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- Height** From the top of your head to the bottom of your foot.
- Girth** Around the widest part of your body, including your arms. Keep your arms loosely around your sides as you measure, keeping in mind your usual sleeping position.
- Sleeping Patterns**
  - \* Stomach sleepers should add 4" - 5" to their height
  - \* Active sleepers should add 4" - 5" to their girth
  - \* If your body temperature is typically colder during sleep, consider ordering a quilt rated 10° lower than you are expecting

HEIGHT*/GIRTH**	50" & under 127 cm & under	48" - 56" 122 cm - 142 cm	54" - 62" 137 cm - 157 cm	60" - 68" 152 cm - 172 cm
5' & under 152 cm & under	X-Short/Slim	X-Short/Regular	X-Short/Wide	X-Short/X-Wide
5' - 5' 6" 152 cm - 168 cm	Short/Slim	Short/Regular	Short/Wide	Short/X-Wide
5' 6" - 6' 168 cm - 183 cm	Regular/Slim	Regular/Regular	Regular/Wide	Regular/X-Wide
6' - 6' 6" 183 cm - 198 cm	Long/Slim	Long/Regular	Long/Wide	Long/X-Wide
6' 6" - 7' 198 cm - 213 cm	X-Long/Slim	X-Long/Regular	X-Long/Wide	X-Long/X-Wide

For finished garment measurements and weight information please visit our detailed [sizing and specs page](#).