

**Abstract**

The invention provides an adjustable pillow, comprising a pillow body for supporting a subject, the pillow body comprises a middle portion arranged between two side portions, with the side portions being arranged at two opposite sides of the pillow body; at least one first adjusting member, wherein the first adjusting member is releasably attachable to at least one of the side portions in layered arrangement for an enhancement of support at a selected region of the pillow.

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FIG. 1