

Here's a question I get asked for all the time: "Do you have any recommendations for a pillow?"

While on the surface, this question may not seem that important. After all, there are pillows everywhere. But sleep is vital to our lives and is one of the most important factors in maintaining health. So, it's important that you find the right pillow that works for *you*. Not every pillow is going to fit everyone, so finding a comfortable pillow for your individual needs is crucial.

That's why, for the last few years, I always recommended a throw blanket. This may sound weird at first, but hear me out. You can change the shape, thickness, and size of the blanket without it shifting or deflating over the night (as many actual pillows do). Which means that you could customize your "pillow" each night to suit your specific needs without having to buy new ones all the time.

Yet now, I've found a better way. I now recommend using these pillows from Coop Home Goods. My wife was the one who actually found it and had been using it for *years* before letting me borrow it for a night.

That single night changed my sleep life forever.

Not only was I able to change the thickness of the pillow by adding or removing the stuffing, but the pillow doesn't move or change its comfortability over the course of the night. I can also change the thickness of the pillow by simply flattening or compacting the stuffing together for a flatter, more fitted shape or fluffing the pillow for an airier, softer feel.

Currently, I use the Original Pillow by Coop Home Goods, but I will soon be upgrading to the Premium Eden simply because I like square shaped pillows rather than the rounded shape ones. If you're a side sleeper like me, this square shape in a pillow is vital for neck support.

<https://coophomegoods.com/collections/pillows>



The Original

The one that started it all. Made with our revolutionary blend of memory foam and microfiber, The Original is designed for both immediate and lasting comfort and support.

Proprietary blend of medium firm memory-foam-and-microfiber fill

Interlocking dual-case system for easy adjustment...
Machine washable Lulltra™ cover

\$72.00 USD



Premium Eden

A lofty, luxurious, and supportive alternative to down. The Eden is made with a blend of cooling gel-infused memory foam and microfiber, and is ideal for those who want to sink into softness yet remain supported.

Proprietary blend of medium-soft cooling gel-infused memory foam-and-microfiber fill

Interlocking dual-case system for easy adjustment...

\$96.00 USD

Here are some brief instructions on how to fit a pillow.

1. If you sleep on your back, my main recommendation is to make sure your head is not being pushed up or tilted forward too much.
2. Stomach sleeping is simply just not a good option for your overall health. This position, more than any other, is the most likely to get the vertebrae in your neck out of alignment as you have to twist your neck unnaturally in order to sleep in this position. This, in turn, can cause many other health problems.
3. If you sleep on your side, make sure the pillow is thick enough to fill the gap between your shoulder and your head. In the picture below, you can see an example of a pillow that's perfectly fitted to the space between this person's shoulder and head.



But the pillow also needs to support the whole neck, especially don where the neck and shoulder meet. In this picture, you can see that there's a gap between this person's lower neck and the pillow. If you don't support your lower neck, those neck muscles will start working and straining to support your neck and protect your spinal cord from misalignment. This means your body can never truly relax when these muscles are working overtime all night long. So, your lower neck needs to be supported by whatever pillow you use.



The most important thing when trying to choose the right pillow is its thickness. Does it support your lower neck? Does it fill the gap between your shoulder and head? Does it keep its position overnight? Does it flow naturally with the shape of your body without pushing or moving your head and neck? Make sure to ask these questions before buying a pillow. It will save you a lot of time, money, pain, and most of all, sleep.

If you go with the pillow I recommend here (the Original or Premium Eden pillow from Coop Home Goods), do not change the filling for a few days. The pillow is vacuum packed for shipping, and it takes a few days for the filling to expand to its normal, natural size. After it's expanded, *then* you can slowly add or subtract filling until it is the right thickness for you.

I hope this helps you get a better night's sleep.

Welcome back to health!

* Disclaimer: This post is not sponsored in any way. I do not get any financial benefits if you purchase a Coop Home Goods pillow. I make this recommendation simply out of my own free will and love for this product. *