

BENEFITS

Most back pain conditions are caused from sleeping on poor mattresses.

Well it's really quite simple. Think about the shape of your head and the way it sits on an ordinary pillow. Chances are that there are some serious gaps somewhere. Either the neck isn't properly supported or your head isn't sitting properly. Imagine a pillow that conforms to your unique shape.

This is what memory foam can do. Having an upper body that is supported and aligned while sleeping is crucial for than just comfort. Using a memory foam pillow will actually help to clear your breathing pathway. This is because the foam sinks more under heavier weight. The end result is a perfectly aligned upper torso. Breathing easier results in a more restful sleep. It can also serve to alleviate some snoring problems.

Wake up every morning with a smile on your face