

# WHAT TO CHECK IN A PILLOW IF YOU HAVE SCIATICA?

Is it hard to check on pillows for healthy dozing or sciatica? And sciatica is not bearable with your house pillow. And you want to change your pillow for better sleep and less pain. [Sciatica Relief Pillow](#) comes into the market for better comfort. But few people prefer a firm mattress or sleep on a yoga mat on the surface. A firm surface provides spinal alignment support for your neck. They will prefer a more firm pillow so they can sleep comfortably. A two-piece wedge pillow is the **Best Pillow For Sciatica** to align spinal support. **Bed Bath And Beyond Pillows For Neck Pain** gives you a recline position to your spine and elevates your leg, which can take the pressure off from your nerve sources in your lower back and offers you enough relief to fall asleep. And before buying the pillow, check out whether it is giving you relief. For this you have to check some points that give you a piece of information about your pillow.



**What is sciatica?**

Sciatica is a problem that can last longer with you or can get better in 4-5 weeks. The sciatic nerve runs from your lower back to feet if this nerve gets compressed or irritates. It gives you severe lower back, leg, and foot pain. To get relief from sciatica, you need to do some exercise of sciatica, sleep on a firm surface or use [Sciatica Pillow Walmart](#). Your consulting doctor will also advise you a pillow or firm pillow for relief or if you are not getting consulted or facing a normal sciatica problem, then you should remember some points before buying a pillow.



### **Points to remember while buying a pillow**

There are so many options for a different posture of sleepers. For some people, [Neck Alignment Pillow](#) is also helpful and aligns the spine. So, here we talk about pillows for sciatica and also for positions.

1. For side sleepers, they have to buy a contour pillow to place it between their knees while sleeping. Contour pillow will help with your lumbar spine pressure and keep your spine aligned.

2. Search for a medium firm pillow or sleep on a firm surface. It helps you to align your spine and gives you a comfortable and painless sleep. If pillows are not in your budget, then you can prefer a firm surface and it helps you fastly recover from sciatica.
3. To prevent yourself rolling on your side, use a pillow on your sides. If you are a side sleeper, then while sleeping you will roll to your side. These pillows will help you to not feel pain while sleeping and prevent rolling.
4. In the market, two-piece wedge pillows are available for sciatica patients. It is a recline pillow which helps you off the pressure on your nerve roots. And give you the position of a recline chair that helps you to align your spinal.
5. If Neck Pain Sleeping Pillow is not in your budget and feel that it is costly then you can prefer plump pillows behind your shoulder and knees or upper calves to elevate your legs.

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