

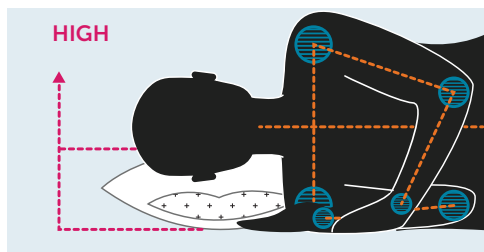
SLEEP

SHOULDN'T BE A PAIN IN YOUR NECK

Sleep should always be restful and rejuvenating, but headaches and neck stiffness can make for a painful wake-up call. Proper neck support can help you get a better night's sleep.

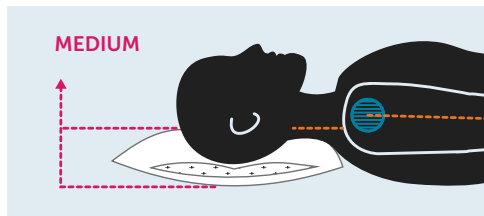
CHOOSING A SUPPORTIVE PILLOW

Your pillow's main job is to support the curve in your neck. Think about the position you sleep in when you choose a new pillow.



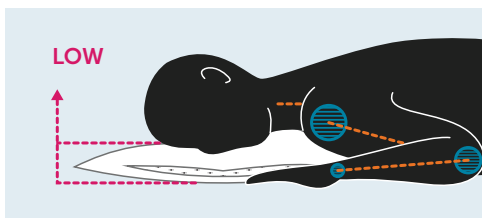
SIDE SLEEPER:

Choose a slightly higher pillow.



BACK SLEEPER:

Choose a medium height pillow.



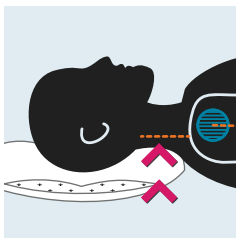
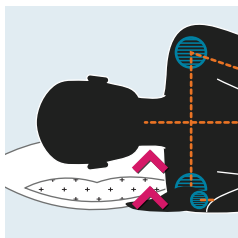
STOMACH SLEEPER:

This position is not typically recommended because it can cause stress and strain on the spine. This can lead to neck pain or headaches, no matter which pillow you choose.

If you must sleep on your stomach, choose a low pillow.

PLACING YOUR PILLOW PROPERLY

When you lay down, place your head on your pillow. Then lift your head slightly and adjust your pillow by pulling down to fill the space between your neck and the bed.



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