

PILLOWS: HOW TO FIND THE ONE FOR YOU!

As you know, a good night's sleep is vital for you to function productively throughout the day; and a bad pillow can really hinder this.



There are 3 main factors to keep in mind when deciding to buy a new pillow.

1. You may need to change your pillow if:
 - You've had it for more than 2 years (by this stage it may contain dead skin cells, mould, mildew, fungus and/or dust mites)
 - You are waking up with headaches more often
 - Your neck pain is worsening (for no other apparent reason)
 - You are waking up sneezing and/or wheezing more often
 - You are finding it hard to get into a comfortable position, and hence taking longer to fall asleep
2. Now, which type of pillow should you buy? No matter which position you sleep in, always aim for neutral neck alignment. Some experts advise:
 - Back sleepers: Thinner pillows
 - Side sleepers: Firmer pillow
 - Front sleeper: Very thin, almost no pillow
3. How about fillings? Experts have noted the following:
 - **Foam:** higher density will give you more support and less likelihood of breakdown
 - **Memory foam:** mould to your head shape to reduce pressure points however they can make you hot and emit a chemical odour
 - **Latex:** Firmest type and resists mould and dust mites.
 - **Wool/cotton:** Great for allergies as they are hypoallergenic and resist mould and dust mites.
 - **Down/feather:** Easy to change shape to support the area you need it in

With these 3 factors in mind, it can be hard choosing the right combination for you! At Valley Osteopathy we stock a variety of pillows, so why don't you head on in to the clinic today and ask one of our friendly Osteopaths to help you select the right pillow for you!

References:

<http://www.webmd.com/sleep-disorders/features/snuggle-up-with-the-perfect-pillow?page=2>

Picture Credits:

<https://bedroomsandmore.com/images/products/pillows/images/white-loft-pillow-silk-group-lg.jpg>