

MarketWatch

10 best bed pillows for every type of sleeper — all under \$75

August 15, 2019 | Alisa Wolfson



Want to get better sleep? These are the pillows that sleep experts and chiropractors swear by

This is some serious pillow talk.

Not getting enough sleep — or not getting quality sleep — can impact everything from your mood to your heart health, according to the Division of Sleep Medicine at Harvard Medical School: “In the short term, a lack of adequate sleep can affect judgment, mood, ability to learn and retain information, and may increase the risk of serious accidents and injury. In the long term, chronic sleep deprivation may lead to a host of health problems including obesity, diabetes, cardiovascular disease, and even early mortality.”

That’s why having the right pillow is so important: “Sleep is so vital for the body to repair itself, so among other things, I recommend my patients find a pillow that properly supports their head and neck so they can sleep soundly and don’t wake up with aches and pains caused by lack of support,” **Dr. Jeremy Fine**, a Century City, Calif.-based internist tells Marketwatch. But with an overwhelming number of pillows that promise better sleep, it’s hard to know which works for you. So MarketWatch asked sleep experts and chiropractors to break down their preferred pillows for different kinds of sleeper — all under \$75

<https://www.marketwatch.com/story/10-best-bed-pillows-for-every-type-of-sleeper-all-under-75-2019-08-15>