



Cervical Pillow for Side Sleepers (2021) – Caring For Your Neck and Back

Have you noticed your transitional sleeping phases? – If yes, you may know how upset your back and neck becomes after a night’s sleep. Back and neck alignment helps you enjoy a comfortable, healing sleep. As a side sleeper, you reap the benefits keeping the airway open and reduce neck & back pain. The cervical [pillow for side sleepers](#) has an ergonomic design to maintain your natural curvature of your spine, relaxing your arm and shoulder to give you a comfortable space for sleep.



Major Issues Side Sleepers Face

We can speak about this like a 1000 times. Side sleeping has a series of benefits, but we can't neglect those pains, sores, stiffness, and discomfort it brings. First, resting on your shoulder makes it pressed against the mattress and you cannot feel your arm in the morning! Second, normal pillows aren't designed to fit the neck and shoulder appropriately. What most people do is pile on double pillows to adjust the gap while fearing frequent slip-ups of pillows. Third, forget alignment since you'd be trying to find the "perfect" adjustment for a good span of time.

Ergonomic Pillow for Side and Stomach Sleepers

Even if they look "weird" for their design, ergonomic pillow for stomach sleepers and side sleepers facilitate the ideal amount of comfort, angle, and stability to alleviate pain or stiffness,

numbness or tingling and aches or sores. You get perfect support in the design for stomach sleeping, back sleeping, and side sleeping.

This pillow for shoulder pain keeps your neck, back, and body aligned with stable support. You can enjoy a healing, restful sleep.