

Body Pillow Glossary & Resources

This glossary explains common terms related to kapok body pillows, sleep alignment, and Body Pillow Therapy™. It's designed to help you choose the most natural, supportive option for your sleep and recovery.

Kapok Body Pillow

A natural, plant-based pillow filled with kapok fiber that supports full-body alignment, helps relieve pressure on hips, knees, and shoulders, and promotes eco-friendly sleep.

Organic Body Pillow

A body pillow made with natural materials (like kapok fiber and cotton covers) without harmful chemicals, designed for healthier, cleaner sleep.

Natural Body Pillow

A pillow made from plant-based, biodegradable materials that are breathable, hypoallergenic, and free of synthetic foams or off-gassing.

Eco-Friendly Body Pillow

A sustainable body pillow made from renewable materials with minimal environmental impact; kapok is harvested without cutting down trees.

Sustainable Body Pillow

A long-lasting pillow constructed from responsibly sourced, durable materials designed to reduce waste and environmental footprint.

Plant-Based Pillow

A pillow filled with fibers derived from plants (such as kapok), offering breathable comfort without petroleum-based foams.

Body Pillow for Back Pain

A supportive pillow used to align the spine and reduce pressure points, helping to relieve back discomfort during sleep.

Body Pillow for Hip Alignment

A body pillow positioned between the knees or along the back to keep hips aligned, easing strain on the pelvis and lower back.

Body Pillow for Joint Support

A full-length pillow that cushions knees, hips, shoulders, and elbows to reduce stress on joints and improve sleep quality.

Body Pillow for Recovery

A supportive tool used by athletes and active individuals to reduce post-workout soreness and promote restorative sleep.

Full-Body Support Pillow

A long pillow designed to cradle the entire body for stability, pressure relief, and deep relaxation.

Body Pillow for Athletes

A recovery aid that supports spinal alignment and muscle relaxation after training to enhance sleep and performance.

Pregnancy Body Pillow

A body pillow that supports side-sleeping, helps relieve pressure on the hips and lower back, and improves comfort during pregnancy and postpartum.

Postpartum Body Pillow

A supportive pillow that helps new mothers find comfortable positions for rest and recovery after birth.

Body Pillow for Kids & Teens

A scaled body pillow that provides gentle alignment and cozy comfort for growing bodies and sensitive sleepers.

Therapeutic Body Pillow

A body pillow designed to assist with proper positioning, pressure relief, and relaxation as part of an overall wellness routine.

Body Pillow Therapy™

Chicago Pillows' approach to total-body support using natural kapok body pillows for better alignment, deep muscle comfort, and eco-friendly rest.

Helpful Links

- [Shop Adult-Size Kapok Body Pillow](#)
- [Shop Kid-Sized Kapok Body Pillow](#)
- [Learn About Body Pillow Therapy™](#)
- [Visit Chicago Pillows Home](#)