

A good night's sleep is essential to functioning at your optimal potential each day. This is why you need to invest in the [perfect pillow](#), as an uncomfortable sleeping routine can lead to body aches, posture issues, uneven sleep and much more. However, choosing the [filled sleeping pillow](#) requires several considerations. Let's discuss them in detail below. Criteria for choosing the best pillow include:

- Filling
- Size
- Sleeping style

Let's look at each of the elements below to find out how to choose the best pillow for your be



FILLING

[Pillows](#) are usually filled with synthetic polyester, genuine cotton or memory foam. Here's an overview of each variety, but keep in mind that ultimately you have to choose a pillow filling based on the weight of the pillow, its price range, and your allergies (if any):

Polyester pillows are the ones used in most homes and generally have a medium softness. Polyester is also light and cheap. You can choose a traditional synthetic polyester filling or a ball fiber, in which the polyester is processed into small balls before filling the pillow. Ball fiber requires less frequent replacement and maintains its shape better than regular polyester. There's nothing like pure cotton filling, which can be a bit stiff but is hypoallergenic, making it perfect for allergy sufferers. However, cotton pillows are heavier and fall somewhere in the middle range in terms of prices.

Unlike both, we have memory foam, which is a relatively new addition to the market. The hallmark of memory foam pillows is that they retain the shape and contours of your head when you lie on it, giving it a unique and individual shape that is ideal for your body and restful sleep. This type of pillow is best for people who can't find a pillow with ideal neck support, and while it's relatively light, it's often an expensive option. However, memory foam pillows are considered one of the best pillows for neck pain.

SIZE



Pillows come in standard sizes and are generally suitable for all individuals. However, you can buy pillows or even have smaller sizes custom made if you want to decorate your bed with smaller pillows. However, be careful not to overdo it. Generally, look at the size of your bed and then decide on the number of pillows and pillow sizes.

While two single beds may work well with just a pillow, a double bed may require four pillows. In contrast, a king size bed can look wonderfully cozy with six pillows in three different sizes. The decision to add more than one pillow to your bed is purely aesthetic unless you have two extremely thin pillows that you stack on top of each other daily to create a height that supports your neck at the right level.

SLEEP STYLE

Sleeping style affects pillows

There is a pillow for every type of sleeper!

It may come as a surprise to many, but the way you sleep also affects the pillow selection process. Although there are no hard and fast rules for choosing the best pillow based on your sleeping style, since most of us tend to switch sleeping positions throughout the night, here are some basic considerations for choosing the right pillow:

Side sleepers should generally buy a pillow that is firm and thick so that it fits snugly between the ear and shoulder when lying down.

Stomach sleepers often prefer to sleep without a pillow, but if you want to buy the perfect pillow for your bed, choose a soft one that is not too hard on your face when you sleep face down.

Compared to other types of sleepers, back sleepers need a flat pillow to keep their head and neck in perfect alignment during sleep. A soft but supportive pillow, including a memory foam option, is good for these people.

Most of us buy pillows and mattresses just once and forget about them. Ideally, you should replace your pillows every 1.5 years. It is also important to keep all of the above considerations in mind when choosing the right pillow that offers a comfortable night's rest.