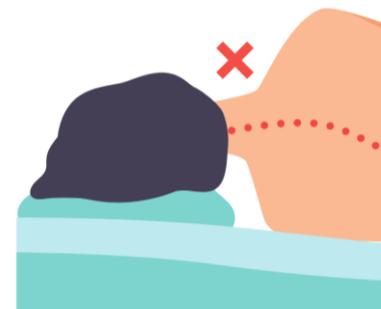


Picking The Perfect Pillow

Do you wake up with neck pain or stiffness? Well, you might be overworking your neck muscles when they should be *off-the-clock*. Your pillow choice could play a big role in whether you are giving your neck muscles the rest they need. Keep reading to find out how to pick the perfect pillow *for you*.

Most common mistake: Choosing a pillow that bends your neck forward or to one side.

Although it might feel comfortable at first, your neck and head will not be properly supported when bent these ways. You want the angle between your head, neck, shoulders, and spine to be just like when you are standing up straight. So, how do you achieve that?



1. Factor in your sleeping position to determine the best pillow shape.

Back Sleepers: Your pillow should have enough thickness near the edges to support your neck. The pillow should be thinner in the centre, so it doesn't bend your neck forward.

Side sleepers: Your pillow should be thick at the edges *and* in the centre. You don't want your head to bend to one side to reach the pillow.

Cervical contour pillows have varied thicknesses to support both back and side sleepers for ideal support.

Stomach sleepers: This position commonly causes neck pain since it requires a massive twist in the neck. Training yourself to sleep in a different position is ideal, but using a thin, softer pillow is the best choice for stomach sleeping.

2. Consider your mattress.

If your mattress is firm and your shoulder does not sink into the bed, then a thicker pillow is needed to reach up and support your neck and head. If your mattress is softer, like a pillow top or memory foam mattress, you might need a thinner pillow since your shoulder probably sinks into the mattress.

3. What about pillow material?

- **Memory Foam:** Soft and supportive for back and side sleepers.
- **Latex Foam:** Like memory foam, except they tend to stay cooler, which is great for sleeping.
- **Feather pillows:** Often cause neck pain as the feathers shift, leaving you with little support.
- **Buckwheat pillows:** These pillows are cooling. However, the support can also slowly move away like a beanbag, and they tend to be noisier.

A good pillow does not have to break your bank. Keep these tips and tricks in mind to find an affordable pillow that best suits how you sleep. Getting good rest for your mind and your muscles is the foundation for a pain-free or pain-minimized day! Good luck.



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