

# BEST PREGNANCY PILLOW

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During pregnancy period mom body continues growing in size. , it becomes hard, uncomfortable, and difficult to sleep. The Best pregnancy pillow is one of the essential products that every mom needs during the postpartum period to make sleeping smooth and comfortable.

## Different Types of pregnancy pillow

### WEDGE PREGNANCY PILLOW



The pillow is best for moms who side sleeper. It is placed on your tummy to reduce strain on your back and hips.

**Best wedge pregnancy pillow:**

- PharMeDoc Bed Wedge Pillow
- Boppy Pregnancy Wedge
- My Brest Friend Pregnancy Wedge
- hiccapop Pregnancy Pillow Wedge

### FULL BODY PREGNANCY PILLOW

The pillow is designed using different shapes such as J, C, U, and V.



The pillow is also called full-length pregnancy pillow. It is pillow for mom who prefers to sleep on their back and tummy

The pillow offers full body support which relieves pain in mom's neck, back, and hip.

**Best full body pregnancy pillow**

- PharMeDoc c-shaped Full Body Pregnancy Pillow
- Web linens Inc U Shaped
- Bluestone U-shaped
- Queen rose U-shaped Full Body Pregnancy Pillow
- Leachco Snoogle Total Body Pillow
- Meiz U Shaped Body Pregnancy Maternity Pillow

## What to consider when choosing the pregnancy pillow?

### 1. Size and shape

Pregnancy Pillows are made of different shapes and sizes. Some pillows are big which is makes them best suit large bed.

### 2. Pregnancy pillow fillings

There are the different filling material used in a pregnancy Pillows. These includes:

Organic Fillers

Memory foam fillings

Styrofoam ball fillings

Microbead fillings

Hypoallergenic fillings

Polyester fiber fillings

### 3. Easy to clean

Pillows are not easy to clean when buying choose the pillow that has a removable and washable cover.

### 4. Fabric

The pregnancy pillows are made of different fabric such as cotton, polyester, polyester and cotton blend. Choose the materials that you feel you are comfortable.

### 5. Sleep position

an expectant mom keeps on changing position left-right, so you need a good pillow that supports to sleep the right place.

Such sleeping position includes:

Side sleepers

Back sleepers

Tummy or stomach sleepers

6. Body parts that aches. Such parts include: lower back, belly, Neck, shoulders, Ankle, and knee. Each part has a pillow that supports to reduce aching

Read more at <http://www.creativemomsworld.com/mother-and-baby/pregnancy-pillow/>