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Travel Pillows for Sweet Dreams

July 21, 2018 - by Melody Wren

Good



quality sleep is the healthiest and hippest way to dream big. But is it possible to sleep well on an airplane? Airports are filled with people walking around with pillows draped around their necks. For some, hauling their favourite bed pillow along for the trip is the only way. Look for something that would be really supportive. The best pillows keep your head elevated and in alignment with your spine.

Gwyneth Paltrow recently coined the phrase “clean sleeping” to convey what experts have known for centuries. Quality slumber is a foundation for health – inside and out, so being able to sleep a few hours during your flight can benefit your trip overall.

Travel pillows are not created equally; in choosing one, you should determine what material suits you: foam, beads, polyester, wool or inflatable.

Shape is important too. Different shapes give different support. The U-shape is the most commonly used shape, offering amazing support to your head in an upright position. The J-shaped version is specifically designed to

cradle your head, neck, and chin and we think it works best when can you rest it against the wall of the plane. The cylinder-shaped pillows look like common pillows with the ability to support your back and neck.

The collar-shape is supposed to provide 360 degree support. They cradle your neck; with the strap, it holds the side of these collars together. Such shapes prevent your head from falling in any direction.

The Travelrest Ultimate memory foam travel pillow has been labelled the best pillow for 2018 because of its great cushioning of head and neck and it packs down to the size of a roll of toilet paper.

For more information, click [HERE](#).

An option is the Cabeau Evolution Pillow offers a lot of support and is highly adjustable, but without a contoured back, it doesn't quite sit flush with the headrest.

For more information, click [HERE](#).



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