

Pillow Recommendations

Back Sleepers



For back sleeping it is important to keep in mind that the height of your pillow needs to support your neck more than your head. Contoured neck pillows are the preferred solution because they provide support mostly to the neck where it is needed. We recommend the Neck Pillow by Tempur-Pedic. The size is important so please advise the doctor about which size is right for you.

Available online at Amazon.com or at Relax the Back and Bed Bath & Beyond retail stores.

Side Sleepers



For side sleepers the height of your pillow needs to be significantly higher than for back sleepers. This is due to your shoulders creating a larger gap between your head and the mattress. A shallow pillow will cause the neck and shoulders to jam together often causing discomfort. Numbness and tingling in the arms often occurs as well. We recommend the Side Sleeper pillow from Pillo 1.

Available at www.pillo1.com or Amazon.com

Both Back and Side Sleepers



For both side and back sleepers we recommend a combination pillow. With enough height on both right and left sides it can provide the cushion you need for side sleeping. While the contoured middle part of the pillow allows for optimal back sleeping. We recommend the Pillo1 Original pillow.

Available at www.pillo1.com or Amazon.com

Baratta Holistic Center

6728 Fair Oaks Blvd #300, Carmichael, CA 95608

(916) 979-0716

www.barattawellness.com