG. 17

PILLOW SYSTEM AND PILLOW ASSEMBLY

TECHNICAL FIELD

[0001] The present description relates generally to pillows.

BACKGROUND

[0002] A pillow generally provides support for the head. A pillow can be generally U-shaped and placed behind the head and around the neck for support while traveling, for example.

SUMMARY

[0003] Pillow systems or assemblies, according to some embodiments of the present description, can be configured to support, and limit a movement of, a head of a user in one or more desired positions. Such pillow assemblies or systems can be used, for example, by a barber or hair stylist to comfortably support and hold a head of a client in a desired position for receiving a haircut, for example. As another example, the pillow assembly or system can be used in medical applications to support a patient's head in a desired position for a medical procedure or for being fed when the patient has poor neck strength.

[0004] In some aspects, the present description provides a pillow assembly including a first pillow including a chin-support portion and first and second arm portions extending generally along a same first direction from opposing sides of the chin-support portion; a movable support being movable relative to the first pillow; and a strap for connecting the movable support to the first pillow. The pillow assembly is configured to support, and limit a movement of, a head of a user in a first position when the pillow assembly is disposed such that a chin of the user rests on the chin-support portion of the first pillow with a neck of the user disposed between the first and second arm portions and the movable support is disposed such that a first portion of the movable support is disposed between the first pillow and a chest of the user to support the first pillow.

[0005] In some aspects, the present description provides a pillow system including a first pillow including a chin-support portion and first and second arm portions extending generally along a same first direction from opposing sides of the chin-support portion; a second pillow movable relative to the first pillow; and a strap configured to connect the second pillow to the first pillow. A length of the strap can be such that the strap can be at least partially wrapped around the chin-support portion to cause the second pillow to be positioned relative to the first pillow in a first desired location contacting the first pillow. The pillow system is configured to support, and limit a movement of, a head of a user in a first position when the pillow system is disposed such that a chin of the user rests on the chin-support portion of the first pillow with a neck of the user disposed between the first and second arm portions and the second pillow is disposed in the first desired location such that at least a first portion of the second pillow is disposed between the first pillow and a chest of the user to support the first pillow. The pillow system can be configured to support, and limit the movement of, the head of the user in a second position different from the first position when the pillow system is disposed such that the chin of the user rests on the chin-support portion of the first pillow with the first pillow resting

on the chest of the user and with the neck of the user disposed between the first and second arm portions.

[0006] In some aspects, the present description provides a pillow system including a first pillow, a movable support being movable relative to the first pillow, and a strap configured to connect the movable support to the first pillow. The first pillow includes a thinner chin-support portion extending along a first direction between opposing thicker first and second lateral head-support portions, and first and second arm portions extending generally along a same second direction, orthogonal to the first direction, from the respective first and second lateral head-support portions to respective first and second end portions. The first and second end portions can be curved toward one another.

[0007] In some aspects, the present description provides a pillow system including a first pillow including a chin-support portion and first and second arm portions extending generally along a same first direction from opposing sides of the chin-support portion; and spaced apart first and second movable supports attached to the respective first and second arm portions and being movable relative to the first pillow. The pillow system is configured to support, and limit a movement of, a head of a user in a first position when the pillow system is disposed such that a chin of the user rests on the chin-support portion of the first pillow with a neck of the user disposed between the first and second arm portions and the first and second movable supports are disposed between the respective first and second arm portions and a chest of the user. The pillow system can be configured to support, and limit the movement of, the head of the user in a second position different from the first position when the pillow system is disposed such that the chin of the user rests on the chin-support portion of the first pillow with the first and second arm portions resting on the chest of the user.

[0008] These and other aspects will be apparent from the following detailed description. In no event, however, should this brief summary be construed to limit the claimable subject matter.

BRIEF DESCRIPTION OF THE DRAWINGS

[0009] FIG. 1 is a schematic top view of a pillow system, according to some embodiments.

[0010] FIG. 2 is a schematic side view of a pillow system, according to some embodiments.

[0011] FIG. 3 is a schematic perspective view of a pillow assembly in a first configuration, according to some embodiments.

[0012] FIG. 4 is a schematic side perspective view of the pillow assembly of FIG. 3 in a second configuration, according to some embodiments.

[0013] FIG. 5 is a schematic rear view of the pillow assembly of FIGS. 3-4.

[0014] FIGS. 6-7 are schematic end views of pillows, according to some embodiments.

[0015] FIGS. 8-9 are schematic end views of pillow systems, according to some embodiments.

[0016] FIGS. 10A-10B are schematic side views illustrating a movable support in different configurations, according to some embodiments.

[0017] FIG. 11 is a schematic top perspective view of a pillow system, according to some embodiments.

[0018] FIG. 12 is a schematic end view of the pillow system of FIG. 11.

[0019] FIG. 13 is a schematic end view of a pillow system, according to some embodiments.

[0020] FIGS. 14-15 are schematic top perspective views of the pillow system of FIG. 13.

[0021] FIG. 16 is a schematic end view of a pillow system including movable supports, according to some embodiments.

[0022] FIG. 17 is a schematic side view of the pillow system of FIG. 16, according to some embodiments.

DETAILED DESCRIPTION

[0023] In the following description, reference is made to the accompanying drawings that form a part hereof and in which various embodiments are shown by way of illustration. The drawings are not necessarily to scale. It is to be understood that other embodiments are contemplated and may be made without departing from the scope or spirit of the present description. The following detailed description, therefore, is not to be taken in a limiting sense.

[0024] A client of a barber or hair stylist typically sits upright when the barber or hair stylist provides a haircut or related services or procedures. These clients often move their heads by nodding back and forth or side to side while sitting for the procedure as they generally do not have support for their necks and heads. This can prevent the client from having a positive hair styling experience. According to some embodiments, a pillow assembly or pillow system of the present description can provide suitable support for the client's head during such procedures to prevent or limit movement of the head during the procedure. In some embodiments, the pillow assembly or system is configured to support the user's head in more than one (e.g., 2 or 3 or more) position depending on the arrangement of pillows or supports of the assembly or system. For example, it may be desired to position a client's head differently at different stages of a haircut or related procedure. As another example, the position of the user's head may be adjusted (e.g., via selecting a location of a movable support) to increase the user's comfort while limiting the movement of the user's head. The pillow system or assembly may allow the client to rest comfortably, or even fall asleep, without the head nodding that could potentially result in the client getting cut or burned by a barber or stylist. The pillow system or assembly may also relieve the barber or stylist from having to use one hand to hold the client's head while trying to style at the same time and this can save the barber or stylist time by freeing up the other hand to continue to cut, style, or braid, for example, freely with easy access to the client's head.

[0025] The pillow assembly or pillow system can alternatively, or in addition, be used in other situations where it is desired to support a user's head in one or more desired positions. For example, the pillow assembly or system can be used in medical applications to support a patient's head in a desired position for a medical procedure or for being fed when the patient has poor neck strength (e.g., for elderly people, or those with disabilities, or young children who are unable to independently hold their heads in an upright position for long periods of time).

[0026] The terms "user", "client" and/or "patient" may be used interchangeably to refer to the person wearing the pillow system or assembly.

[0027] FIG. 1 is a schematic top view of a pillow system 100, according to some embodiments. The pillow system

100 includes a first pillow 101, a movable support 103 which is movable relative to the first pillow 101, and a strap 104 configured to connect the movable support 103 to the first pillow 101. FIG. 2 is a schematic side view of the pillow system 100, according to some embodiments. The first pillow 101 includes a chin-support portion 110 and first and second arm portions 112 and 114 extending generally along a same first direction (e.g., the y-direction in the schematically illustrated x-y-z coordinate system) from opposing sides 116 and 118 of the chin-support portion 110. The strap 104 can extend between the chin-support portion 110 of the first pillow 101 and the movable support 103. In some embodiments, the strap 104 is permanently attached (e.g., via stitching or adhesive bonding) to the first pillow 101 (e.g., to the chin-support portion 110 of the first pillow 101) and to the movable support 103. In some embodiments, the strap 104 is releasably attached (e.g., via hook-and-loop fasteners such as VELCRO or via buttons or snaps) to at least one of the movable support 103 or the chin-support portion 110 of the first pillow 101. For example, the strap 104 may be releasably attached to the chin-support portion 110 and permanently attached to the movable support 103. When the strap 104 connects the movable support 103 to the first pillow 101, the pillow system 100 may be referred to as a pillow assembly. In some embodiments, the movable support 103 is or includes a second pillow.

[0028] In some embodiments, the first and second arm portions 112 and 114 extend from the chin-support portion 110 to respective first and second end portions 113 and 115. In some embodiments, the pillow assembly also includes a connector 102, 102' configured to connect the first and second end portions 113 and 115. The connector 102, 102' can be or include one or more of strap(s), button(s), buckle(s), snap(s), or hook-and-loop fasteners. For example, the connector 102, 102' can be or include a neck strap configured to extend between the first and second end portions 113 and 115. The neck strap may include a buckle fastener 107, for example. The connector 102, 102' can help hold the pillow system or assembly in place on the user. In the embodiment schematically illustrated in FIGS. 1 and 2, the first and second end portions 113 and 115 are substantially straight portions at the ends of the respective first and second arm portions 112 and 114. In some embodiments, as described further elsewhere herein, the first and second end portions 113 and 115 curve toward one another.

[0029] The dimensions of the pillow system can be selected so that the pillow system is suitable for use for a typically sized adult or for a typically sized child of any specified age range, for example. The first and second arm portions 112 and 114 are spaced apart along a second direction (x-direction) orthogonal to the first direction (y-direction) which can define a space having a length L1 along the second direction and a depth D1 along the first direction. (It will be understood that the various directions may be named differently. For example, the x- and y-directions may alternatively be named the first and second directions, respectively.) The length L1 and depth D1 can be selected such that a user's neck can be disposed and supported in the space with the user's chin resting on the chin-support portion 110. The length L1 can be in a range of about 5 cm to about 20 cm, or about 7 cm to about 15 cm, for example. The depth D1 can be in a range of about 5 cm to about 25 cm, or about 7 cm to about 20 cm, for example. The movable support has a length L2 along the second direction (x-di-

rection) that can be comparable to the length $L1$. For example, $L2$ can be in a range of about 5 cm to about 20 cm, or about 7 cm to about 15 cm. The chin-support portion **110** and the movable support have respective widths $w1$ and $w2$ along the first direction (y-direction). The widths $w1$ and $w2$ may be comparable to each other and may independently be in a range of about 2 cm to about 20 cm, or about 3 cm to about 10 cm, for example. The first and second arm portions **112** and **114** have respective average widths $s1$ and $s2$ along the second direction (x-direction). The average widths $s1$ and $s2$ may be about equal and/or may independently be in a range of about 1 cm to about 15 cm, or about 2 cm to about 10 cm, for example. The chin-support portion **110** has a first thickness $t1$ along a third direction (z-direction) orthogonal to the first and second directions, and the movable support **103** has a second thickness $t2$ along the third direction when disposed in a desired location (e.g., between chin-support portion **110** and a chest of the user as schematically illustrated in FIG. 3, for example). As described further elsewhere herein, in some embodiments, the movable support **103** may include at first and second portions rotatably connected to one another. The thickness $t2$ of the movable support can be the thickness of the first portion of the movable support. In some embodiments, the first and second portions have similar or about equal thicknesses. In some embodiments, the second portion is omitted so that the first portion can be identified as the movable support **103**. In some embodiments, the second thickness $t2$ is between about 0.25 and about 3 times the first thickness $t1$, or between about 0.3 and about 2.5 times the first thickness $t1$, or between about 0.5 and about 2 times the first thickness $t1$. The first and second thickness $t1$ and $t2$ may independently be in a range of about 1 cm to about 15 cm, or about 2 cm to about 10 cm, for example.

[0030] FIG. 3 is a schematic perspective view of a pillow assembly **100**, according to some embodiments, where the pillow assembly **100** is configured to support, and limit a movement of, a head of a user in a first position when the pillow assembly **100** is disposed such that a chin of the user rests on the chin-support portion of the first pillow with a neck of the user disposed between the first and second arm portions and the movable support is disposed such that a first portion of the movable support **103** is disposed between the first pillow **101** and a chest of the user to support the first pillow **101**. In the illustrated embodiment, the first portion of the movable support **103** can be understood to be the movable support. In other embodiments, the movable support **103** includes a second portion that can optionally be rotated to be disposed under a first portion of the movable support **103** to further adjust the position of the head of the user, as described further elsewhere herein. In some embodiments, the movement that is limited by the pillow assembly includes at least a downward (towards the chest) movement of the head. In some embodiments, the first pillow is configured to limit lateral movement of the head of the user when the pillow assembly is disposed such that the chin of the user rests on the chin-support portion of the first pillow with the neck of the user disposed between the first and second arm portions.

[0031] FIG. 4 is a schematic side perspective view of the pillow assembly **100**, according to some embodiments, where the pillow assembly is configured to support, and limit the movement of, the head of the user in a second position different from the first position (see, e.g., FIG. 3)

when the pillow assembly **100** is disposed such that the chin of the user rests on the chin-support portion of the first pillow **101** with the first pillow **101** resting on the chest of the user and with the neck of the user disposed between the first and second arm portions. In this case, the movable support **103** is not disposed between the first pillow **101** and the chest of the user but is attached to the first pillow **101** via strap **104** so that it can be repositioned between the first pillow **101** and the chest of the user when desired. In some embodiments, the strap **104** extends between the chin-support portion of the first pillow **101** and the movable support **103**. In some embodiments, a length of the strap **104** is such that the strap can be at least partially wrapped around the chin-support portion causing the movable support **103** to be positioned relative to the first pillow **101** in a desired location contacting the first pillow **101** as schematically illustrated in FIG. 3, for example (see also FIGS. 12-13, for example).

[0032] FIG. 5 is a schematic rear view of the pillow assembly **100**, according to some embodiments. In the illustrated embodiment, the first pillow **101** has an open end toward the back of the pillow between the first and second arm portions. A neck strap **102** (or other connector described further elsewhere herein) can be included that is configured to extend between the first and second end portions of the respective first and second arm portions.

[0033] In some embodiments, in a top plan view, the first pillow **101** is generally U-shaped (see, e.g., FIGS. 1 and 11). For example, the chin-support portion can form a base of the U-shape while the first and second arms portions **112** and **114** form opposing sides of the U-shape. The arms defining the sides of the U-shape can be substantially straight (see, e.g., FIG. 1) or curved (see, e.g., FIG. 11). In some embodiments, in a top plan view, the first pillow **101** is generally oval-shaped (see, e.g., FIG. 15). For example, the shape can be generally a U-shape but with the end portions **113** and **115** curved towards one another to define a top portion of the oval shape.

[0034] The first pillow and the movable support can be made from any suitable materials commonly used for pillows, for example. The first pillow and/or movable support can be made from soft materials (e.g., polymeric foam, down, feathers) disposed in a cover (e.g., fabric, leather, polymer film). The cover may include different portions having different surface texture (e.g., the portion of the cover contacting the skin may have a soft texture for user comfort while the portion contacting the chest of the user or the portions of the movable support and first pillow contacting one another may have a texture for increased friction to reduce slipping). The strap can be made of any suitable materials commonly used for straps such as polyester, nylon, or leather, for example.

[0035] FIG. 6 is a schematic end view of a first pillow **101**, according to some embodiments. In some embodiments, the chin-support portion **110** extends laterally (e.g., along x-direction) between opposing first and second lateral head-support portions **121** and **123**. Each of the first and second lateral head-support portions **121** and **123** extend above (e.g., along the z-direction) the chin-support portion **110** to limit at least a lateral movement of the head of the user when the chin of the user rests on the chin-support portion. The first and second lateral head-support portions **121** and **123** may be regarded as portions of the respective first and second arm portions **112** and **114** or may be regarded as

portions of the first pillow **101** disposed between the chin-support portion **110** and the respective first and second arm portions **112** and **114**.

[0036] FIG. 7 is a schematic end view of a first pillow **101**, according to some embodiments. Similar to the embodiment schematically illustrated in FIG. 6, the chin-support portion **110** extends laterally (e.g., along x-direction) between opposing first and second lateral head-support portions **121** and **123** of the respective first and second arm portions **112** and **114**. A top portion of the chin-support portion **110** is configured to contact the chin of the user. In the embodiment of FIG. 7, a bottom portion **130** of the chin-support portion **110** defines a recess **131** between bottom portions of the lateral head-support portions. The recess **131** can be configured to accept the movable support **103** or a first portion of the movable support **103**. For example, a shape of a portion of the bottom surface of the first pillow **101** that includes a bottom surface of the chin-support portion **110** and portions of bottom surfaces of the lateral head-support portions can substantially conform to a portion of the surface of the movable support **103**. In some embodiments, in an end plan view, the first pillow has a generally dog-bone shape (see, e.g., FIGS. 7 and 13).

[0037] FIG. 8 is a schematic end view of a pillow system **100**, according to some embodiments, that includes the first pillow **101** of FIG. 7 with the movable support **103** disposed in the recess **131**. The bottom surface of the first pillow **101** can be shaped such that the first pillow **101** limits the movement (e.g., a lateral (x-direction) movement) of the movable support **103** relative to the first pillow **101** when the movable support **103** is disposed in a desired location contacting the bottom surface of the first pillow (e.g., the location indicated in FIG. 8, 9 or 13). The movable support **103** can include first and second portions that can optionally be disposed on one another to further adjust the position of the head of the user. FIG. 9 is a schematic end view of a pillow system **100**, according to some embodiments, that includes the first pillow **101** of FIG. 7 with a first portion **133** of a movable support **103** disposed in the recess **131** where the first portion **133** is disposed on a second portion **134** of the movable support **103**. In some embodiments, the second portion **134** is rotatable relative to the first portion **133** about an axis **126** which may be defined by a foldable joint, seam, or crease, for example. The axis **126** can be substantially parallel (e.g., within 30, 20 or 10 degrees of parallel) to a longitudinal axis (e.g., x-axis) of the chin-support portion **110**.

[0038] FIG. 10A is a schematic side view illustrating the movable support **103**, according to some embodiments, where the first portion **133** is disposed on, and supported by, the second portion **134**. FIG. 10B is a schematic side view illustrating the movable support **103**, according to some embodiments, where the second portion **134** has been rotated about axis **126** relative to the first portion **133** which is not supported by the second portion **134**.

[0039] In some embodiments, the pillow system or assembly **100** is configured to support, and limit the movement of, the head of the user in a third position (e.g., positioned as schematically indicated by the pillow system configured as illustrated in FIG. 9) different from the first and second positions (e.g., the positions schematically illustrated in FIGS. 3 and 4, respectively) when the pillow system or assembly is disposed such that the chin of the user rests on the chin-support portion **110** of the first pillow **101** with the

movable support **103** disposed such that the first portion **133** of the movable support **103** is disposed between the first pillow **101** and a second portion **134** of the movable support, and the second portion **134** of the movable support **103** is disposed between the first portion **133** of the movable support **103** and the chest of the user to support the first portion **133** and the first pillow **101**.

[0040] FIG. 11 is a schematic top perspective view of a pillow system **100**, according to some embodiments. The pillow system **100** includes a first pillow **101** and a movable support **103** which can be a second pillow. The pillow system **100** includes a strap **104** configured to connect the movable support **103** to the first pillow **101**. The strap **104** can be (e.g., permanently) attached to the movable support **103** and can be releasably attachable to the first pillow **101**. In some embodiments, the strap is permanently attached to the chin-support portion **110** of the first pillow **101** and to the movable support **103**. FIG. 12 is a schematic end view of the pillow system **100** of FIG. 11, according to some embodiments, where the movable support **103** is positioned under the chin-support portion of the first pillow **101** with the strap **104** at least partially wrapped around the chin-support portion. In some embodiments, the first pillow **101** is substantially U-shaped in a top plan view and the opposing arms of the U-shape are curved.

[0041] FIG. 13 is a schematic end view of a pillow system **100**, according to some embodiments. FIGS. 14-15 are schematic top perspective views of the pillow system **100** of the embodiment of FIG. 13. The pillow system **100** includes a first pillow **101**, a movable support **103**, and a strap **104** as described further elsewhere herein. The first pillow **101** includes a thinner chin-support portion **110** extending along a first direction (x-direction) between opposing thicker first and second lateral head-support portions **121** and **123**; and first and second arm portions **112** extending generally along a same second direction (y-direction), orthogonal to the first direction, from the respective first and second lateral head-support portions to respective first and second end portions **113** and **115**. The first pillow **101** can generally be shaped to provide comfort to the user while supporting and limiting the movement of the user's head. In some embodiments, the first and second arm portions **112** and **114** are curved. In some embodiments, the first and second end portions **113** and **115** are curved toward one another. A connector **102** can connect the first and second end portions **113** and **115**. The connector **102** can be or include a (e.g., short) strap with a snap fastener, for example, or other fasteners such as button (s), buckle(s) or hook-and-loop fasteners may be used. In some embodiments, in a top plan view, the first pillow **101** is generally oval-shaped.

[0042] As schematically illustrated in FIGS. 13-15, for example, the chin support portion **110** can have a length L_1' along the first direction (x-direction) and a thickness t_1' along a thickness direction (z-direction) orthogonal to the first and second directions. The lateral head-support portions **121** and **123** can have a thickness t_3 along the thickness direction. The first and second end portions **113** and **115** can have a thickness t_3' along the thickness direction. L_1' and t_1' can be in any of the ranges described elsewhere herein for L_1 and t_1 , respectively. t_3 can be at least 1.1 times t_1' , for example. t_3 can be in a range of about 1.2 to about 5 times t_1' , or about 1.5 to about 4 times t_1' , or about 1.75 to about 3 times t_1' , for example. t_3' can be in a range of about 0.3 to about 2 times t_1' , or about 0.5 to about 1.5 times t_1' , for

example. In some examples, L1' is about 5 cm, t1' is about 5 cm, and t3' is about 3.8 cm.

[0043] In some embodiments, the pillow system 100 is configured to support, and limit a movement of, a head of a user in a first position (e.g., corresponding to the position of FIG. 3) when the pillow system 100 is disposed such that a chin of the user rests on the chin-support portion 110 of the first pillow 101 between the first and second lateral head-support portions 121 and 123 with a neck of the user disposed between the first and second arm portions 112 and 114 and the movable support is disposed such that at least a first portion 133 of the movable support 103 is disposed between the first pillow 101 and a chest of the user to support the first pillow. In some embodiments, the pillow system 100 is configured to support, and limit the movement of, the head of the user in a second position (e.g., corresponding to the position schematically represented by the arrangement of FIG. 9) different from the first position when the pillow system 100 is disposed such that the chin of the user rests on the chin-support portion 110 of the first pillow 101 between the first and second lateral head-support portions 121 and 123 with the neck of the user disposed between the first and second arm portions and the movable support is disposed such that a second portion 134 of the movable support 103 is disposed between the first portion 133 of the movable support 103 and the chest of the user to support the first pillow 101. In some embodiments, the pillow system 100 is configured to support, and limit the movement of, the head of the user in a third position (e.g., corresponding to the position of FIG. 4) different from the first and second positions when the pillow system 100 is disposed such that the chin of the user rests on the chin-support portion 110 of the first pillow 101 with the first pillow 101 resting on the chest of the user and with the neck of the user disposed between the first and second arm portions 112 and 114.

[0044] In some embodiments, as described further elsewhere herein, the strap 104 is configured to connect the movable support 103 (or the first portion 133) to the first pillow 101. In some embodiments, a length of the strap 104 is such that the strap can be at least partially wrapped around the chin-support portion 110 to cause the movable support 103 (or the first portion 133) to be positioned relative to the first pillow 101 in a first desired location contacting the first pillow.

[0045] In some embodiments, the movable support includes discrete spaced apart first and second portions. FIG. 16 is a schematic end view of a pillow system or assembly 100, according to some embodiments. The embodiment of FIG. 16 may correspond to the embodiment of FIG. 8 with the movable support 103 of FIG. 8 replaced with discrete spaced apart first and second movable supports 103a and 103b. FIG. 17 is a schematic side view of a pillow system or assembly 100 of FIG. 16, according to some embodiments, with the movable supports and a support platform in positions different from those of FIG. 16.

[0046] In some embodiments, a pillow system 100 includes a first pillow 101 including a chin-support portion 110 and first and second arm portions 112 and 114 extending generally along a same first direction from opposing sides of the chin-support portion 110; and spaced apart first and second movable supports 103a and 103b attached to the respective first and second arm portions 112 and 114 and being movable relative to the first pillow 101. The first and second movable supports 103a and 103b can be attached to

the respective first and second arm portions 112 such that the first and second movable supports 103a and 103b can rotate about an axis 146 (e.g., parallel to x-axis of FIG. 16) relative to the first pillow 101. In FIG. 17, the movable support 103a is rotated about axis 146 relative to FIG. 16. The chin-support portion 110 can extend along a second direction (x-direction) orthogonal to the first direction (y-direction) between the first and second arm portions. The first and second movable supports 103a and 103b can be spaced apart along the second direction. Each of the first and second movable supports 103a and 103b can be generally wedge shaped. In some embodiments, the first pillow 101 and the first and second movable supports 103a and 103b are disposed in a common cover that attaches the first and second movable supports 103a and 103b to the first pillow 101. The axis 146 can be defined by a foldable joint, seam, or crease, for example, in the common cover. In some embodiments, the pillow system 100 is configured to support, and limit a movement of, a head of a user in a first position (e.g., corresponding to the position of FIG. 3) when the pillow system 100 is disposed such that a chin of the user rests on the chin-support portion 110 of the first pillow 101 with a neck of the user disposed between the first and second arm portions and the first and second movable supports are disposed between the respective first and second arm portions and the chest of the user. In some embodiments, the pillow system 100 is configured to support, and limit the movement of, the head of the user in a second position (e.g., corresponding to the position of FIG. 4) different from the first position when the pillow system 100 is disposed such that the chin of the user rests on the chin-support portion 110 of the first pillow with the neck of the user disposed between the first and second arm portions with the first and second arm portions resting on the chest of the user.

[0047] In some embodiments, the chin-support portion 110 extends along a second direction (x-direction) between opposing first and second lateral head-support portions 121 and 123 of the first and second arm portions 112 and 114. In some embodiments the first and second lateral head-support portions 121 and 123 are thicker than the chin-support portion 110 along a third direction (z-direction) orthogonal to each of the first and second directions. In some embodiments, the pillow system 100 is configured to support, and limit the movement of, the head of the user in the second position when the pillow system 100 is disposed such that the chin of the user rests on the chin-support portion 110 of the first pillow with the neck of the user disposed between the first and second arm portions with first and second lateral head-support portions 121 and 123 of the first and second arm portions 112 and 114 resting on the chest of the user.

[0048] In some embodiments, the pillow system 100 includes a support platform 142 configured to be connected to the chin-support portion 110 and to extend from the chin-support portion 110 away from the first and second arm portions 112 and 114. For example, the first and second arm portions 112 and 114 can extend generally or primarily along the y-direction, while the support platform can extend generally or primarily along the minus y-direction. The support platform 142 can be configured to hold an object 144 (e.g., cell-phone or book) for viewing by the user when the chin of the user rests on the chin-support portion 110 of the first pillow with the neck of the user disposed between the first and second arm portions. The support platform 142 can include one or more optional features 143 for positioning

and/or holding the object in a desired location. The support platform **142** can be repositionable. For example, the support platform **142** can be releasably attached (e.g., via hook-and-loop fasteners) to the chin-support portion **110** and may be releasably attached at different positions (e.g., along the z-direction) on the chin-support portion **110**. The support platform **142** can be re-shapeable. For example, the support platform can be made from a re-shapeable material or structure that can be placed into a desired shape by applying suitable forces and can maintain the desired shape until suitable forces are again applied. For example, the support platform **142** can include a sheet of plastic extending between repositionable arms such as those commonly used to hold lights or cameras, for example, in photography or other applications.

[0049] Terms such as “about” will be understood in the context in which they are used and described in the present description by one of ordinary skill in the art. If the use of “about” as applied to quantities expressing feature sizes, amounts, and physical properties is not otherwise clear to one of ordinary skill in the art in the context in which it is used and described in the present description, “about” will be understood to mean within 10 percent of the specified value. A quantity given as about a specified value can be precisely the specified value. For example, if it is not otherwise clear to one of ordinary skill in the art in the context in which it is used and described in the present description, a quantity having a value of about 1, means that the quantity has a value between 0.9 and 1.1, and that the value could be 1.

[0050] Terms such as “substantially” will be understood in the context in which they are used and described in the present description by one of ordinary skill in the art. If the use of “substantially” with reference to a property or characteristic is not otherwise clear to one of ordinary skill in the art in the context in which it is used and described in the present description and when it would be clear to one of ordinary skill in the art what is meant by an opposite of that property or characteristic, the term “substantially” will be understood to mean that the property or characteristic is exhibited to a greater extent than the opposite of that property or characteristic is exhibited.

[0051] Descriptions for elements in figures should be understood to apply equally to corresponding elements in other figures, unless indicated otherwise. Although specific embodiments have been illustrated and described herein, it will be appreciated by those of ordinary skill in the art that a variety of alternate and/or equivalent implementations can be substituted for the specific embodiments shown and described without departing from the scope of the present disclosure. This application is intended to cover any adaptations, or variations, or combinations of the specific embodiments discussed herein. Therefore, it is intended that this disclosure be limited only by the claims and the equivalents thereof.

What is claimed is:

1. A pillow assembly comprising:

- a first pillow comprising a chin-support portion and first and second arm portions extending generally along a same first direction from opposing sides of the chin-support portion;
- a movable support being movable relative to the first pillow; and
- a strap connecting the movable support to the first pillow,

wherein the pillow assembly is configured to support, and limit a movement of, a head of a user in a first position when the pillow assembly is disposed such that a chin of the user rests on the chin-support portion of the first pillow with a neck of the user disposed between the first and second arm portions and the movable support is disposed such that a first portion of the movable support is disposed between the first pillow and a chest of the user to support the first pillow.

2. The pillow assembly of claim 1, wherein the pillow assembly is configured to support, and limit the movement of, the head of the user in a second position different from the first position when the pillow assembly is disposed such that the chin of the user rests on the chin-support portion of the first pillow with the first pillow resting on the chest of the user and with the neck of the user disposed between the first and second arm portions.

3. The pillow assembly of claim 2, wherein the pillow assembly is configured to support, and limit the movement of, the head of the user in a third position different from the first and second positions when the pillow assembly is disposed such that the chin of the user rests on the chin-support portion of the first pillow, the movable support is disposed such that the first portion of the movable support is disposed between the first pillow and a second portion of the movable support, and the second portion of the movable support is disposed between the first portion of the movable support and the chest of the user to support the first portion and the first pillow, wherein the second portion is rotatable relative to the first portion about an axis substantially parallel to a longitudinal axis of the chin-support portion.

4. The pillow assembly of claim 1, wherein the strap extends between the chin-support portion of the first pillow and the movable support.

5. The pillow assembly of claim 4, wherein a length of the strap is such that the strap can be at least partially wrapped around the chin-support portion causing the movable support to be positioned relative to the first pillow in a desired location contacting the first pillow.

6. The pillow assembly of claim 5, wherein the first and second arm portions are spaced apart along a second direction orthogonal to the first direction, the chin-support portion having a first thickness along a third direction orthogonal to the first and second directions, the first portion of the movable support having a second thickness along the third direction when disposed in the desired location, the second thickness being between about 0.25 and 3 times the first thickness.

7. The pillow assembly of claim 1, wherein the chin-support portion extends laterally between opposing first and second lateral head-support portions of the respective first and second arm portions, each of the first and second lateral head-support portions extending above the chin-support portion to limit at least a lateral movement of the head of the user when the chin of the user rests on the chin-support portion.

8. The pillow assembly of claim 1, wherein the first and second arm portions extend from the chin-support portion to respective first and second end portions, and wherein the pillow assembly further comprises a connector configured to connect the first and second end portions.

9. The pillow assembly of claim 8, wherein the connector comprises a neck strap configured to extend between the first and second end portions.

10. The pillow assembly of claim **8**, wherein the first and second end portions curve toward one another.

11. The pillow assembly of claim **1**, wherein the first pillow is configured to limit lateral movement of the head of the user when the pillow assembly is disposed such that the chin of the user rests on the chin-support portion of the first pillow with the neck of the user disposed between the first and second arm portions.

12. The pillow assembly of claim **1**, wherein the movable support comprises a second pillow.

13. A pillow system comprising:

a first pillow comprising:

a thinner chin-support portion extending along a first direction between opposing thicker first and second lateral head-support portions; and

first and second arm portions extending generally along a same second direction, orthogonal to the first direction, from the respective first and second lateral head-support portions to respective first and second end portions, the first and second end portions curved toward one another;

a movable support being movable relative to the first pillow; and

a strap configured to connect the movable support to the first pillow.

14. The pillow system of claim **13** being configured to support, and limit a movement of, a head of a user in a first position when the pillow system is disposed such that a chin of the user rests on the chin-support portion of the first pillow between the first and second lateral head-support portions with a neck of the user disposed between the first and second arm portions and the movable support is disposed such that at least a first portion of the movable support is disposed between the first pillow and a chest of the user to support the first pillow.

15. The pillow system of claim **14** being configured to support, and limit the movement of, the head of the user in a second position different from the first position when the pillow system is disposed such that the chin of the user rests on the chin-support portion of the first pillow between the first and second lateral head-support portions with the neck of the user disposed between the first and second arm portions and the movable support is disposed such that a second portion of the movable support is disposed between the first portion of the movable support and the chest of the user to support the first pillow.

16. The pillow system of claim **15** being configured to support, and limit the movement of, the head of the user in a third position different from the first and second positions

when the pillow system is disposed such that the chin of the user rests on the chin-support portion of the first pillow with the first pillow resting on the chest of the user and with the neck of the user disposed between the first and second arm portions.

17. The pillow system of claim **13**, wherein a length of the strap is such that the strap can be at least partially wrapped around the chin-support portion to cause the movable support to be positioned relative to the first pillow in a first desired location contacting the first pillow.

18. A pillow system comprising:

a first pillow comprising a chin-support portion and first and second arm portions extending generally along a same first direction from opposing sides of the chin-support portion; and

spaced apart first and second movable supports attached to the respective first and second arm portions and being movable relative to the first pillow;

wherein the pillow system is configured to support, and limit a movement of, a head of a user in a first position when the pillow system is disposed such that a chin of the user rests on the chin-support portion of the first pillow with a neck of the user disposed between the first and second arm portions and the first and second movable supports are disposed between the respective first and second arm portions and a chest of the user, and

wherein the pillow system is configured to support, and limit the movement of, the head of the user in a second position different from the first position when the pillow system is disposed such that the chin of the user rests on the chin-support portion of the first pillow with the first and second arm portions resting on the chest of the user.

19. The pillow system of claim **18**, wherein the chin-support portion extends along a second direction the between opposing first and second lateral head-support portions of the first and second arm portions, the first and second lateral head-support portions being thicker than the chin-support portion along a third direction orthogonal to each of the first and second directions.

20. The pillow system of claim **18**, further comprising a support platform configured to be connected to the chin-support portion and to extend from the chin-support portion away from the first and second arm portions.

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