

## **How about a little pillow talk?**

This is sounding kind of personal...

I mean, what could be more personal than getting a great night's sleep?

OK, so...what pillow is right for me? This is a very common question in my office.

While there is no one perfect pillow for everyone, there are some definite guidelines.

Correct posture for your neck is the underlying guide for pillow selection. You are supposed to have a curve in your neck. From a side view your neck should have a "c" shaped curve, which places your ears above your shoulders.

Your pillow should preserve this curve when you lie face up, meaning when you lie down you should have a "c" shaped curve with the largest part of the curve facing your nose like a little mountain. When you are on your side, your neck should be straight and not tilted up or down.

Some people get foam pillows that look like a wave. If this is comfortable for you, great. (I find them too hard and uncomfortable.)

Poly-fill pillows do not support the arch and you end up with your head too far forward at night.

I recommend a medium to firm down pillow with an added neck roll. The down is comfortable, and the roll keeps the proper curve in the neck. When you turn on your side, the roll fills up the space between the mattress and pillow.

This is the most comfortable pillow combination I have found, and the best thing is that you won't wake up with a sore neck!

We carry the neck roll, and you can purchase the down pillow at a home store. Ask about it the next time you're in the office.