

In the late 1970s, Dr. Hugh Smythe challenged his patients to help him create a better designed neck support pillow. The result was a pillow that is a useful tool in the treatment of chronic neck pain and preventive care for healthy individuals.

Since the 1980s the *Shape of Sleep* neck support pillow has help individuals across North America who are suffering from chronic neck pain and related illnesses. The *Shape of Sleep* also has a loyal following of sleepers who use it to prevent neck pain and to guarantee a comfortable night of sleep.

There is a growing body of evidence that indicates a relationship between pillow choice and occurrence of neck pain and headaches. Studies have examined the relationship between neck support and the quality of sleep.

If you are interested in exploring the research done between sleep posture and human health we recommend the articles listed below:

Ambrogio N, Cuttiford J, Lineker S, Li L. "A comparison of three types of neck support in fibromyalgia patients." Arthritis Care Res. 1998 Oct;11(5):405-10.

This study showed that from patient's perspective "neck support is an important part of a comprehensive physiotherapy program." In this study most of the participants preferred the *Shape of Sleep* pillow because of the support it offered.

Helewa A, Goldsmith CH, Smythe HA, Lee P, Obright K, Stitt L. "Effect of therapeutic exercise and sleeping neck support on patients with chronic neck pain: a randomized clinical trial." The Journal of Rheumatology. 2007 Jan;34(1):151-8.

This study found that treatment including physiotherapy and directed use of the *shape of Sleep* neck support pillow showed the best results for sufferers of chronic neck pain. Therapeutic exercise and sleeping neck support were not as effective on their own. The results were statistically significant and clinically meaningful, and time was shown to be an important cofactor.

Persson, Liselott. "Neck pain and pillows – A blinded study of the effect of pillows on non-specific neck pain, headache and sleep." European Journal of Physiotherapy. 2006, Vol. 8, No. 3 , Pages 122-127 )

This study showed that pillow choice is a factor in reduction of neck pain, headache and quality of sleep. Neck support was important in reducing symptoms.

Persson L, Moritz U. "Neck support pillows: a comparative study." Journal of Manipulative Physiotherapy. 1998 May;21(4):237-40.

The authors of this study concluded, "A neck pillow with good shape and consistency and with firm support for cervical lordosis can be recommended as a part of treatment for neck pain."

Robert A. Lavin, MD; Marco Pappagallo, MD; Keith V. Kuhlemeier, PhD. "Cervical pain: A comparison of three pillows." Archives of Physical Medicine and Rehabilitation. Volume 78, Issue 2 , Pages 193-198, February 1997

The conclusion of this study was that although pillow choice for sleep "does not significantly affect disability outcomes measured by [Sickness Impact Profile]" it did show that "proper selection of pillow can *significantly reduce pain and improve quality of sleep.*" (Emphasis added)

Smythe HA. "Cervical Spine Syndromes." Arthritis and Allied Conditions: A textbook of Rheumatology 11<sup>th</sup> ed., Edited by Daniel J. McCarty. Lea & Febiger, Philadelphia 1989

This paper addresses the use of neck support pillows in the treatment of pain that is of mechanical origin. Treatments such as heat, massage, traction and counterirritant therapies offer real temporary relief but are not directed at the cause. Patients must be taught the need to target the vulnerable area of the neck, just above the collar bone, for support during sleep.