

## **Tips for buying a pillow**

Before you leave home try to figure out what you don't like about your current pillow.

Is it the content? Is it too hard, soft, bouncy, noisy or sweaty?

Is it the shape? Does it push into your neck? Is it too low or too high?

If you think that your pillow may be uncomfortable because it is too low try placing a bath towel folded in four inside the pillow case under your pillow. This will raise the pillow and if you find this helps then look for a pillow that is higher than your current pillow.

Once you know what it is you don't like about your pillow you have an idea of what to look for in a new pillow.

Make sure the place where you buy your pillow from has mattresses available so that you can try your new pillow. Select a mattress as close in firmness to your own, then lie down on the new pillow in your normal sleep position. Allow 10 to 15 minutes, that's how long it will take your neck to relax onto the pillow.

You will need a week sleeping on a pillow to work out if it really is the right pillow for you!

If all else fails look for a Physio like me who lends pillows out for a week trial.

When travelling the towel in the pillow trick works very well if the pillow is too low. If however the pillow is too high try sleeping on only the folded towel. Some hotels now have pillow menus for you to choose from when you check in.