

# DIFFERENT PILLOWS FOR DIFFERENT REQUIREMENTS

## ●Bed pillow

A pillow is a rectangular cloth bag stuffed with cotton, feathers, or other soft materials, used to support the head, neck, and the whole body while sleeping, lying, or resting.

It is not just for giving support to the body, but it also keeps the body in alignment and correct posture.

There are types of a pillow in the market but not any *Bed pillow* could be used. The best pillow is to be found for a good sleep. Who not only gives comfort and support to your body but also fulfills all your requirements and does not give you any pain, rather solve the problem of muscle strains and pains.

Here are a few pillows according to needs and requirements:



## ❖ Neck pillow / best pillow for your neck

Pillows that are specially designed for the neck, to support the neck and reduce neck pains, also keep the neck in alignment and good posture, also it is comfortable and the best pillow for neck patients. Neck support pillows are important not only while traveling but also in daily life.

Cervical Pillow For Neck Pain, Cervical Neck Pillow is designed to keep the neck in a hyperextension position at night to counter stress and strain of the day.

Best Pillow For Neck Problems is Memory foam pillows proudly made in India, Best Pillow For Neck Pain Amazon.

## ❖ Pancake Pillow / Pancake Pillow Adjustable Layer Pillow

The Pancake Pillow is a thick bed pillow with six thin pillows inside. The idea for the Pancake Pillow is that you can remove any of the six inside pillows to adjust the thickness according to your preferences. Pancake Pillow Adjustable Layer Pillow is a Bed pillow

Which fits everyone.

#### ❖ **Memory Foam Neck Support Pillow**

Memory foam is highly energy-absorbing and soft. It molds itself according to the body in response, with every disturbing body weight. Once the pressure is removed it changes back into its original shape. Memory Foam Pillow For Neck Pain, it provides great support to the neck.

#### ❖ **Back pain pillow/back pillow**

A back pillow provides support and relief to back pain sufferers which they require to get a good sleep.

Orthopedic Pillows For Back Pain, An orthopedic pillow is designed to correct body positioning in bed or while lying on any other surface. The orthopedic pillow is designed with orthopedic guidelines to ensure the right placement and support of one or more specific parts of the body to provide support, comfort, and safety to the sleeper.

*Back sleeper pillow*, A back sleeper needs support on the neck, a pillow which supports the neck of the sleeper and the sleeper does not wake up with muscle strains and aches. He requires a thick pillow that won't flatten throughout the night and which could provide solid support.

#### ❖ **pillow for stomach sleepers**

A back sleeper often hears that they should try to change their sleeping position. But changing sleeping position isn't an easy task. Sleeping on your stomach strains on your back and spine also causes pain in your neck. Therefore, it is very important to use a stomach sleeping pillow. Pillow for stomach sleepers is a thin pillow to be used to prevent the neck to tilt in any direction and maintain a neutral alignment.