

Pillow Recommendations

Back sleepers - it is important to keep in mind that the height of your pillow needs to support your neck more than your head. Contoured neck pillows are the preferred solution because they provide support mostly to the neck where it is needed.

Side sleepers - the height of your pillow needs to be higher than for back sleepers. This is due to your shoulders creating a larger gap between your head and the mattress. A shallow pillow will cause the neck and shoulders to jam together often causing discomfort. Numbness and tingling in the arms often occurs as well.

So if you predominantly sleep on your back OR predominantly on your side, we recommend the Pillowise pillow. The Pillowise pillows are unique not only in comfort but also in the process of selection. There are seven (7) different sizes of Pillowise pillows that vary in height. After taking a few measurements of your head and neck, our trained staff is able to pair you with a pillow that is ideal for your body and sleep position. Call our office at (904) 246-9955 to schedule a time to get measured.

And if you are reading this saying “but what if I move from my back to my side(s) all night?” Good question. If you are concerned that one pillow won’t support you through your tossing and turning at night, we suggest a “combo” pillow that has features that provide support for your head and neck whether you are on your back or side. The best combo pillow we have found is the Pillo1 Original and can be found at <https://pillo1.com/product/the-original-neck-pillow/>.

You may be wondering what the best pillow is for stomach sleepers. We do not include that here simply because sleeping on your stomach is the worst sleeping position for your neck and back. Teach yourself to sleep on your side or back. Your spine will thank you.

As an honorable mention, the COOP pillows are another good choice in the "happy medium" range of support and versatility, allowing you to adjust how much "filling" is in the pillow. <https://coopsleepgoods.com/collections/bed-pillows/products/the-original-pillow?variant=43369632964>

Pillowise



PILLO1 The Original



COOP

