

Foam Pillows are Changing the way the World Sleeps

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By DR. Joseph J. Berke, M.D., Ph.D.

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For countless people worldwide, getting a good night's sleep on a regular basis is an elusive, if not almost impossible, goal. The causes for this malady are numerous, and could consist of overwork, stress, pain, a sleep disorder, and the list goes on. While some people may require a physician's assistance in developing a normal sleep pattern, many Americans have found great benefit by merely changing one or more of their bedding products.

Of all the different pillows available, memory foam pillows are becoming increasingly popular. The reason for this is simple; these pillows have time and time again been proven to work miracles. Memory foam pillows are attributed for helping in the reduction of snoring, which increases sleep quality not only for the individual suffering from the condition, but for others who have to sleep in the vicinity. In addition, memory foam pillows have also been proven effective because they carefully align the body correctly in order for the sleeper to gain a quality sleep and dream pattern.

Perhaps one of the most effective memory foam pillows is the contour pillow. This pillow is designed specifically to comfortably mold to an individual's head and neck shape, regardless of whether they prefer to sleep on their side, stomach, or back. The subtle alignment that this pillow provides allows for the opening of airway passages, therefore increasing the flow of oxygen throughout the body during sleep. This feature significantly reduces snoring and can assist those who suffer from sleep disorders in which oxygen has been found to be reduced through the relaxation of throat muscles during sleep. Another fabulous feature of this type of pillow is that it relieves pressure on the spine through the careful alignment of the head and neck. In fact, numerous people who have constant neck and back pain wake up finding that these pillows greatly reduce and even eliminate their pain.

There are a variety of manufacturers and names for memory foam pillows. Some of the more popular are Swedish foam pillows, Tempura pillows, Tempur pillows, Tempurpedic pillows, and Therapedic pillows. Some of these are made from a specific type of foam developed by Nasa. All incorporate the use of materials that are proven to comfortably and accurately align with your head and neck, as well

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as retaining the memory of your individual shape.

Swedish foam pillows are often categorized as being the first, and according to many people, the best of this innovative design. The majority of companies who make memory foam pillows have a variety of designs that have proven beneficial to remedying a variety of ailments; such as a cervical pillow, maternity pillow, reading pillow, and even a full-body pillow.

If you have difficulty falling asleep or staying asleep, or if you tend to use your arms to support your head to fall asleep, use more than one pillow, use rolled towels for head and neck support, or fold your pillow, you should consider trying one of these memory foam pillows. Countless Americans and people the world over have experienced a miraculous change in their sleep patterns after just one night of use. Changing a pillow is a small price to pay for quality sleep every night, versus struggling to fall asleep and tossing and turning the night away!

Dr. Joseph J. Berke, M.D., Ph.D.

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Dr. Joseph J. Berke is an author and inventor dedicated to helping people get a better night rest.

Comfortable Tanning Bed Pillows

By Grace Palce

People who wanted to acquire that exotic dark olive skin anytime of the year are thankful for the technology of tanning beds. Tanning beds provide controlled doses of ultraviolet radiation sufficient to activate melanin on the skin. Yet, when a person gets inside the tanning bed, he lies uneasily. The whole twenty-minute stay in the tanning bed can be unpleasant.

This is because it is difficult to find a comfortable position on top of a hard surface. Some users of tanning beds try to ignore this fact and console themselves with the phrase "no pain, no glory". But others wonder if there can be a way to use the tanning bed more luxuriously.

Fortunately, there is a way. Technology has never stopped finding ways to make every human activity convenient and comfortable. And one of the products of technology is the "tanning bed pillow". Tanning bed pillows are specially designed to complement tanning beds. These are produced so that a person may use the tanning bed comfortably without interfering with the process of indoor tanning.

At present, there are two types of tanning bed pillows: the polymeric urethane pillows and the porous foam pillows. The polymeric urethane pillows have relatively steady or firm contours. These pillows can provide a dependable cradle for the whole body, making the indoor tanning experience pleasant. On the other hand, the porous foam pillows are known for their durability. These pillows can be used longer and more often. Owners of residential tanning beds prefer the porous foam pillows for another reason. That is, these pillows take less effort to clean and maintain.

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Whichever type of tanning bed pillow a person finally decides to purchase, he can look forward to a more appealing stay in his tanning bed. He will no longer endure an unpleasant position each time he uses his tanning bed.

Both types of tanning bed pillows can be ordered online. Some quality pillows can be bought at less than \$10. Some suppliers offer tanning bed pillows as part of a package when a customer purchases tanning beds and tanning bed lotions. These three products, along with extra tanning bulbs and cleaning solution, make up one set of indoor tanning equipment.

With the advent of tanning bed pillows, getting a tan can be a pleasurable experience. A person can relax and lie luxuriously in his tanning bed while waiting for the timer to give the signal that the tanning session is over. And then, this person will begin to sport that attractive dark olive skin.

The sites

and

are both dedicated to help

you find the best information available about home tanning beds, skin care and other health issues.

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