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The benefits of using a Pregnancy Support Pillow by James Blee

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A Pregnancy Support Pillow can offer great comfort to pregnant women and for many it will help them to get a good nightâ€™s sleep which is what women really need during pregnancy. Once the pregnancy bump gets bigger women can start to feel very uncomfortable and many will suffer with back pain and general discomfort. A pregnancy support pillow is specially designed to help pregnant women feel more comfortable whilst they are sleeping or resting and it fits perfectly underneath the bump to support the extra weight. Women are advised to lie on their left side whilst they are heavily pregnant to ensure ample blood flow to the mother and child so the pregnancy support pillow is placed under the left side of the bump to take the extra weight.

There are lots of pregnancy pillows available many of which are different shapes, sizes and materials. Some pregnancy pillows double up as breast feeding support pillows for use after the baby is born. Not all pregnancy pillows are certified by the medicines and healthcare regulatory agency and ones that are will have been tested to guarantee their use as a medical device. A well designed pregnancy support pillow can help to prevent back ache, reduce pressure on abdominal muscles, prevent the uterus from pressing down on the kidneys which can cause a kidney infection and it can help to prevent swelling in the feet and ankles.

A pregnancy support pillow will offer excellent support for a pregnancy bump by cupping and cradling the bump in a concave shape and this can help prevent the spine from twisting which is a common cause of back pain during pregnancy. High quality pregnancy pillows will have removable covers that can be washed to keep them clean and hygienic and most are fairly small so they are easy to move around if people want to take them places. A good pregnancy support pillow can make a womenâ€™s pregnancy much more comfortable and enjoyable by allowing them to get comfortable in bed to get the sleep and rest they need so it is something that is well worth investing in.

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