

# Could Your Pillow Be The Main Cause Of Your Neck Pain?

## **How to choose the right pillow for neck pain?**

If you wake up with a stiff and sore neck in the morning, it might be time to investigate if your pillow is causing it. A perfect pillow is meant to keep your neck and head from straining by providing ample support. However, we often mistake a perfect pillow for simply one that is soft or squishy.

Today's technology-driven world requires our neck to be in an uncomfortable position most of the time. It is thus important to ensure that our neck gets a good night's rest every day. To ensure a comfortable sleep, it is important to choose the [best pillow for neck support](#). There is a multitude of factors that need to be considered while opting for a **neck support pillow**.



## **How Firm is your pillow?**

The firmness of your pillow can increase or decrease the strain on your neck while sleeping. The main function of the firmness is to determine the angle that your head and neck would rest upon. A pillow that is too firm will put pressure on the neck and behind the ears, contributing to neck pain. The neck will not be able to rest comfortably on a pillow that is too firm and will thus feel stiff in the morning. A pillow that is too soft will provide little to no support. It will cause the neck and head to rest at an unnaturally low angle, thus causing pain.

The perfect **pillow for neck pain** would be one that holds the neck, head, and shoulders at a neutral angle.

### **What material is your pillow made of?**

Some of the best materials to make a pillow the **best pillow for neck support** are Memory Foam, Buckwheat, Feather, and Latex. These materials, when combined with the right firmness and angle of positing can provide relief from neck pain. However, there are drawbacks to each of these materials. Since each individual sleeper has different needs, it is important to choose a pillow that works well for an individual's sleeping style.



For instance, Memory Foam pillows adapt to a neck's contours. Thus, if you change your sleeping position frequently, it might be uncomfortable to sleep on it.

If you find yourself sleeping uncomfortably with most of the pillows, then a feather pillow might be your best bet. They offer excellent support and are often customizable. Thus, the pillow can be tailored according to your specific sleeping style.

### **What are some specialized pillows for neck pain?**

If you are able to narrow down the cause of your neck pain to mainly your pillow, then it is crucial to invest in a pillow that is specially designed to be the **best pillow for neck and shoulder pain**. For instance, a [Cervical neck pillow](#), with its unique shape provides support to the neck and head at the perfect, neutral angle. This provides relief from neck pain.

If you are a frequent traveler, it is important to buy a perfectly firm **neck pillow** to support your neck while traveling. The standard U-shaped neck pillow is not essentially comfortable for everyone. Hence, it is important to ensure that you choose a pillow that is both comfortable and compact for traveling.