Article Side

The benefits of using a Pregnancy Pillow by Mary Porter

Article published on June 20th 2012 | Shopping

A pregnancy pillow is designed to give women much needed support for their bumps while they are sleeping or resting. There are lots of variations of pregnancy pillow products and different women will prefer different styles. Women are advised to sleep on their left side while they are pregnant as this position ensures the best blood flow to the placenta and ensures all the weight of your bump is not pressing on your internal organs while youâ€™re asleep. Using a pregnancy pillow can help prevent back pain, pelvic pain and stop your spine from twisting, all common problems during pregnancy.

A well designed pregnancy pillow will support your bump by cupping and cradling it taking the weight and pressure off your back. Lots of stress can be put on a womenâ€™s spine during pregnancy especially if you have a very big baby bump. This is why you must take care to support your spine when possible to give it a rest from the added weight it has to support. You can use a pregnancy pillow when you lie on the sofa and whilst in bed. A pregnancy support pillow tends to be firm but supple and shaped to accommodate your bump. A common shape for a pregnancy support pillow is concave design so the bump fits snugly into the concave for comfortable yet firm support.

Using a special pregnancy pillow can offer a number of advantages. These include helping to reduce the pressure on your abdominal muscles which weaken as your uterus grows, a pregnancy support pillow can help to reduce or prevent swelling in your feet and ankles, it helps you get the rest you need and ensures you sleep in the recommended position that is best for you and baby. Some pregnancy pillow products double as feeing support pillows once the baby is born.

These can be used for breast or bottle feeling and the pregnancy pillow can be used to support baby or to place under your arm during feeding.

Article Source:
http://www.articleside.com/shopping-articles/the-benefits-of-using-a-pregnancy-pillow.htm - Article Side

Mary Porter - About Author:
A a pregnancy pillow from pregna-pillo.co.uk is a real comfort in a difficult and stressful time. Ease your aches and pains and give your bump a well deserved rest with our wonderful a pregnancy support pillow.

Article Keywords:
pregnancy pillow,pregnancy support pillow

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!