

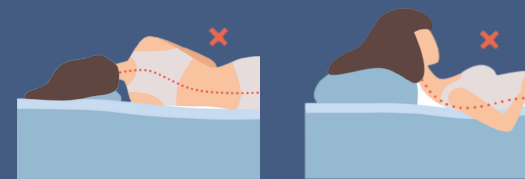
## PILLOW TALK:

# Choosing the Right Pillow

The right pillow can make or break how you feel. Unfortunately, no single pillow works for everyone, but most chiropractic experts agree on a few simple principles to help you choose wisely. Here are our top tips for preventing sleep-related neck problems.

## Keep Your Spine Neutral

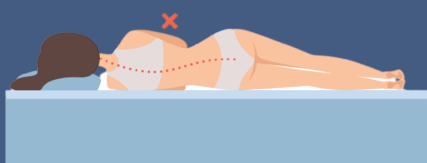
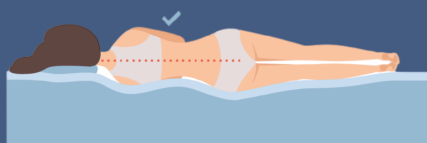
Your pillow's #1 job is to keep your head, neck, and spine in a neutral position. Too high or too low creates morning stiffness and headaches.



## Match Thickness to Position

### SIDE SLEEPERS

- Usually need a **thicker pillow** that fills the space between the head and shoulder, keeping the ear and shoulder in line.
- A simple trick is to take a photo of your sleep posture — you should be able to draw a straight line through your neck and upper spine.



### BACK SLEEPERS

- Usually need a **medium-height pillow** that supports the neck's natural curve, keeping the head slightly lower.
- Avoid overly thick pillows or stacking multiples, since this often bends the neck out of alignment.
- A rounded edge or gentle contour can help maintain a straight line through the neck and spine.



### STOMACH SLEEPERS

- This position puts extra strain on the neck, so it's best to break the habit. If you can't, use the **thinnest pillow (or none)**.
- Stomach sleeping almost always creates problems for the neck. If you're a stomach sleeper dealing with neck issues, try transitioning to a **hybrid/half-prone position**.
- A body pillow can help you shift into a half-prone position, which feels similar but reduces neck stress.



## Consider Custom or Adjustable Options

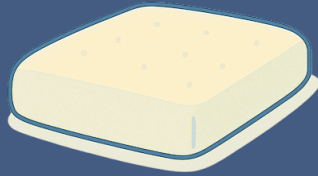


- Some chiropractors suggest pillows with adjustable fill (shredded foam or water) so you can fine-tune thickness.
- Remember that a softer or firmer mattress changes the ideal pillow height for your neck.
- Expect to try more than one pillow before finding your match, and whenever possible, choose ones with a friendly return policy so you can test them at home.
- A professional assessment can help you find the right pillow height — often by measuring shoulder width and matching it to your sleep position and any neck-related conditions or diagnoses.

## Comfort + Support Matter Most



FEATHER



MEMORY FOAM



CONTOUR FOAM



ADJUSTABLE FILL



WATER-BASED



Firmness and fill material matter less than whether you feel supported and comfortable.



A pillow that feels right and helps you wake up refreshed is the right one.



Most chiropractors recommend replacing pillows every 1–2 years — sooner if it's flattening, lumpy, or saggy.



Lower-priced options often provide the same comfort and support as an expensive one.

The best pillow is the one that works for you. Use these tips to guide your purchase, and remember — your chiropractor may have additional helpful advice to help you wake up healthier and pain-free.