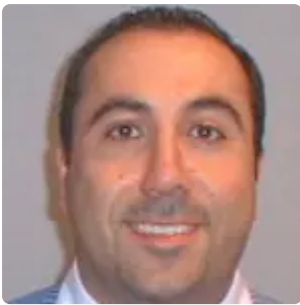


A Very Effective Way Of Avoiding And Relieving Neck Pain

A Very Effective Way Of Avoiding And Relieving Neck Pain Are you one of the millions Americans who suffer from neck pain? If not, its very probable that you know someone who does. Indeed, neck pain is a very widespread problem because the head and neck area is very susceptible to several stresses. Besides, neck pain can be produced by muscle strains, osteoarthritis, herniated intervertebral discs. In fact, something as trivial as a bad position can produce an unhealthy alignment of the neck and spine; consequently, neck pain will take place. Thus, what measures can you take to avoid or relieve neck pain? One of the most common causes of neck pain is a bad posture while sleeping. Well, most people have incorrect posture habits not only when they sleep but also during the day without noticing. Even when you perform a task that you may judge harmless (like reading in bed without a posture pillow) can eventually produce to neck pain or even more serious issues.



A basic suggestion is to avoid sitting in the same position for a prolonged periods of time. Unfortunately, most of us have to because of myriad reasons. We have to not curve or bend the neck **Michel Alkhalil** forward during long periods, as the neck and back should have enough support to achieve a better posture. As you can see, the sleep positions you take while you rest in the night are more important than you believe because they are the most frequent cause of neck troubles. Why this happens? Because most of us use regular pillows, which make you sleep with your neck at a too high or too low angle and does not maintain your spine straight; consequently, it cause neck pain, back pain, discomfort and exhaustion. This drooping sleep surface typically provokes an unhealthy spine alignment, thus the muscles of the back will attempt to balance by tensing up trying to restore a more natural posture of the spine. However, this muscle tension produces the morning stress and the neck and the back pains. Therefore, the best way to avoid and relieve neck pain is to maintain a correct posture. That is reason why the Better Sleep Pillow is so beneficial, because this neck pillow easily adjusts to the form of your neck and brings you correct spine alignment. This pillow is made with memory foam technology, which effectively redistributes the weight of your head, neck and body, encouraging better circulation and eliminating neck and spinal pressure. Besides, it is not a problem if you prefer side sleeping or back sleeping because this memory foam pillow let you sleep comfortably in any position you may sleep and helps you wake up energized the next morning. An orthopedic neck support pillow is necessary to have a relaxing nights sleep without neck pain and other problems. With its hypoallergenic urethane memory foam that provides full support to the neck and heads contours, the Better Sleep Pillow brings the most restorative sleeping experience alleviating strain on the neck and back. You dont need to keep suffering neck pain. Just try the Better Sleep Pillow to start sleeping well and pain-free.