

The Different Types Of Neck Pain Pillows

Neck pain causes a hindrance in the movement of the neck. Neck pain are caused due to the straining of the neck tissues. Often continuous hunching in front of the computer, irregular sleep postures and reading on the bed are considered as the main reasons for neck pain. People often think that **sleeping without a pillow** can help in relieving neck pain; however, this is nothing but just a myth. Pillows help in reducing the pain by relaxing the strained muscles. There are [Cervical Pillow For Neck Pain](#) that are designed in a manner that the neck and the head are at proper angles.



The cervical pillow help in raising the level of the head and also compresses the point where the headrests. **Memory Foam Neck Support Pillow** are designed in a manner to provide excellent night's sleep. Around two-thirds of the world's population due to their lifestyle suffer from neck pain problem. Our modern lifestyle gives rise to several causes which lead to neck pain. Keeping in mind, the health of individuals scientists have developed specific pillows for various types of neck pains. So here is a list of cushions that are designed explicitly for neck pains.

The Common Types Of Pillows For Neck Pain

The best way of getting relief from strained muscles of neck pain is with the use of cushions. The market has several types of pillows that are used for various purpose. The common question asked is how to find the [best type of pillow for neck pain](#)? If the issue has struck your mind as well, then here is a list of some of the commonly used neck pain pillows.

1. Cradle Pillow

Cradle pillow is known to distribute the weight of the head equally. This is a **new pillow for neck pain** that is used for reducing the pressure on the neck and spine. The pillow is good for maintaining proper breathing, inducing the right alignment of the neck muscles. If you

suffer from the issue of snoring, then consider using a neck pillow which is known to prevent snoring.

2. Neck pillows

Neck pillows are designed in a manner that they provide support to the natural curve of the neck. This serves as the **most comfortable neck pillow** for those used to sleeping on the sides or the back. Neck pillows are available in a variety of sizes to provide comfort to all body types.



3. Side Pillow

Side pillows have a curved edge that is higher on the side and lower in the middle. The side pillows cradle the upper vertebrae as the front edge of the pillow is tilted upward.

Side pillows are accounted as **[Top Rated Pillows For Neck Pain](#)**. They relax the shoulders and provide extra comfort to the body.

4. Comfort pillows

These are more like the traditional pillows in their shape. However, this **neck pillow** is known to provide ergonomic support to the body. These pillows offer better support and relaxation than conventional pillows.

So these are a few types of neck pain pillows. For more information about the neck, pain pillows, visit eliterest.com.