



Article Side

How to use a maternity pillow by [Sandeep](#)

Article published on June 23rd 2012 | [Health](#)

A maternity pillow or a pregnancy pillow is quite a useful product for expectant mothers. However, it is also important that the pillow is used in the right manner. If the pillow is not used in the appropriate way, it will not serve the purpose and may also cause further discomfort. Most of these pillows are quite different from each other. There may be pillows that are designed to serve just one purpose and there might be others that can help with multitude of purposes. Hence, it is important that you carefully follow the instructions provided to you with the purchase of the pillow you select.

Typically, all the various types of maternity pillows are designed to be used when sleeping on your side. Here are some basic instructions on the usage of a maternity pillow that are more or less common to all types of this pillow.

â€¢ Get the right support for your neck: A maternity pillow or a body pillow is practically designed to support your neck and spine. When you use this pillow, there is no need to use a regular pillow too. As a matter of fact, you must use the maternity pillow as a support for your neck and head. This will help in aligning the spine in the right way and hence avoid the back pain.

â€¢ Your belly needs support too: When you are sleeping on your side and using the maternity pillow, you must slightly lift your belly and push a part of the pillow under it. Wedging the pillow under your belly will help you avoid the pain that is a result of the stomach and back muscles straining due to the additional weight.

â€¢ The pillow should be kept between your legs: When you keep the maternity pillow between your legs while sleeping on your side, it will help in relieving the pressure on the joints. This is quite helpful with the leg sprains that is a common complain during pregnancy. Also, this tends to improve the blood circulation avoiding too much swelling on your feet.

â€¢ Back support is vital: The back support that these pillows provide is extremely important as it is the back pain that causes the maximum discomfort. The pillow should be kept in a way that the back is supported appropriately.

Article Source:

<http://www.articleside.com/health-articles/how-to-use-a-maternity-pillow.htm> - [Article Side](#)

[Sandeep](#) - About Author:

Kathy Smith is a maternity specialist and a writer at a [Snoogle Pillow](#)

Article Keywords:

Snoogle Pillow