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In Search of the Perfect Pillow by [Massage Equipment](#)

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For most of us finding the right pillow to get that perfect night's sleep is relatively easy with lots of brands selling all the latest in pillow technology. However for others it's a year-in and year-out endless journey with a less than satisfactory result. In fact, broken sleep, or no sleep night after night leaves many very tired, angry and depressed.

The major online shopping malls, together with department and bedding stores typically provide an overwhelming selection of fibre fill, memory (visco elastic) foam and latex foam pillows in a huge range of brands, varying quality, various sizes and various prices. Rows and rows of beautifully packaged pillows to wet your appetite. Surely amongst hundreds of pillows everyone should find the perfect solution! But unfortunately that's not always the case.

What's missing in this maze are other types of pillows that lack the huge marketing dollars to expose them to the danger of being purchased but fortunately provide the elusive sleep desperately needed by some.

4 examples are:

• The water pillow

• CPAP pillow

• Body pillow

• Buckwheat pillow

For those who own a buckwheat hulls pillow it's typically a lifetime companion and hugely popular in Japan and other parts of Asia. In the case of the CPAP pillow, it provides greater freedom of movement for sleep apnea sufferers who need a CPAP machine to regulate their breathing.

For lovers of their water pillows, it's the support not readily available in mainstream pillows and the body pillow provides much needed comfort and relaxation for mums-to-be and those recovering from various surgeries.

A specialty store, like Bad Backs, deals with back and joint issues on a daily basis, and provides a very selective pillow range of diverse designs and materials to substantially increase your chances of getting it right for you!

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Bad Backs (badbacks.com.au) is Australia's leading destination for [neck pain](#), back pain and a [pillow](#) resources and specialty products. In addition to an impressive 600+ catalogue of remedial products, the site has attracted a large online community of users, who are drawn to the site to access the latest information and research on spinal pain (from international sources, both traditional and holistic), as well as the popular discussion forum, where users can share their own

personal experiences and information. Bad Backs also has retail outlets in Melbourne, Sydney and Perth, and Corporate Seating Specialists to service Corporate and Government clientsâ€™ fit-out requirements.

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