**Best Pillows for Back Sleepers**

“Sleep is what transforms you”

How can you think of sleeping when your head doesn’t get the best fit according to its size and shape? You always end up moving side ways and waiting long hours until your body is forced to get into the deep sleep without getting to feel the real joy of soothe after having a rough day.

So you got to be really choosy while selecting a pillow for yourself because sleep is life isn’t it? Bad sleep means another weary day ahead when you wake up all torn up even after lying for straight eight hours.

So let us enlighten you in finding you your best fit by helping you understand your taste or simply what kind of surface can be a gateway to your dream world.

Some people tend to have a good night’s sleep on a semi- hardened pillow so their heads can’t sink in which makes them precisely uncomfortable. Such people come under the category of ‘foam haters’, and for them we have got a very good suggestion and a wide range of possibilities from which they can choose from, some of these are as follows:

**Foam Haters:**

1. **Dream Rite Shredded Pillow:-**

Crafted with 80 percent shredded foam and 20 percent Polyester. This foam technology allows for a more comfy night sleep. It gives users the comfort to sleep for a long period of time and not have to worry about any kind of pain. The foam supports the neck, shoulders, back, and head. Removable filling provides sleepers to get a more comfortable and deep sleeping experience. You can just take out as much foam filling and enjoy a softer pillow. This pillow can be customizing for any kind of sleep. It is made of a premium fabric which guarantees that the sleeper stays calm on the pillow, also cool and be able to breath over the night, which also means no ugly snoring.

The pillow cover is made of 40 Viscose Rayon (from Bamboo) and 60 percent Polyester, so you can just lie and close your eyes to take a nice and comfortable sleep over all night.

As this pillow is super soft and completely adjustable It can house your head just fine and keep you from getting distractions from your deep sleep. It has got a lifetime warranty too.

The only dark side of this is that if you are a ‘foam hater’ than this one is really not for you.

<https://www.amazon.com/s?k=dream+rite+shredded+foam+pillow&ref=nb_sb_noss_2>

1. **Utopia Bedding Gusseted Quilted pillow:-**

Plush Fiber fill pillow provides you with a heavenly sleeping experience. It is the top quality fiber fill that fluffs up incredibly to give you a cozy feel and a relaxing sleep. Fiber filling in each pillow ensures optimum comfort for any sleeping position. Moreover, they are breathable and can easily be shaped to provide support.

Not very much expensive and costs around $21 which is quite purchasable. You can totally mold them into anything you like.

The only bad thing about it is that it comes in a vaccum bag packaging and you have to fluff it for several minutes before you can actually use it.

So if you have no issues playing with the pillows then you are good to go.

<https://www.amazon.com/Utopia-Bedding-Premium-Plush-Pillow/dp/B07SYZLLPB/ref=sr_1_1?keywords=Utopia+Bedding+Gusseted+Quilted+pillow&qid=1568387407&s=gateway&sr=8-1>

1. **Coop Home Goods Pillow:-**

The world’s most adjustable pillow, created with medium firm mix of memory foam and microfiber. It provides just the right balance and comfort for the most restful sleep you will ever have.

It is fully adjustable and you have the full control of it, its unique adjustable design allows you to access the memory foam fill, which you can set it according to your wishes.

The fabric is totally luxurious and the case is made with Lulltra fabric, a blend of bamboo-derived viscose rayon and polyester that provides ultra-softness. It is dust resistant and keep you refreshed all night.

Slightly stiff so perfect for all you ‘foam haters’ and you can easily go about buying it with no hesitation, even the price is something that you can compromise with.

But if you got temperature issues then we suggest you to have your air conditioners on.

<https://www.amazon.com/dp/B00EINBSEW?aaxitk=gdlru48UVqclIbt5GNfD0w&pd_rd_i=B00EINBSEW&pf_rd_p=44fc3e0f-4b9e-4ed8-b33b-363a7257163d&hsa_cr_id=7024482490501&sb-ci-n=asinImage&sb-ci-v=https%3A%2F%2Fimages-na.ssl-images-amazon.com%2Fimages%2FI%2F410tEGSrNGL.jpg&sb-ci-a=B00EINBSEW>

1. **Juvea Latex supportive Bed Pillow:-**

The environmentally-friendly choice, 100 percent natural Talalay Latex is responsibly sourced from sap harvested from the Hevea tree, free of harmful chemicals, also petroleum free. Does not omit harmful VOCs (volatile organic compounds).

The molded high profile is ideal if you like a lofty pillow with soft to medium support and your head gently resting on top of the pillow.

Inherently hypoallergenic, this pillow is dust mite resistant. Latex is naturally inhospitable to bed bugs and micro-organisms like bacteria and fungi helping to prevent odors and allergy symptoms like congestion, sneezing, itching and more.

This pillow has a very good ventilation and can keep you real cool at night. You can also adjust the high and low –loft position according to your needs.

But there is a difference of only one inch between high and low loft and it’s not a very good choice for you if you are looking for a natural head rester as it has its covering made of synthetic fiber.

<https://www.amazon.com/dp/B07PN5VKD7?aaxitk=DVOIeZybGh9F08GRFTQpAA&pd_rd_i=B07PN5VKD7&pf_rd_p=44fc3e0f-4b9e-4ed8-b33b-363a7257163d&hsa_cr_id=4613684200001&sb-ci-n=asinImage&sb-ci-v=https%3A%2F%2Fimages-na.ssl-images-amazon.com%2Fimages%2FI%2F41YPZjlRWkL.jpg&sb-ci-a=B07PN5VKD7>

Now there are these people who are just totally opposite of the ‘foam-haters’ so why not just call them ‘foam-lovers’? You will actually find this category of people in abundance, so it means these kind of pillows are sold the most.

So let’s put all those in light:

**Foam Lovers:**

1. **Super Soft Luxury Solid Feather:-**

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You will have absolutely sound sleep on these soft feather down pillows. It is all filled with 95 percent of white goose feathers and 5 percent of white goose down, and has a 1200 thread count with 100 percent cotton cover. The white goose feathers provide a better sleep by cushioning your body parts in a better way. The feathers and downs have been processed with the antibacterial treatment to curb the growth of fungus, mold and mildew and at the same time maintaining freshness. It's also machine washable.

It is a totally natural pillow so if you are a fan for one of those then you might better go for it and it’s also 100 percent machine washable.

Since it is of pure cotton so it means high chances of your head getting all sweaty, so be a little careful.

<https://www.amazon.com/s?k=Super+Soft+Luxury+Solid+Feather+pillow&ref=nb_sb_noss>

1. **Sable Pillows:-**

It has 100 percent cotton pillow case and 100 percent polyester down alternative. Customizable height and contains up to one fourth more filling than similar pillows so you get more to distribute and customize your bedding. It’s down-alternative stuffing adjusts to your posture and sleeping position for better support; seamlessly regains shape as you lift your head.

It also has a high density cotton pillowcase tightly woven with 100 percent cotton fiber feels soft on the skin while being breathable even on hot summer night and keep your head dry whole night. There is absolutely no need to separate both pillowcase and filling as it can be laundered by your washing machine. No hassle anyways. Side zippers provides you with a convenient way to add or remove filling and adjust the pillow’s height to your preference.

The pillow is extra fluffy and can maintain its fluffiness for a longer period of time as long as it’s within the room temperature.

If the temperature goes below 60Farhanhiet then it becomes stiff and you have to expose it to direct sunlight to restore the softness.

<https://www.amazon.com/dp/B074Q8C7BY?aaxitk=oLd.d8-Rp535HiOMxxiiAg&pd_rd_i=B074Q8C7BY&pf_rd_p=44fc3e0f-4b9e-4ed8-b33b-363a7257163d&hsa_cr_id=9362543120401&sb-ci-n=asinImage&sb-ci-v=https%3A%2F%2Fm.media-amazon.com%2Fimages%2FI%2F51n78JBI7mL.jpg&sb-ci-a=B074Q8C7BY>

1. **Moon Rest Organic Pillow:-**

It has a body of cotton cover and it is of 100 percent organic cotton grown with no pesticides, no Flame-Retardant chemicals, no herbicides, or fungicides chemicals used, Azo-free dyes with no heavy metals.

Fabric which is more effective at preventing allergies or insect intrusion than most pillow enclosures, yet remains soft, quiet, and best of all completely organic material. It is 100 percent machine washable, with additional benefits of long lasting quality.

This pillow was designed to support your neck and back just right and is totally durable and can give you quick response to pressure.

Just that it not always come in handy as you have to keep adjusting it again and again If you love to challenge yourself then this can the greatest choice for you.

<https://www.amazon.com/MoonRest-Organic-Natural-Hypoallergenic-Down-Like/dp/B07SVX5ZJH/ref=sr_1_1?keywords=moonrest+organic+pillow&qid=1568387666&s=gateway&sr=8-1>

**Happy-go-Lucky Sleepers:**

The last and rare-most category that shouldn’t be left could be called as ‘everyday choice-sleepers’, who are the mixture of both foam-haters and lovers, and they actually need all kinds of combinations to satisfy their ultimate sleep on bed.

For them we might need some unique kind of stuff, and this is what we have got for them:-

1. **Eden Shredded Memory Foam Pillow:-**

If you don’t come into the pillow search with a laundry list of demands, then it’s likely that the Coop Home ‘Eden’ will work great for you: It balances even support and sinking in just the right amount for perfect comfortable sleeping. And it will be comfortable for most people whether they sleep on their back, side, or on stomach, if they are like most people, all three. Shredded foam is the new standard for good general pillows like a bean bag, the smaller pieces of foam make it easier to mold around your head and provide perfectly even support. Compared to a big block of memory foam, it also keeps cooler and is easier to adjust until things are just right. Coop Home includes a little sandwich bag of extra foam, and it is easy to add more (or remove foam) until you have the perfect loft. The Eden just improves on it. The outer cover, made of bamboo and polyester, does a better job.

This pillow can be bought for 100 nights sleeping trial so what you are waiting for? So lets get your head tested.

Pricing is the issue here , if you feel your pocket is just too heavy for you then time to make it a little lighter.

<https://www.amazon.com/s?k=1.+Eden+Shredded+Memory+Foam+Pillow&ref=nb_sb_noss_2>

1. **Parachute Down Pillow:-**

The Parachute- Down Pillow is crafted in Cincinnati, Ohio from good quality European white down: 85 percent down and 15 percent down and feather fibers. As Responsible Down standard, the down is sustainably re-purposed from humanely treated ducks and geese. Encasing the soft, breathable down fill is a 100 percent sateen cotton shell reinforced with a double-stitched piping seam. The pillow is Oeko-Tex Standard 100 certified to be free of harmful chemicals and synthetics.

The name says it all, it can really give you the feeling of a parachute, once you lie on it you will feel your body to be lighter just like as if you are in the air.

It is not really adjustable so you have to keep your eyes and mind all open while make a purchase.

<https://www.amazon.com/s?k=parachute+down+pillow&crid=1NVF1LRXNUJ7J&sprefix=Parachute+Down+Pillow%2Caps%2C451&ref=nb_sb_ss_i_1_21>

1. **Vecelo Bed Pillow:-**

VECELO Bed Pillow gives you a comfortable and luxurious feeling. The unique shell design adds to the pillow's already rich features. Resting on plush and soft pillows, you’re immediately greeted by a soothing sensation that instantly takes you to the good night’s sleep. Next morning, you will wake up fully refreshed for a happy new day!

It is 100 percent hypoallergenic and gives you a real sensation of your dream world, no side effects.

The problem you have to keep in mind it is of ultra high quality which is normally preferred in hotels.

Decision is yours.

<https://www.amazon.com/VECELO-Hypoallergenic-Polyester-Shoulder-Standard/dp/B07R232BL3/ref=sr_1_1?keywords=Vecelo+Bed+Pillow&qid=1568387826&s=gateway&sr=8-1>

So all you sleep struggling peeps, after giving a good read to this I am sure many of your lifelong problems have been solved by investing a few minutes of your life, though time taken but still worth it.

Happy Sleeping!