The present invention relates to an anatomically shaped pillow that, in particular, can be used as a whole-body pillow comprising, when viewed in plan view, at least one curved portion and at least one comparatively elongated middle portion for the body region, which middle portion makes a transition to the curved portion, wherein at least one limb of the pillow is provided for the head region, and at least one limb of the pillow is provided for the body region. It is the object of the invention to create an anatomically shaped pillow that provides a resting person in a largely stretched-out state or with the legs only slightly bent in a natural sleeping position both with support along the body, and with support in the head region. According to the invention, for this purpose the limb of the head region and the limb of the body region form an acute angle relative to each other.
Fig. 1
Fig. 2
ANATOMICALLY SHAPED PILLOW

CROSS REFERENCE TO RELATED APPLICATIONS

[0001] This application claims the benefit of priority under 35 U.S.C. §119 of the German “Gebrauchsmuster” Application DE 20 1202 100 854.8 filed on Mar. 9, 2012, the entire contents of which are incorporated herein by reference.

BACKGROUND

[0002] The present invention relates to an anatomically shaped pillow that, in particular, can be used as a whole-body pillow, comprising, when viewed in plan view, at least one curved portion and at least one comparatively elongated middle portion for the body region, which middle portion makes a transition to the curved portion, wherein at least one limb of the pillow is provided for the head region, and at least one limb of the pillow is provided for the body region.

[0003] In U.S. Pat. No. 6,499,164 B1 a pillow with the characteristics mentioned in the introduction is described, which pillow is referred to as a whole-body pillow because its length corresponds approximately to that of a body, and because the pillow, in contrast to a conventional pillow, makes it possible for a person to lie on said whole-body pillow with parts of their entire body. Within certain limits the basic shape of the pillow can be changed by bending it. It supports various lying positions in which various body parts rest on the pillow, for example head and thigh, or torso and lower leg. The elongated middle portion can also be used to support the back of a person, wherein in this arrangement the curved portions can also be used on the one hand as a knee support and on the other hand as an arm support. Since this known pillow at its ends comprises two curved portions, and overall is approximately C-shaped, it is suitable as a whole-body pillow when the person assumes a curved lying position, but is less well suitable for a largely stretched-out lying position.

[0004] The known pillow has a shorter limb of the head region, which limb in a portion that is curved by approximately 90° makes a transition to the elongated limb of the body region. In the known pillow, this limb of the body region extends in a straight line. At the other end of the elongated limb of the head region a further curved portion for the leg support or lower leg support is provided, wherein in this location there is a U-portion that is curved by approximately 180°. Overall, the pillow approximately has an elongated C-shape.

SUMMARY

[0005] The present invention relates to an anatomically shaped pillow that, in particular, can be used as a whole-body pillow comprising, when viewed in plan view, at least one curved portion and at least one comparatively elongated middle portion for the body region, which middle portion makes a transition to the curved portion, wherein at least one limb of the pillow is provided for the head region, and at least one limb of the pillow is provided for the body region. It is the object of the invention to create an anatomically shaped pillow that provides a resting person in a largely stretched-out state with the legs only slightly bent in a natural sleeping position both with support along the body, and with support in the head region. According to the invention, for this purpose the limb of the head region and the limb of the body region form an acute angle relative to each other.

DETAILED DESCRIPTION

[0006] Based on the above-mentioned state of the art it is the object of the present invention to create an anatomically shaped pillow of the type mentioned in the introduction, which pillow provides a resting person in a largely stretched-out state or with the legs only slightly bent in a natural sleeping position both with support along the body, and with support in the head region.

[0007] This object is met by an anatomically shaped pillow of the type mentioned in the introduction with the characteristics of claim 1.

[0008] According to the invention, it is provided that the limb of the head region and the limb of the body region form an acute angle relative to each other. This plan view shape of the whole-body pillow is, for example, advantageous if the person assumes a side sleeper position in which the stomach faces the limb of the body region, because in this case the torso is accommodated in the free space, provided by the acute angle, between the limb of the body region and the limb of the head region.

[0009] In this arrangement it is, furthermore, particularly advantageous if the comparatively elongated middle portion, which forms the limb of the body region, extends in a slight curvature that is curved in the opposite direction when compared to the direction of the curved portion. This shape conforms particularly well to a healthy ergonomic body posture during sleep; this will be explained later by means of the exemplary embodiments and with reference to the accompanying drawings.

[0010] Furthermore, it is preferred if the limb of the body region makes a transition to a limb of the foot region, which limb extends in a straight line at the end. It is particularly preferred if the pillow according to the invention approximately assumes the plan view shape of the figure seven, wherein the limb of the head region forms the head of the figure seven, the limb of the body region forms the middle portion of the figure seven, and the limb of the foot region forms the lower end foot of the figure seven. The particular shape of the figure seven combines the advantages provided by several pillows. The pillow in the shape of the figure seven is an agreeably supportive pillow for the head, which pillow relieves the neck and shoulder region while at the same time providing perfect leg support. By means of the stable leg support the vertebral column remains in perfect balance, and the knees, too, are supported in a cushioned manner. The sum of the positive factors resulting from this particular shape of the pillow promotes healthy sleep in the side sleeper position; and it is easier to avoid the prone position, in other words the stomach sleeping position, which many health professional advise against.

[0011] In its free end region the limb of the head region can, for example, have a larger cross section than in the remaining regions, and in its free end region the limb of the head region can, for example, also have a larger cross section than the limb of the body region. The pillow according to the invention can, for example, have a rounded, almost cylindrical, oval or elliptical cross section. Both the size of the cross section and the cross-sectional shape can vary along the length of the pillow.

[0012] According to a preferred improvement of the invention, it is provided that the pillow comprises a pillow cover that is filled with fill material shapes so that the pillow yields in response to weight pressure. In this arrangement the pillow, at least in the limb of the body region, comprises an outer pillow cover within which an inner cover is arranged so as to
be spaced apart from said outer pillow cover, wherein in the space between the outer pillow cover and the inner cover at least one nonwoven fabric is arranged. This results in a soft, but not excessively yielding, leg support.

[0015] The interior of the inner cover can, for example, comprise micro beads, as a result of which in the region of the limb of the body, support of and relief to the vertebral column, the hip region and the pelvic region are provided. This portion of the pillow is also used as padding for the knees, supports the rib cage and promotes improved breathing.

[0014] As a result of its plan view shape the pillow according to the invention encourages the person to assume a side sleeper position, and thus helps reduce snoring and sleeping in the prone position, because in the prone position or in the supine position the respiratory passages are additionally restricted. The shape of the figure seven prevents the person from moving from the orthopedically recommended side sleeper position.

[0015] When the interior of the inner cover comprises micro beads, an optimum support effect results in the region of the limb of the body region. The fill material of the pillow in the head region can differ from that in the body region. For example in the limb of the head region the pillow can comprise a fill material preferably with rhombic fill material shapes made of foamed material, which fill material shapes are larger than the fill material shapes in the limb of the body region, wherein the latter fill material shapes are preferably made from EPS (foamed polystyrene). The pillow is thus not too soft in those regions where a support effect is desirable. The pillow is filled to an adequate extent, wherein the fill material causes comparatively little noise when the person moves in their sleep.

[0016] Preferred improvements of the object solutions according to the invention are described in the subordinate claims. Further advantages of the invention are stated in the following detailed description.

BRIEF DESCRIPTION OF THE DRAWINGS

[0017] Below, the present invention is described in more detail by means of exemplary embodiments with reference to the enclosed drawings. The following are shown:
[0018] FIG. 1 a top view of the top of a pillow according to the invention;
[0019] FIG. 2 a view of a person lying in the side sleeper position on a pillow according to the invention according to the exemplary embodiment of FIG. 1;
[0020] FIG. 3 a somewhat enlarged cross section of the limb of the body region of a pillow shown in FIG. 1.

DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENT

[0021] First of all, reference is made to FIG. 1. It shows a top view of a pillow according to the invention, which overall has the reference character 10. This pillow has a limb 11 of the head region, which limb 11, by way of a curved portion 14, makes a transition to the elongated limb 12 of the body region. The limb 12 of the body region finally at its end makes a transition to the limb 13 of the foot region. Thus, overall, the pillow approximately has a plan view shape of the figure seven, wherein the limb 11 of the head region forms the head of the figure seven, the limb 12 of the body region forms the middle portion of the figure seven, and the limb 13 of the foot region forms the lower foot of the figure seven at its end. The curved portion 14 forms the transition between the head of the figure seven and the middle portion of the figure seven. Since the limb 11 of the head region is arranged at an acute angle to the limb 12 of the body region, the curved portion 14 describes a curve of more than 90°.

[0022] In its free end region 15, in other words at its end facing away from the curved portion 14, the limb 11 of the head region comprises a somewhat larger cross section than in the remaining regions. The limb of the head region thus tapers off somewhat between the end region 15 and the curved portion 14, where the cross section increases again. Furthermore, in its free end region 14 the limb 11 of the head region has a cross section that is greater than the cross section of the limb 12 of the body region. Thus, from the thicker curved portion, the cross section can remain approximately constant to the limb 13 of the foot region. Apart from the end region 15 and from the curved portion 14, where the pillow becomes wider in each case, thus assuming a flatter cross-sectional shape because the height of the pillow remains approximately constant, the pillow can comprise a rounded, for example an oval, elliptical or an approximately cylindrical, cross section. Of course, the pillow deforms under weight pressure, but its filling material is designed so that the pillow is not too soft and therefore does not deform excessively, and consequently, in particular in the region of the limb 12 of the body region, an adequate support function is maintained.

[0023] The plan view shape of the pillow, which shape resembles the figure seven, has been selected so that the comparatively elongated middle portion, which forms the limb of the body region of the pillow, extends at a soft curvature that is curved opposite the direction of the curved section 14. Towards the foot region 13 the pillow then ends in an approximately straight end region. The elongated middle portion of the figure seven is curved and aligned in such a manner that the end of the elongated middle portion, in other words the end of the foot region 13, is aligned approximately at a right angle to the middle of the limb 11 of the head region. From the curved portion 14, the limb 12 of the body region extends in such a way, because of the soft curvature, that as the distance from the limb 11 of the head region increases, starting from an acute-angle alignment to the limb 11 of the head region, it gradually assumes a rectangular alignment to the limb of the head region. In this arrangement, because of the shape of the figure seven, starting from the curved portion 14, overall the gently curved limb 12 of the body region extends approximately diagonally to the alignment of the limb 11 of the head region.

[0024] FIG. 2 shows a person 16 in a side sleeper position resting on a pillow 10 according to the invention. Naturally, the illustration shows only one of many positions of the body in which the pillow 10 can be used. The illustration shows that the head 17 of the person 16 rests on that part of the limb 11 of the head region where said limb 11 of the head region makes a transition to the curved portion 14, that is to say predominantly on the inside. The torso region and the pelvic region 18 both rest against the inside of the limb 12 of the body region. One thigh 19, one knee 20 and one lower leg 21 rest against the lower region of the limb 12 of the body region. At least one foot 22 rests against the limb 13 of the foot region. Likewise, the person can rest an arm 23 against the limb 12 of the body region.

[0025] Below, the interior structure of a pillow 10 according to the invention is explained with reference to the cross-sectional drawing of FIG. 3. With reference to the cross
section of the limb 12 of the body region, the illustration shows that the pillow comprises, for example, an approximately oval cross section. The pillow has an outer pillow cover 24, which as a rule comprises a textile material. Furthermore, an inner cover 26 is arranged within the outer cover 24 so as to be spaced apart from said outer cover 24, wherein the space between the inner cover 26 and the outer pillow cover 24 accommodates a layer of a nonwoven fabric 25. This gives the pillow in the outer region a soft feel that is agreeable to the person resting on said pillow, without the latter becoming too yielding, because the core of the pillow, in other words the interior of the inner cover 26, comprises micro beads 27, for example from an expanded foamed material such as EPS. Thus, when viewed from the outside to the inside, a double-layer structure results, wherein the micro beads provide the desired support effect of the limb 12 of the body region.

LIST OF REFERENCE NUMERALS

- 10 Pillow
- 11 Limb of the head region
- 12 Limb of the body region
- 13 Limb of the foot region
- 14 Curved portion
- 15 Free end region
- 16 Person
- 17 Head
- 18 Stomach
- 19 Thigh
- 20 Knee
- 21 Lower leg
- 22 Foot
- 23 Arm
- 24 Outer pillow cover
- 25 Nonwoven fabric
- 26 Inner cover
- 27 Micro beads

1. An anatomically shaped pillow that, in particular, can be used as a whole-body pillow comprising, when viewed in plan view, at least one curved portion and at least one comparatively elongated middle portion for the body region, which middle portion makes a transition to the curved portion, wherein at least one limb of the pillow is provided for the head region, and at least one limb of the pillow is provided for the body region, characterised in that the limb (11) of the head region and the limb (12) of the body region form an acute angle relative to each other.

2. The anatomically shaped pillow according to claim 1, characterised in that the comparatively elongated middle portion, which forms the limb (12) of the body region, extends in a slight curvature that is curved in the opposite direction when compared to the direction of the curved portion (14).

3. The anatomically shaped pillow according to claim 1, characterised in that the limb (12) of the body region makes a transition to a limb (13) of the foot region, which limb (13) extends in a straight line at the end.

4. The anatomically shaped pillow according to claim 3, characterised in that said pillow approximately assumes the plan view shape of the figure seven, wherein the limb (11) of the head region forms the head of the figure seven, the limb (12) of the body region forms the middle portion of the figure seven, and the limb (13) of the foot region forms the lower end foot of the figure seven.

5. The anatomically shaped pillow according to claim 1, characterised in that the limb (11) of the head region in its free end region (15) has a larger cross section than in the remaining regions.

6. The anatomically shaped pillow according to claim 1, characterised in that the limb (11) of the head region in its free end region (14) has a larger cross section than the limb (12) of the body region.

7. The anatomically shaped pillow according to claim 1, characterised in that the pillow (10) has a rounded, almost cylindrical, oval or elliptical cross section.

8. The anatomically shaped pillow according to claim 1, characterised in that the pillow (10) comprises a pillow cover (24) that is filled with fill material shapes (25, 27) so that the pillow yields in response to weight pressure.

9. The anatomically shaped pillow according to claim 1, characterised in that the pillow, at least in the limb (12) of the body region, comprises an outer pillow cover (24) within which an inner cover (26) is arranged so as to be spaced apart from said outer pillow cover (24), wherein in the space between the outer pillow cover and the inner cover at least one nonwoven fabric (25) is arranged.

10. The anatomically shaped pillow according to claim 9, characterised in that the interior of the inner cover (26) comprises micro beads (27).

11. The anatomically shaped pillow according to claim 1, characterised in that the pillow (10) at least in the limb (11) of the head region comprises a fill material, preferably with rhombic fill material shapes, made of foamed material, which fill material shapes are larger than the fill material shapes in the limb (12) of the body region.

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