



Comfort Pillows: How Can they help?

Pillows are meant to be comfortable, but unfortunately, many conventional pillows offer very little comfort to women during their pregnancies and to people recovering from serious head and neck injuries. To give maximum comfort to those in need, there are several types of modern pillows that have been designed and developed.

In this article, we will be taking a close look at some of these modern pillows and how they can benefit those who prioritize comfort when it comes their pillows.



Neck Roll Pillows

A [neck roll pillow](#) does much more than simply offering support for the neck. This type of pillow can be used for supporting ankles, knees and also your back. These pillows are widely praised for their numerous therapeutic benefits.

Neck roll pillows feature fibre fills and their long-lasting design make them companions that will stand the test of time. You can easily carry these pillows with you as you travel as well. Some of the therapeutic uses of this type of pillow are:

- Restoring the natural neck curve that may be impaired due to injury
- Relaxing muscles that are stiff
- Bringing relief from tension that accumulates over time through incorrect postures

Pregnancy Pillows

A pregnancy pillow is nothing but a [body pillow for pregnant women](#) which aims to help pregnant women attain comfort as the curves of their bodies undergo significant changes during pregnancy. These pillows come in very handy particularly during sleep, offering a handful of benefits such as:

- **Promotion of Blood Circulation:** Doctors encourage pregnant women to sleep on their sides, as this sleeping position facilitates improved blood circulation, which is immensely helpful for the developing baby inside the mother's womb.

However, pregnant women often face difficulties in positioning themselves sideways due to their growing bellies. In such situations, pregnancy pillows can offer a great degree of comfort to ensure that pregnant women get their fair share of sound sleep.

- **Reduces Aches and Pains:** As more and more pounds pile up and a pregnant woman's body weight increases, it puts the hips, legs, and back under a lot of pressure. Using a pregnancy pillow can reduce the stress that accumulates due to this pressure.

Cervical Neck Support Pillows

A [cervical neck support pillow](#), unlike neck roll pillows, is intended only for relieving the pains and stresses associated with your neck. Apart from providing a certain degree of comfort, the primary goal of this type of pillow is to maintain the natural cervical curve of the neck. By maintaining this curve, all the ligaments and muscles in your neck can be relaxed, preventing neck pains.

Here are two major benefits of using cervical neck support pillows:

- Significant improvements in neck posture
- Increase in blood circulation in the neck and head and relaxation of neck muscles

There are various other types of comfort pillows available as well, but the aforementioned ones are the most popular ones that offer tangible therapeutic benefits. If you are looking for a lightweight pillow for general comfort, you can buy a [hollow fill pillow](#), which is made from really light and breathable material.