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In this Review: ∨

4 Best Pillows for Neck Pain 2024: Expert Reviewed

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We consulted experts in sleep, pain, and ergonomics to choose the top four pillows for neck pain.

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Key Takeaways

- Latex pillows tend to be the most supportive and durable options to help ease neck pain, but the ideal pillow often depends on your sleep position.
- Pillows range from about \$25 to more than \$300, but our top picks sit mid-range between \$65–\$185.
- When searching for a pillow to address pain, we recommend talking to your doctor about different options that align with your treatment plan.

Our Top Pick

1 Best Overall



P L U S H B E D S

- Multiple latex options available

[Visit Site](#)

2 Best Value

saatva**Saatva**

- Costs \$165–\$185 per pillow
- Layers of soft down and resilient latex
- 45-night trial period

[Visit Site](#)

3 Best Memory Foam Option

brooklinen**Brooklinen**

- Costs \$65–\$85 per pillow
- Adjustable loft height using easy zipper system
- Long one-year trial period

[Visit Site](#)



Naturepedic

- Costs \$119–\$179 per pillow
- Adjustable loft height and firmness
- Long 100-night trial period

[Visit Site](#)

If you're having trouble [sleeping](#) at night, you're not alone. Between 40%–70% of older adults report sleep problems, according to [research](#). [1] [Pain](#) is a common culprit for [poor sleep](#), which in turn can prolong and [worsen your condition](#). [2] [3] [4] Unfortunately, adults age 65 and older are most likely to have [pain that affects everyday life](#), including self-care activities and sleep. [5]

Many people may benefit from changing their sleeping environment to improve their comfort, so long as it aligns with their doctor's treatment plan. [6] If you have neck pain, you may benefit from changing your sleeping surface with a new pillow or [new mattress](#). You may also benefit from other interventions, like physical therapy. Always talk to your doctor about your treatment options.

Our Reviews Team consulted research studies and experts in rehabilitation, sleep, and spine health to determine which pillows are worth considering for neck pain. We hope this review helps you find relief.

A quick look at the best pillows for neck pain in 2024

3. [Brooklinen Marlow Pillow](#): Best Memory Foam Option

4. [Naturepedic Organic Adjustable Latex Pillow](#): Best Adjustable Option

Best Pillows for neck pain

Our Top Pick

PlushBeds Shredded Latex Pillow

BEST OVERALL

Visit Site

- Costs \$99–\$124 per pillow
- Long three-year warranty
- Multiple latex options available

Why we chose

Latex fill is the best option for neck pain and headache relief, which is why we like the variety of latex pillows from PlushBeds. The brand's shredded latex option can accommodate most sleepers because of its soft, moldable feel, while still offering resilient support for the neck.

Pros & Cons

Saatva Latex Pillow

BEST VALUE

Visit Site

- Costs \$165–\$185 per pillow
- Down-alternative and latex fill offers a softer feel with resilient support
- 45-night trial period and one-year warranty

Why we chose

The Saatva Latex Pillow offers the most value of any pillow for neck pain. With its adaptable latex layer and soft down alternative layer, it accommodates all sleeping positions comfortably. This brand also offers a 45-night trial period, so you can try your pillow at home to ensure it works for you.

Pros & Cons

Additional Information

Visit Site

- Costs \$65–\$85 per pillow
- Adjustable loft height using its easy zipper system
- Long one-year trial period

Why we chose

We recommend the Brooklinen Marlow Pillow for memory foam lovers because its adjustable loft height is more likely to accommodate your comfort needs than a standard memory foam pillow can.

Pros & Cons

Additional Information

**Naturepedic Organic
Adjustable Latex Pillow**
BEST ADJUSTABLE OPTION

Visit Site

- Costs \$119–\$179 per pillow
- Adjustable loft height and firmness
- 100-night trial period and one-year warranty

Why we chose

The Naturepedic Organic Adjustable Latex Pillow offers adjustable fill, so you can customize the loft height and firmness to your specific sleeping preferences and comfort needs. And because it's made with shredded latex material, you'll receive optimal support to help relieve neck discomfort.

Pros & Cons

Additional Information

How to choose the best pillow for neck pain

When choosing the best pillow for your neck pain, consider the following factors for the best chance at success.

Talk to your doctor or a specialist

Ask your primary care provider for advice regarding your symptoms. They can rule out other conditions that can cause pain in the neck, especially if it's causing headaches or dizziness. If

Physical therapists can help identify the root cause of your pain and provide exercises or stretches that help alleviate discomfort and keep it at bay. They may also suggest particular pillows or sleeping surfaces that can accommodate your specific symptoms, which may differ from our selections in this review. Orthopedic specialists, chiropractors, and doctors specializing in sleep issues can also help provide tailored suggestions for your condition. Ensure you're tackling your issue from all directions. Spine alignment isn't always the key to success. "Optimal' can be quite subjective. What looks like ideal alignment to a practitioner may be very uncomfortable for the client," said [Lindy Royer](#), a physical therapist and educator at [Balanced Body](#). "There is never just one solution to neck pain, and alignment is only one factor. When working to reduce neck pain and headaches, we must take a multi-pronged approach and consider things like stress, nutrition, sleep quality, movement, and lifestyle. The old way of thinking was the belief that perfect alignment would lead to decreased pain, but research indicates this is not the case."

Consider your sleep position

Your sleep position determines what type of pillow you need.

- **Back sleepers:** Need a medium-firm pillow that holds shape to support the natural curvature of the neck
- **Side sleepers:** Prefer loftier, denser pillows to support the gap between the shoulder and head without losing shape throughout the night
- **Stomach sleepers:** Require a flatter, softer pillow to prevent awkward neck positions where the spine is twisted to the side and bent back
- **Combination sleepers:** Shift around at night, so they need a durable and resilient pillow that adjusts with them

Choose the correct loft for your position

As a general rule:

- **Back sleepers:** Need a medium-loft pillow that keeps the neck naturally in line with the rest of the spine
- **Side sleepers:** Require a higher (thicker) loft to fill the space between the head and shoulder; loft height depends on your build, so people with broader shoulders need higher loft
- **Stomach sleepers:** Need the lowest loft height possible—these types of sleepers already sleep with the neck twisted to one side (so you're not sleeping face down on the bed), so a pillow with more loft will bend the neck backward and feel uncomfortable
- **Combination sleepers:** Prefer a middle-height loft that conforms to any position they choose, but if you start in a particular position or end up in certain positions more than others, base your pillow loft more on that position to help you fall and stay asleep more comfortably

Consider the fill

Latex fill is most comfortable for those with neck discomfort, particularly if you wake up with headaches. This is because these options offer firm support that contours to the spine's natural curves, holding the neck in better alignment than other types of fill. Most of our choices in this roundup are latex due to the material's supportive and durable nature.

Feather or down pillows are less effective in alleviating neck discomfort because they compress easily and lose shape throughout the night. [7] That's why we didn't include feather options in our roundup, although some stomach sleepers might like the low loft these pillows offer.



Stomach sleepers tend to be a tricky bunch because they traditionally benefit from feather pillows with low loft height. "If sleeping on the stomach is the most

position is a combination of stomach and side sleeping that prevents excessive twisting of the neck, which can be pain-provoking, depending on your condition.

3 Tips for sleepers with neck pain

1. Rule out other sources of pain

“A pillow can be blamed for neck pain if one has no pain during the day, but it’s still possible to have isolated nighttime pain from the shoulder that may be erroneously blamed on the pillow,” said [Georgiy Brusovanic](#), an orthopedist and spine specialist at Miami Spine Doctor in Miami, Florida. [Referred pain](#) ⓘ from the shoulder is a common source of neck discomfort, so addressing the neck isn’t effective long-term. For example, a common condition called [adhesive capsulitis](#) ⓘ (or frozen shoulder) can refer pain to the neck while the root issue is actually the shoulder joint.

When you talk to your doctor, be sure to ask about other possible pain sources and for an examination of neighboring body regions to ensure you’re addressing the root cause.

2. Consider your mattress density when choosing the right pillow

Your mattress influences the perceived loft height of your pillow. Softer, conforming mattresses (like memory foam) will cause your body to sink into the surface more than firmer spring mattresses will. This means your head will sit closer to the bed’s surface, and a pillow’s loft will feel thicker than it is.

For example, a side sleeper whose shoulder sinks into the mattress’ surface may only need a medium loft (rather than a high loft) to maintain neck alignment throughout the night.

softer, thinner pillow to stay comfortable in an elevated position and to prevent your head from tilting forward.

3. Make slow changes

“If you are used to sleeping on a soft pillow, you may want to start with a medium-firm pillow and gradually transition to a firmer pillow over time,” said [Sean Ormond](#), a pain management specialist at Atlas Pain Specialists in Glendale, Arizona. Changes in loft height, density, or any characteristic of your sleeping environment can shock the system.

“It’s important to note that there is no one-size-fits-all answer to the question of the best pillow for neck pain,” said Ormond. If you’re nervous about trying something new, start by making small changes. An easy way to do this is by purchasing an adjustable pillow (like the Brooklinen or Naturepedic options), matching the current feel or loft as closely as possible to your existing pillow, and making changes from there.

How we chose our top picks

Based on our expert consultations and research, we determined the following factors to be most important for our readers when shopping for the best pillows for neck pain:

- Price
- Trial period
- Warranty
- Brand reputation
- Ability to customize

Bottom line

To address neck pain, our team recommends latex pillow options due to their durability and resilience, which gives your neck the level of support it needs throughout the night. PlushBeds is our top pick because the brand offers multiple latex options, but we like the shredded latex for its breathability and softer feel compared to solid latex options. Our Reviews Team also likes Naturepedic’s Organic Adjustable Latex Pillow for its shredded latex fill, but it’s better for those who want to adjust the pillow’s density and loft.

Saatva is our value pick for its latex and down alternative layers, so people can enjoy the resilient support of latex without sacrificing the softness you get with down-like material. It also comes with a trial period, unlike PlushBeds. Lastly, the Brooklinen Marlow Pillow is the best memory foam option for those with neck pain due to its mess-free adjustability, so you can easily customize your pillow to your comfort needs.

Before buying any product to address a medical issue, including neck pain, check with your doctor for personalized guidance based on your specific condition. There may be more to your treatment plan for a good night’s sleep, like rehabilitation.

Compare the best pillows for neck pain in 2024

	Visit Site >	Visit Site >	Visit Site >	Visit Site >
Price	\$99–\$124	\$165–\$185	\$65–\$85	\$119–

	Visit Site >	Visit Site >	Visit Site >	Visit Site >
Sizes (width x length), in inches	Standard (24" x 15"), queen (28" x 16"), king (34" x 16")	Queen (28" x 18"), king (34" x 18")	Standard (17.5" x 26") and king (17.5" x 36")	Standard (26" x 30"), king (30" x 36")
Loft height(s), in inches	Standard (4"), queen (5"), king (5")	Standard (4"–5"), high (6"–7")	Adjustable	Adjustable
Weight in pounds (lbs)*	3–4 lbs	5–6 lbs	2.5–3.4 lbs	4–8 lbs
Trial period (nights)	None	45	365	100
Warranty (years)	3	1	2	1

*Depends on pillow size and loft

Frequently asked questions

What type of pillow is best for neck pain? ▼

Should neck pain pillows be hard or soft? ▼

Why do I wake up with a sore neck? ▼

Have questions about this review? Email us at reviewsteam@ncoa.org.

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