

TIPS FOR TRAVELERS

Vacation Plans Should Include Comforts From Home

(NAPSA)—Wherever you're headed on your next vacation, you may want to consider packing a few comforts from home before you head out the door.

No matter how cozy and comfortable your vacation getaway may be, at the end of a great day, you don't want any unpleasant, uncomfortable surprises, especially when you turn back your bedcovers.

"The bedding may include a firm mattress, your linens may be soft and crisp but the second your head touches the pillow you know something isn't right," said Dr. Daniel Fortin, DC (Doctor of Chiropractic).

"Many pillows, even at the best resorts and finest hotels, are huge and overstuffed, causing you to sleep with your head at a 45 degree angle," he added. "This puts tremendous stress on your neck and spine and is often the reason you wake up with sore, stiff muscles, cricks in your neck, and even headaches."

On the other hand, some hotel pillows have the opposite problem. They're so flimsy they offer no support at all.

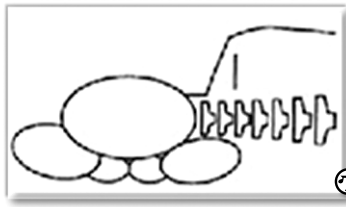
"The best option is to pack your own neck and back support pillow, either in a convenient travel size, or regular size," suggested Dr. Fortin. "It's well worth making a little extra room in your suitcase or tote bag."

According to Fortin, who developed the new SleepStreme™ support pillow, a good pillow should align your spine and promote a healthy sleep posture, reducing stress on any one particular body part. It should fill the hollow at your neck (between your head and shoulders) giving you the correct support. It makes sure that you

Conventional pillows stress the neck, causing lingering discomfort



The SleepStreme™ support pillow supports the neck, conforming to your natural cervical curve.



have non-obstructed air flow and maximizes oxygen to your lungs and to your body's cells. The pillow can help balance the distribution of your body weight while you sleep and reduce stress on any one particular body part while providing maximum comfort. The spine should be in a proper horizontal line. He warns that not all support pillows are created equal.

"Pillows should balance both sides of the pillow health equation: offer proper support and be totally washable in temperatures hot enough to kill dust mites, mold and allergens that can trigger serious allergies, asthma attacks and other respiratory problems," he said.

For more information about proper pillow support, visit sleepstreme.com or call: 866-342-8151, toll-free.