

3 Main Benefits of Memory Foam Pillows

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Good sleep is an essential component of good health. To get a great night's sleep, you should choose a right [pillow](#). Now, more and more people choose memory foam pillows.

Memory Foam

Designed by NASA back in the mid-1960's, memory foam pillow is made from a material called viscoelastic, being highly energy absorbent and soft. This pillow can mold to your body or head in response to pressure or heat. If you sleep on your side or your back, you had better choose memory foam.

3 Main Benefits of Memory Foam Pillows

- **Temperature Sensitivity**

Memory foam can adjust its temperature dependent on your body temperature because they are made of temperature sensitive material. Your pillow will help to warm you up when you are cold. Your pillow will help to cool you down when you are too warm. Temperature regulation is widely cited as one of the most important ways to get a good sleep.

- **Flexibility**

Memory foam is known for its flexibility. It molds itself into to the shape of your head to give you the exact level of support you need to get a good night's sleep. It won't lose its shape. After using it many months, you still can get the same great level of support.

- **Reduce Tossing & Turning**

Memory foam pillows can significantly reduce tossing and turning while you sleep, making you have a good night's sleep. Memory foam could help you if you suffer from too much tossing and turning during the night. More important, memory foam pillows are considered to be

the most comfortable pillows on the market. If you haven' t yet tried them out, you should try it. It will surprise all of you. If you are a back sleeper or a side sleeper, you can use it to enhance your overall quality of sleep each night!
