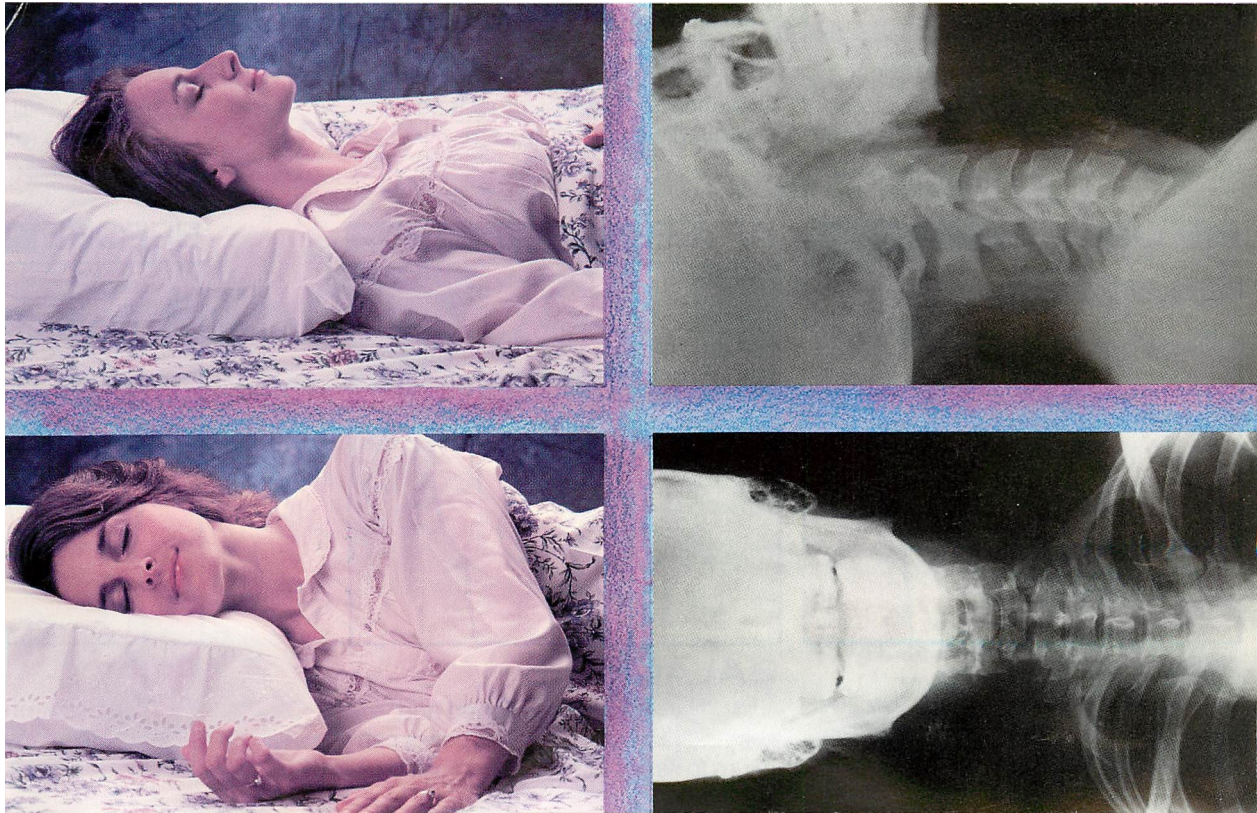


Cervical Support Pillow

Proper neck support while sleeping can be one of the most important factors in the long-term outcome of your neck condition. Supporting the proper alignment will aid recovery.

Your neck curve should be C-shaped with the head over the shoulders, in line with your spine. The pillow is thicker on one side than the other. You may need to start on the smaller side. As your neck curve improves you may switch to the larger side.

Ideally, sleep on your back with the cervical support pillow. The second optional position is sleeping on your side with the thicker edge of the pillow keeping your neck in line with your spine. Definitely avoid sleeping on your stomach with your head turned. This is very bad for your neck.



It may take a while to get used to a change in sleep habits. Some people accommodate the change quickly; others have to take more time. If you lay on the pillow for the first 15-20 minutes each night, but cannot fall asleep you may switch to your regular pillow. Continue this process until you are sleeping comfortably through the night. As the chiropractic adjustments are helping with movement and flexibility the process will become easier. This simple change will help your spine, prevent muscle strain that can cause headaches and prevent irritation of spinal nerves that can cause numbness, tingling and pain that refers into the arms and hands.