CLAIMS

1. A pillow, comprising:
    - one or more inner padding layer(s) comprising felted wool;
    - outer padding layers each comprising apertures, and being arranged outside the inner padding layer(s); and
    - heat exchange layers each arranged between a respective one of the outer padding layers and the inner padding layer(s);

   characterised in that the apertures are adapted to facilitate the movement of body heat to the heat exchange layers.

2. A pillow according to claim 1 wherein:
    - the heat exchange layers comprises KulKote;
    - the outer padding layers comprise memory foam.

3. A pillow according to claim 1 or 2, having substantially planar top and bottom faces.

4. A pillow according to claim 1, 2 or 3, which is substantially uniform in thickness, being 50 – 150 mm thick, or 60 – 120 mm thick, or 80 – 100 mm thick, or 70 – 90 mm thick, or about 80 mm thick.

5. A pillow according to any one of the preceding claims, being 300 – 900 mm long, or 350 - 850 mm long, 400-800 mm long, 450-750 mm long, 500-700 mm long, 550 – 650 mm long, 560 – 580 mm long, or about 570 mm long .

6. A pillow according to any one of the preceding claims, being 150 - 500 mm wide, or 200 – 400 mm wide, or about 250 mm wide.

7. A pillow according to any one of the preceding claims, wherein the heat exchange layer is 1 - 6 mm thick; 2-4 mm thick, or about 3 mm thick.

8. A pillow according to any one of the preceding claims, wherein outer padding layers are 10 – 50 mm thick, 20 – 30 mm thick, or about 20 mm thick.

9. A pillow according to any one of the preceding claims, wherein the one or more inner padding layer is 20 – 120 mm thick, or 30 - 70 mm thick, 40 – 60 mm thick, 30 – 50 mm thick, or about 50 mm thick.

10. A pillow according to any one of the preceding claims, wherein if there are two inner padding layers then each such layer is 20 – 50 mm thick, or 22 – 28 mm thick; 24 – 26 mm thick, or about 25 mm thick.

11. A pillow according to any one of the preceding claims, comprising one or more rigidity imparting inner layers.

12. A pillow according to claim 11, wherein in each case the rigidity imparting layer is 4 – 16 mm thick, or 4 - 12 mm thick, 6 – 10 mm thick, or about 8 mm thick.

13. A pillow according to claim 11 or 12, wherein in each case the rigidity imparting layer stops short of each end and/or each side of the pillow, by 10 – 40 mm, or by 5 – 40 mm, or by 10 – 30 mm or by 15 – 25 mm, or by about 30 mm.

14. A pillow according to any one of the preceding claims, wherein any or all of the inner padding layer(s), the outer padding layers, and the rigidity imparting layer(s) (if the claim dependency permits), have apertures to facilitate the movement of heat to the heat exchange layer(s).

15. A pillow according to any one of the preceding claims, having rounded corners.

16. A pillow according to any one of the preceding claims, comprising a flexible cover enveloping the other parts of the pillow so that they are not visible from the outside of the pillow.

17. A pillow according to claim 1, comprising, in the following order from top to bottom:
    - an outer padding layer being 10 – 40 mm thick;
    - a heat exchange layer being 1 - 5 mm thick;
    - a felted wool layer being 20 – 120 mm thick, or 30 - 70 mm thick;
    - a further heat exchange layer being 1 - 5 mm thick; and
    - a further outer padding layer being 10 – 40 mm thick.

18. A pillow according to claim 17, wherein each outer padding layer is about 20 mm thick, each heat exchange layer is about 3 mm thick, and the felted wool layer is about 50 mm thick.

19. A pillow according to claim 1, wherein the heat exchange layers have been sprayed onto the one or more inner padding layer(s).

20. A pillow according to claim 1, wherein the heat exchange layers comprise phase change material.