

Your Pillow, Your Mood, Your Health

By Holly Suhí

What if you spent a third of your life with poor posture? How might that affect your spine, and therefore your comfort, and therefore your mood? Most people don't realize that a third of their life is spent sleeping. A pillow that is right for your physique, as well as the way you sleep, is critical.

Chiropractors recommend a pillow that provides your head and neck with proper support, helping to maintain normal alignment of your spine and allowing the muscles in your neck to relax.

THE SIDE SLEEPER usually benefits from a firm but pliable pillow that cradles the neck, providing an even sleeping surface and keeping the body in a horizontal line.

THE BACK SLEEPER generally needs a medium thick pillow that is firmer on the bottom to fully support the head.

SLEEPING ON YOUR STOMACH can make it difficult for the head and neck to align. A soft, thin, fairly flat pillow is generally recommended.

The good news is that there is a huge variety of options: down, synthetic fibers, gel pillows, pillows with removable inserts, organic pillows, and more. Some vendors guarantee satisfaction with a 30-day return policy.

Resources & Suggested Reading

- HulloPillow.com
- NeckSolutions.com
- EverydayHealth.com/neck-pain-neck-pain-prevention-pillows.aspx



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