



Article published on December 6th 2011 | [Home Improvement](#)

A pregnancy pillow is a great support to the pregnant women against pain in different body parts. In later months of pregnancy, most of the women have been found complaining about sleeplessness or restless night sleep due to pain in different body parts. Belly and back are the main aching areas. As the pregnancy period goes on, the baby gains weight and the back muscles have to bear greater exertion to keep the body balanced. This leads to weariness in lower back muscles which causes pain. The optimum solution is to keep the body weight balanced particularly while sleeping. This is what pregnancy pillow and body pillow are meant for.

Basically, three different styles of pregnancy pillow have been designed to bring relief to pregnant women. They are J, C and U shapes. All these shapes of pregnancy pillow are equally trustworthy and bring contribute a lot to comfortable night sleep.

The C-shaped pregnancy pillow wraps around you to provide support legs, stomach, neck and head. They are smaller in size as compared to other types of body pillow and your body gets a snug fit with these pillows. They also provide a great support for your back and help relieving back pain.

A J-shaped pregnancy pillow provides more flexibility than any other body pillow. They can be bent easily to the position that you feel more comforting and relaxing. If your preference is a total body pillow then nothing can be better than a J-shaped pregnancy pillow. You can enjoy true sound sleep because of their versatility.

A U-shaped pregnancy pillow is somehow similar to the J-shaped body pillow but extends a little to your back. This type of body pillow provides great support to your stomach, head and back and allows keeping space between the legs which is often desired by pregnant women at later pregnancy months.

Since all the three pregnancy pillows are equally effective therefore it can create a little confusion about selection of the right one for you. There is no need to worry at this point because at your first glance, you'll be able to assess that which one will be more suitable for you. The only thing to keep in mind is that whichever you'll choose will bring you relief from the pain. There is absolutely no chance of choosing the wrong pregnancy pillow. Since they are flexible, therefore you can bend them according to your needs i.e. you can turn a C-shaped pregnancy pillow into a J-shaped one and vice versa.

Not only during pregnancy, you can also take advantage from these body pillow even after pregnancy as they can be used while breastfeeding. They help keeping the baby according to your breast level so that the baby could be able to get the nutrition in the right way. Feeding a new born is a sensitive issue and maintaining the right position is extremely important. Here, body pillow can help you in this regard. So if you are pregnant, get a body pillow without any delay lest you buy it after realizing its need.

Article Source:

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A a [pregnancy pillow](#) is the ultimate need of every pregnant woman. Click here to learn more about a [body pillow](#) and pregnancy pillow and find the most suitable one for you.

Article Keywords:

pregnancy pillow, body pillow

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